

Mano TIMES



Unleashing Potential

CONTACT US

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Please also find us on
Facebook



MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 9th March 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Peta Mundine

Administration: Jacque Clancy & Georgia Slater

Important Dates

MARCH

Thurs 9th March	School Council Election Ballot Closes, 4pm
Fri 10th March	Prep Proud to Be Me Incursion Mano House Cross Country, Grade 3 - 6 Students
Mon 13th March	Labour Day Public Holiday, No Classes
Tues 14th March	District Swimming, Selected Students, Kardinia Pool
Wed 15th March - Mon 27th March	NAPLAN Grade 3 & Grade 5 students
Fri 17th March	Whole School Photo Day (NEW DATE)
Mon 20th March	VSSS Rehearsal, Western Heights College (Selected Students)
Thurs 23rd March	Grade 6 Preparation for Puberty
Fri 24th March	Grade 1 Big Day Out Hot Cross Bun Orders Close
Wed 29th March	Grade 6 Preparation for Puberty
Thurs 30th March	Summer Lightning Premiership, Senior Students, Parent Helpers Required
Fri 31st March	Grade 2 Big Day Out

SAVE THE DATE

School Photo Day

Friday 17th March

APRIL

Tues 4th April	Hot Cross Buns Ready for Collection, Old Canteen
Tues 4th April - Thurs 6th April	Grade 4 Camp, Anglesea
Thurs 6th April	Term 1 ends, 2:30pm dismissal

Upcoming Event Consent Forms and/or Payments Due

Grade 6 Preparation for Puberty Consent & Payment	20th March
Grade 1 Big Day Out Consent & Payment	21st March
Summer Lightning Premiership Consent & Payment	27th March
Grade 2 Big Day Out	28th March
Grade 4 Camp Consent & Payment	23rd March

NEWS FROM MR SMITH

Dear School Community Members,

Promoting Positive Behaviour: Student wellbeing is of the highest priority at Manifold Heights Primary School. Our school improvement agenda clearly highlights the significance and importance we place on the health and wellbeing of every student. Like all aspects of a child's development, the partnership between home and school is vital in the growth of a child's wellbeing. Recently I heard a podcast called School Yard Bullying on Radio 774. It was an open and frank discussion about bullying by Dr Karyn Healy from the Parenting and Family Support Centre at the University of Queensland, and Dr Barbara Spears, Associate Professor at the University of South Australia. Several key points were raised during the discussion, which include:

- Bullying is defined as: an ongoing and deliberate misuse of power through repeated verbal, physical and/or social behaviour that intends to cause harm.
- Whilst needing to be addressed and corrected, an isolated incident of unwanted verbal, physical and/or social behaviour is not 'bullying'.
- As children get older and develop, they explore ways they can get something or get their way. Some children learn they can do it in a way that is sometimes disrespectful to others.
- At the age of 3, 4, 5 and 6, some children learn they can be achieved this by aggression. It is a critical age for families to teach conflict resolution and how to behave in an appropriate (respectful) way to others.
- There are two critical transition points for children. These are Year 2 to 3 and Year 6 to 7. During this time, relationships break up and reform in shifting alliances.
- Bullying is a learnt behaviour, schools are microcosms of what is happening in their community - from home, peers and media and older siblings. Sibling aggression greatly increases the likelihood of bullying behaviour.
- Most kids never bully, some start and stop with an intervention and some start at a higher level and reduce it as they learn a different behaviour. There is also a small percentage of children that don't stop bullying.
- Kids who bully will identify a point of difference in other children. It may be that their peer is too quiet or bossy.
- Bullying reduces when the person being bullied talks back assertively, demonstrates strong body language, doesn't react emotionally and demonstrates confidence.
- 85% of bullying stops when a peer from within the group defends the person being bullied. A whole peer group standing up for their 'bullied' peer is the most effective response to bullying.

For families who are interested in the podcast, follow the link:

<http://www.abc.net.au/radio/programs/nightlife/schoolyard-bullying/9463056>

Later in the year we will recognise and promote the National Day of Action against Bullying and Violence. This is a wonderful opportunity to continue to educate our students and community on a culture of kindness – more about this in the coming months!

Mano Family Picnic: Whilst the weather wasn't kind to us yesterday afternoon, it was fantastic to see the Mano community come together last night at the annual Mano Family Picnic. Schools have had very limited opportunity over the last three years to have whole school events where students, families and staff come to together to nurture the Mano community spirit and celebrate all that is Mano. It was great to see everyone enjoying time together.

Welcome Julie Rickard and Maggie Ryan: We are pleased to welcome Julie Rickard and Maggie Ryan to Mano as Integration Aides. We look forward to Julie and Maggie's contribution to our wonderful school.

Harmony Week – week of Monday, 20th March: Harmony Week is a time where we come together to celebrate and recognise the diversity within our community and country. It is all about inclusiveness, respect and a sense of belonging for everyone. Mano will be celebrating Harmony Week with a number of activities. This will include:

- A whole school dance performed at Assembly
- Students are invited to wear a touch of orange to our assembly on Monday, 20th March (this could be a wrist band, socks, hair tie etc...)
- A school mural created in the playground

We look forward to sharing further information about Mano's Harmony Week in the coming days.

Student Learning – Tutoring: This week I sat in on a tutoring session with Mrs Seeckts and four Grade 5 students. Our Tutoring program aims to provide additional support to our students who require additional assistance with their learning. Students who are selected to be a part of this initiative engage three 30 minute sessions per week for a term. The following is an overview of my observations of the tutoring session:

- The four Grade 5 students bounded into the tutoring space with excitement and anticipation about their session
- Mrs Seeckts outlined the learning intention for the session and how this is aligned to their classroom program
- Mrs Seeckts introduced the learning intention through a warm up activity
- While the students engaged in the warm up activity, Mrs Seeckts asked lots of questions, such as:
 - Can you see the pattern?
 - Does that make sense?
 - Can you see the connections between ...?
 - Have you completed this array?
 - What other strategy could you use?
- The students were introduced to a new times table tool on their Ipad – timestable.com
- Mrs Seeckts and the students discussed how this tool could be used in their classroom and at home
- Mrs Seeckts corrected the misconceptions throughout the session
- Mrs Seeckts demonstrated a wonderful balance between providing high level support and encouragement and challenging the students
- The session concluded with a game that reinforced the learning intention

Our students are very fortunate to have access to this program and Mrs Seeckts' passion, skills and expertise.

Safety and Parking: Whilst we acknowledge the large numbers of vehicles accessing our school each morning and afternoon and the associated congestion it causes, I urge and plead with all families to exercise patience, care and vigilance when driving around our school. I also remind families to obey all parking time limits to allow other families to 'drop and go'. The Local Law Enforcement Officers have attended our school recently where infringement notices have been issued. Let's all work together to maximise the safety of our community.

Thank you for supporting our school and have a great week.

Christian Smith
Principal

STUDENT OF THE WEEK

PD	FRANKIE WARREN - Frankie is an organised and hard working student, trying her very best at every activity she completes. She always listens very carefully to instructions on the floor and stays on track at all times. Fantastic Frankie!
PH	PERCY COSGRAVE - Percy is developing some terrific work habits in class! He makes the most of his learning time by listening carefully to instructions and getting started quickly. Perfect, Percy!
PJ	ELLIE CAMERON - Ellie always makes the most of her learning opportunities by showing outstanding focus and completing work she is proud of. Excellent work, Ellie!
1A	ASTON RICKARD - Aston consistently ensures he is able to make the most of his learning time. He successfully completes his work to a high standard and is always willing to contribute to group and class discussions. Amazing, Aston!
1B	JASPER MULLER - Jasper starts his work right away and stays on task, making sure he uses the full time to get his learning completed. You're amazing, Jasper!
1C	EVELYN ANDREWS - Evie ensures she understands all thinking, tasks and expectations in 1C! Your dedication is SO impressive Evie!!
2B	RUBY WRIGHT - For her excellent improvement in making the most of her learning time. You are a star Ruby!
2O	GEORGE LING - George diligently organises his work materials, listens respectfully to instructions in order to make the most of his learning time. Fabulous, George!
2S	SOFIA BULTMAN - Sophia always makes sure she has the correct equipment ready on her table at the start of the day, before sitting on the carpet showing the 5Ls. Sensational Sofia!
3G	GRACIE KEEGAN - For always making the most of her learning time. Gracie does what is needed to focus on the task at hand, and allows those around her to do the same.
3Q	SKYLAR SAMUELS - Skylar is a role model when it comes to making the most of her learning time. She is a diligent worker at all times. Her writing this week has been a standout! Sensational Skylar!
3/4S	MAHLIA HARVEY - Mahlia is always organised for learning time and makes the most of her learning time, asking for help when needed and giving it her best at all times. Magnificent Mahlia!
4F	ALEX MULLER - Alex has been focusing on making the most of his learning time. During the Library this week he was focused and became engrossed in his book. Great work Alex!
4M	GEORGIE RIXON - Georgie is always organised and makes the most of her learning time. She is always showing her 5Ls and trying her best within learning tasks. Well done, Georgie!
SC	CALEB HART - Caleb continues to take responsibility for his learning each day and make the most of his learning time. It is lovely to see him getting involved in group tasks and enjoying himself, while remaining on task. Keep up the great work, Caleb!
SL	ESTHER WALKER - Esther is always ready with the supplies needed for each lesson along with being ready to listen. Great use of your learning time, Esther. Keep it up!
SM	POPPY LING - For making the most of each session and managing her own learning. I love your attitude towards each task Poppy!
ST	SADIE HURST - Sadie always makes the most of her learning time and is a role model to her peers, striving to do her best each lesson by getting straight onto tasks. What a star, Sadie!
SW	EMA RISTEVSKI - Ema is always super organised with her materials, meaning she is always ready to learn. She always shows the 5Ls, tries her best, stays on task and collaborates effectively. Keep up the great work!
ART	MIA THOMAS - Mia is a fantastic role model for her class. She is always respectful, helpful in the Art Room and takes great pride in her work. Well done Mia.
PE	CHARLIE BYRNES - Charlie from the very start of each lesson comes ready to engage himself in PE. He is always making the most of his learning time and shows motivation towards improving through our gameplay and skill sessions.
STEM STAR	HUDSON ADAMKO - Hudson came into STEM 'Ready to Learn' and made the most of his learning time as he quickly learnt about digital footprints. Top shelf Hudson!
PERF ARTS	VAN RUSELER - Van comes into Performing Arts with an enthusiastic attitude. He showed wonderful creativity in creating a character for his puppet and maintained his character's voice. Terrific work Van!

Teacher Spotlight

At Monday's Assembly we met Mr Jackson Davis.

What is your role here at MANO?

I'm lucky enough to be part of the prep team with Mrs Helmore and Miss Dove.

What is one of your favourite things to do outside of school?

I've recently found cycling as a new hobby and pretend I'm Cadel Evans on the weekend now. Don't expect to see me once the wind and rain clouds arrive though.

What did you do before you came to MANO?

Last year I was teaching at Queenscliff Primary School.

What is your ideal holiday destination?

Italy. I spent some time living with a family there while travelling and the people are as amazing as the scenery. I also enjoy eating too much pizza.

What is your favourite movie?

I love science fiction films and it's hard to look past Interstellar.

Do you follow the AFL, and if so what team do you go for?

I sure do and I follow the mighty Cats. I was lucky enough to be at the Grand Final last year.

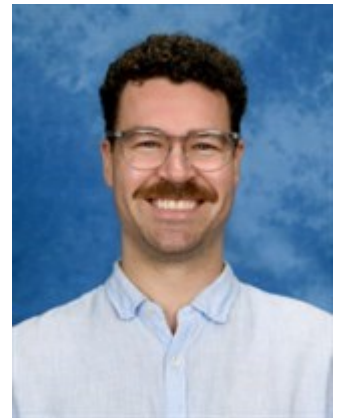
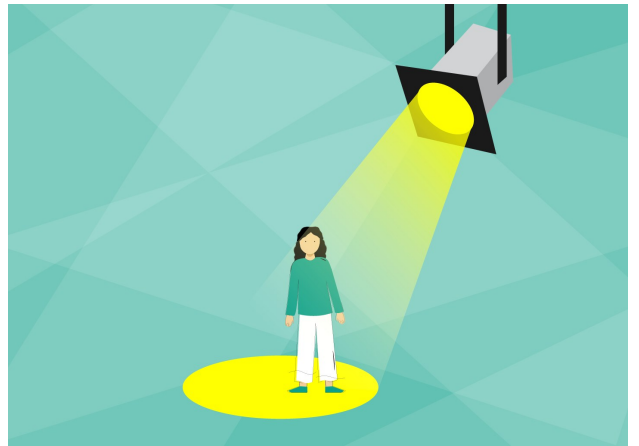
What is your least favourite food?

Soggy Rice Bubbles that have been sitting in the bowl for too long.

When you were at primary school, what was your favourite subject and why?

My favourite subject used to be reading because I enjoyed pretending I wasn't scared of the Goosebumps books in the library.

Welcome to Mano Mr Davis!



School Council Election Ballot

Our School Council Nomination process closed on Monday 20th February. We received more parent School Council nominations than positions available, therefore the parent/guardian community have the opportunity to vote for who they want to be elected to School Council. We have 6 candidates for 5 positions.

Ballot envelopes and candidate statements will be sent home with the eldest child in the family last week, Thursday 2nd March.

Completed ballot forms are due back to the School Office **strictly by 4:00pm Thursday 9th March**. These envelopes should be returned to the Office

We welcome all families to be involved in this process.

NEXT WEEK'S SWPBS FOCI (WEEK 7): I use the 5Ls.

NAPLAN test dates for 2023: 15th to 27th March

Dear Parents of Grade 3 and Grade 5 students,

This year, NAPLAN transitions to an online assessment platform nationwide.

This will impact all the assessments during the NAPLAN period, including writing assessment for Grade 5. Grade 3 writing assessment will still be conducted on paper for 2023.

The **NAPLAN assessment period is from Wednesday 15th March - Monday 27th March, 2023** with most of our assessments scheduled to be completed from **15th - 17th March**.

More information will follow about NAPLAN online in the coming weeks.

To prepare for the NAPLAN Readiness period, ***we need your assistance to do they following actions please*** with the students BYOD iPad devices.

*Could the following actions please be completed by **Monday 6th March**.*

*This will ensure your child is **ready and prepared** for the **NAPLAN Practice Assessments for the weeks ahead**.*

- **iPad Minis:** iPad Minis are not compatible with the NAPLAN browser so they can't be used. If your child has an iPad mini, please inform the classroom teacher and a *school device will be provided to your child to use*.
- **IOS Update:** Update your child's iPad to the latest version of IOS. A minimum IOS of 14 is required to successful download the NAPLAN Browser.

Download the NAPLAN Locked Down Browser: Use this link to download the NAPLAN Locked Down Browser on your child's device. This app is green for 2023 so you will know you have the correct browser. <https://apps.apple.com/au/app/nap-locked-down-browser/id1086807255> The '**Locked Down Browser**' is a secure browser designed to: - Prevent students from accessing other applications, web pages, software or hardware features and only provides access to the test player. - Prevent use of operating system commands - Disable features such as the camera, spell check, screenshot, back and power buttons. - Prevent execution in a virtual machine or virtual desktop. - Prevent the user from exiting without confirmation. Locked Down Browser Apps will not contain test content, therefore a connection to the internet will still be required in order to take the test. Your child's device will still operate exactly as normal when we are not accessing the Locked Down Browser.

Improve capacity of the iPad: Removing excess apps and photos will improve the efficiency of your child's device. You can check the storage amount of your child's device by: Clicking Settings > General > iPad Storage <https://support.apple.com/en-sg/HT201656>

- **iPad Battery charged:** iPads should be coming to school fully charged daily, however, this is essential for participating in NAPLAN. Please ensure your child's device is **fully charged** for all school days in March and especially during the NAPLAN window.
- **Headphones:** Your child requires working headphones for NAPLAN Online. Please ensure your child's headphones are working or provide a plug-in pair of ear buds/headphones for all assessments. These will need to be available from March 6th onwards. Teachers cannot spend their time trouble shooting non-working bluetooth headphones so plug-in headphones are preferred. For devices that only have bluetooth headphones, we ask that you check they are in efficient working order.

In preparing for NAPLAN, we have indicated the number of student owned devices. We will have a small number of devices available on the day in case of an emergency, however, we will be relying on student devices to be used and ready with the action steps completed from above as they are accounted for. Students not participating in the BYOD program will be provided with a school device.

Could all parents please complete these steps by **Monday 6th March** so your child is organised and ready for the weeks ahead for preparation.

For those with capacity issues, it may be a weekend job to clear unused apps that are impacting capacity and deleting/storing photos.

Thank you for your assistance.

Mr Tom Fleming



Social and Emotional Learning @ Mano

This year, students are engaging in a weekly lesson around Social and Emotional Learning (SEL).

“Social and emotional learning (SEL) can help students learn the skills needed to build resilience. SEL can help them learn to manage their emotions, behaviour and relationships with others. It involves giving students opportunities to learn and practice social skills” (Victorian Government).

Our SEL lessons aim to develop students understanding and skills in the following areas:

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making

Over the last three weeks, students have been working on developing competencies in self-management, specifically so that they can recognise and regulate their own emotions.

All students have now developed a Ready to Learn Plan, which will assist them to stay present, centred and ready to learn. You might like to discuss at home the strategies that your child/ren felt would best assist them.

Here is an activity to try at home together that focuses on self-management:

Mindful Breathing

Skills targeted: Mindfulness, Coping Skills, Managing Emotions

How to try it: Let children know that they will be practicing mindful breathing. Explain that mindful breathing is just focusing on breathing in and out to help calm our minds and bodies.

“**Cool off the pizza**” - Pretend you have a hot slice of pizza in front of you. Slowly breathe in to smell the pizza and breathe out to cool it down.

“**Bubble breathing**” – Using bubbles, take a deep breath in and then blow out some bubbles. Continue to breathe in and out until you can no longer see your bubble. Repeat the process.

Taken from *The Pathway2Success*

Do You Volunteer at Mano?

If you volunteer at the school, whether it be helping in the classroom, with Bike Ed, helping at sporting events, processing books in the Library, attending excursions or activities such as the Walkathon, it is a Department of Education & Training requirement that you **MUST** have a valid Volunteer Working with Children Check and have supplied a copy of your card to the Office.

- If you don't have a valid Working with Children Check please apply at <http://www.workingwithchildren.vic.gov.au/>.
- If your card has expired please apply for a replacement and supply a copy to the Office.
- If you have a card and are yet to supply a copy to the Office please do so at your earliest convenience.

There is no cost for a Volunteer Working with Children Check (a passport photo is required). Please ask at the General Office if you need a hand – we look forward to seeing our students continue to benefit from the amazing work that parents/guardians do as volunteers at our school. Please check with your local post office if they process Working with Children Checks.

Hot Cross Buns Fundraiser

Our wonderful Parents & Friends Committee have organised a Hot Cross Buns Fundraiser for our school.

Paper order forms were sent home with students earlier this week, so you can choose a variety of 6 pack hot cross buns flavours and our school gets a percentage of sales.

Orders can be paid for by cash or eftpos at the Office. **Orders close Friday 24th March.**

Hot Cross Buns can be collected on Tuesday 4th April from the Old Canteen.

MANO'S HOUSE CROSS



COUNTRY!

WHEN: FRIDAY 10th MARCH (10am - 1pm)

WHERE: FYANSFORD COMMON, 67 HYLAND ST FYANSFORD

PURPOSE: FOR GRADE 3-6 STUDENTS TO REPRESENT HOUSE TEAMS AND GAIN POINTS FOR THE OVERALL YEAR.

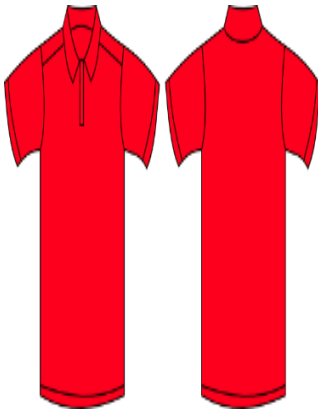
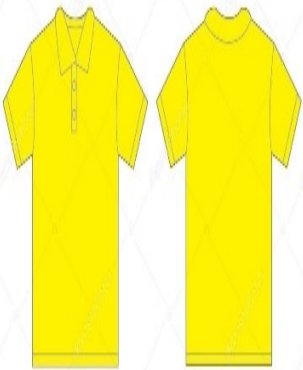


AGE GROUP DISTANCE: 8, 9 and 10 year old students will run 2km track (2 laps). 11, 12 and 13 year old students will run the 3km track (3 laps).

STUDENT CHAMPIONS WILL BE SELECTED TO PROGRESS TO THE 'DISTRICT CROSS COUNTRY' IF THEIR TIMES MEET STANDARDS.



Remember you will need to wear your house colours on the day along with comfortable running shoes and shorts and bring a drink bottle and an enthusiastic attitude

[CHILDREN TO WEAR A HOUSE COLOURED T-SHIRT.](#)

<u>NARMBOOL</u>	<u>STRACHAN</u>	<u>MANIFOLD</u>	<u>PURRUMBETE</u>
		 Front Back	 <small>©2022 MANIFOLD HEIGHTS PRIMARY SCHOOL</small>

House Cross Country - Outline of the day:

9/10 Year Students Boys/Girls- 2km (2 laps)

Girls start at 10:45am (approx) Boys start at 11:00am

11 Year Students Boys/Girls - 3km (3 laps)

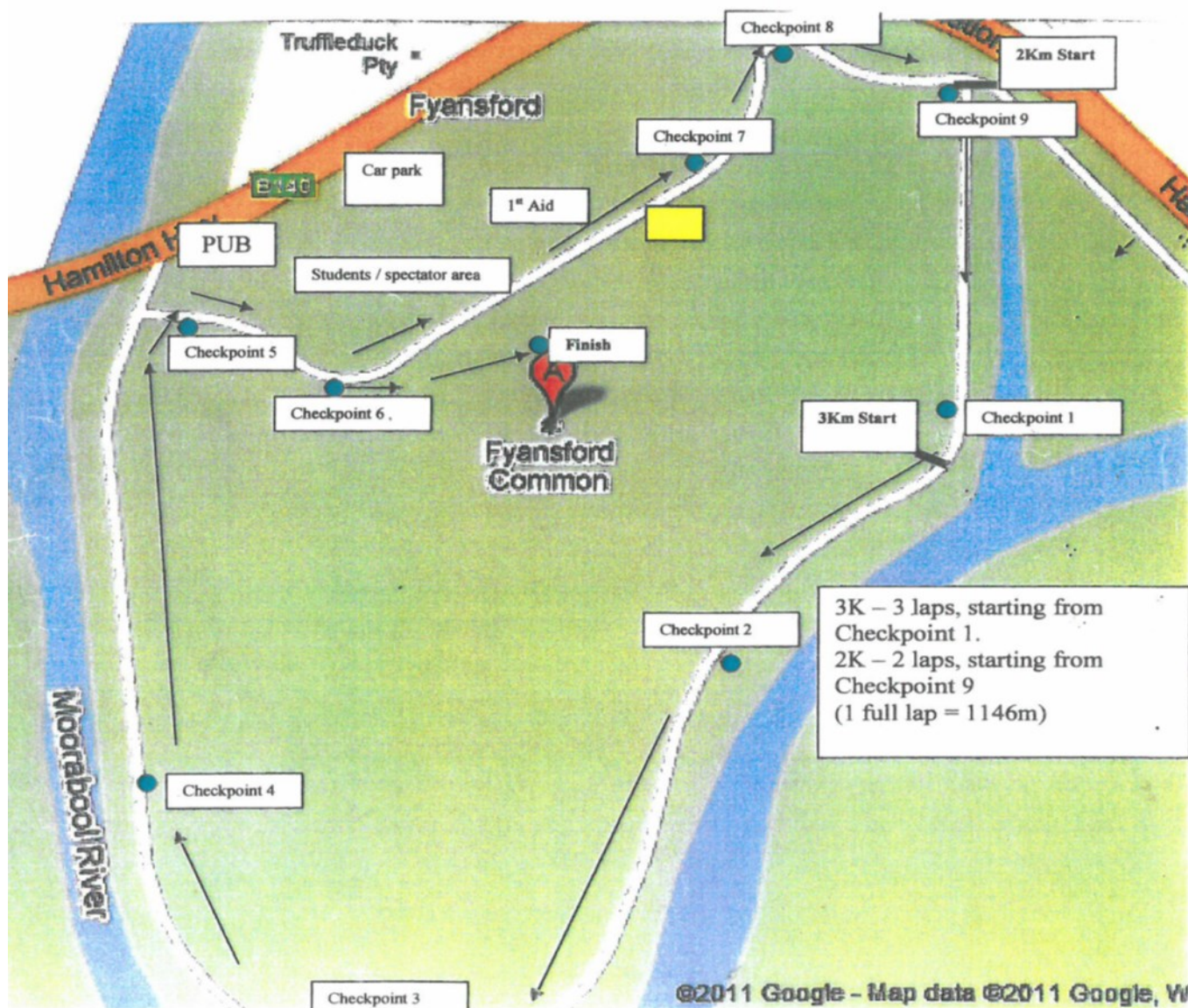
Girls start at 11:30am (approx.) Boys start at 11:45am.

12/13 Year Students Boys/Girls - 3km (3 laps)

Girls start at 12:10pm (approx.) Boys start at 12:30pm.

1:00 P.M. FINAL ANNOUNCEMENTS

If you are signing your child out at Cross Country - Make sure you speak with their classroom teacher to sign them out please.





BELL POST HILL FNC JUNIOR FOOTBALL 2023

Players welcome in all age groups

Auskick

Under 9's

Under 10's

Under 12's

Under 14's

Under 16's

Under 18's

For further
information
contact Donna
0423685391

#bphfnc

COME PLAY BASKETBALL!



TEAMS AVAILABLE FOR U10 U12 U14 U16 U18
BOYS AND GIRLS - BORN IN 2016 OR EARLIER

Winter Season - Term 2&3

Register interest here: bit.ly/rovers2023

Contact us: rovers@roversbasketball.com.au



MANO MUMS NIGHT OUT

————— MAY —————
TELGRAPH HOTEL 6 4 PM
 ONWARDS
————— 2023 —————

**COME BY HAVE A CHAT, DRINK, LAUGH
& BITE TO EAT**

WE WILL BE LOCATED UP IN THE TOP BEER GARDEN. DRINKS
& FOOD CAN BE PURCHASED AT THE BAR

PLEASE NOTE THIS IS AN ADULT ONLY EVENT

QUESTIONS??- EMAIL PANDFMANO@OUTLOOK.COM

RSVP- [HTTPS://FORMS.GLE/ALWMCVQA3XEOWU717](https://forms.gle/ALWMCVQA3XEOWU717)

mano dads night out

**FRIDAY, MAY 19TH
6.30PM
THE BARKING DOG**

JOIN FELLOW MANO DADS FOR
DINNER, DRINKS AND
MELBOURNE VS PORT
ADELAIDE

RSVP VIA THE
LINK:

[HTTPS://FORM
S.GLE/4KEFYR
CXKZ3XNTMA6](https://forms.gle/4KEFYRCXKZ3XNTMA6)



ANY QUESTIONS PLEASE CONTACT:
PANDFMANO@OUTLOOK.COM

parents
& friends
OF MANO



Sonya Kurul

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Geelong, 3220



**School Holiday
Program Here!**

**Book Online
teamkids.com.au**

p: 9532 0366



**Mano's before and after school care
program is run by Camp Australia.
More information can be found at**



OSHC school number:
0405 422 142

Customer Service:
1300 105 343

- 'We make kids smile'

ADVERTISING SPACE AVAILABLE

PLEASE CONTACT JESSIE BURNEY, BUSINESS MANAGER,

FOR DETAILS

PH: 5229 9643



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Manifold Heights Primary
School uniform**

Open: Monday – Friday 9:00am – 5:30pm

Saturday 9:00am – 1:00pm



Compass School Manager

You can download our Compass app for **FREE** at the App Store (iPhone) or Google Play Store (Android). Just search **Manifold Heights Primary**. This is a great method of communication between the school and our parent community! You can receive notifications about upcoming events and notify the school of student absences. You can now use CompassPay to consent and pay for excursions online! CompassPay is a quick and easy way for parents to consent and pay for an event at anytime from anywhere. Compass Pay is a secure payment portal and will not store any payment information you enter.