

Mano TIMES



Unleashing Potential

CONTACT US

Manifold Heights Primary School
Strachan Avenue
Manifold Heights 3218

P: 03 5229 9643
www.manifold.vic.edu.au
manifold.heights.ps@education.vic.gov.au

Please also find us on
Facebook



MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 6th April 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Peta Mundine

Administration: Jacque Clancy & Georgia Slater

Important Dates

APRIL	
Thurs 6th April	Term 1 ends, 2:30pm dismissal
Fri 7th April	Good Friday Public Holiday
Mon 24th April	Term 2 commences, 9am
Tues 25th April	ANZAC Day Public Holiday, No Classes
MAY	
Thurs 4th May	District Cross Country
Sat 6th May	Mano Mum's Night Out, 4pm, Telegraph Hotel
Mon 15th May - Fri 19th May	Education Week
Mon 15th May	Victorian State School Spectacular Regional Rehearsal School Council Meeting, 6:30pm, Staff Room
Tues 16th May	Winter Lightning Premiership, Senior Students
Fri 19th May	Dad's Night Out, 6:30pm, Barking Dog



NEXT WEEK'S SWPBS FOCI (WEEK 1 of TERM 2): I use recognise and regulate my emotions.
(I am responsible)

NEWS FROM MR SMITH

Dear School Community Members,

It is hard to believe Term 1 is coming to an end! This provides us with an opportunity to reflect on the achievements our school and students have accomplished this term, as well as ensure we are well placed to achieve our vision of maximising the learning and wellbeing outcomes for every student at Manifold Heights PS. **Thank you** to all **students, staff** and **families** for your contribution to Term 1 being so productive and focussed on our core business of maximising outcomes for each student. It is this incredible community spirit that makes Mano a great place to be.

Gr 4 Camp to Anglesea: I am pleased to report that our Grade 4 students and their teachers are having an incredible time on camp. I visited camp yesterday afternoon and our students are having a blast. Highlights thus far from the students include archery, mini golf, "cabins", Coogoorah Park, Jumpz and "hanging out with my friends". We look forward to hearing about the wonderful adventures upon their return this afternoon. I acknowledge and thank our committed staff who have ventured off on camp with our Grade 4 students – their planning, preparation, care and sense of fun has ensured a great time for all.



ANZAC Commemoration Service: Our first Assembly back for Term 2 will include our ANZAC service.

Date: Monday, 24th April

Time: 9:05am

Venue: In front of flag poles (unless inclement weather)

As usual, our families are warmly welcome to attend our ANZAC Commemoration Service.

Prep Attendance: Our Prep students have had a fantastic start to their school life throughout Term 1. Each Prep class has developed wonderful routines and have begun engaging in the formal curriculum such as phonics, correct letter and number formation and number sense up to 20. From the beginning of Term 2, all Prep students are required to attend school 'full time' (5 days per week). We thank and congratulate our Prep Learning Community for a successful and productive first term at school.

End of Term Arrangements: Today is our last day of Term 1. Please note, students will be dismissed from school at 2:30pm this afternoon. After School Care will begin at 2:30pm.

Thank you for supporting our school and I hope the Easter Bunny finds you all!

Christian Smith
Principal

Teacher Spotlight

At Monday's Assembly we met Miss Cassie Baum.

What is your role here at MANO?

I am a Grade 1 teacher and the Team Leader for the Grade 1 Learning Community.

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

I love to play video games! I love my PS5 and my Nintendo Switch and my current favourite game is Animal Crossing.

What did you do before you came to MANO?

Before coming to Mano, I taught at another school in Grade 1/2s and before that I was a relief teacher and a tutor (and I worked at Kmart!).

What is your ideal holiday destination?

I've never been overseas, so I'd have to say Phillip Island. I love the penguin parade and there is some really good ice cream there!

What is your favourite movie?

A tough one! I love Toy Story 1, but I also love Inception which is a grown up movie.

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

Everyone I've taught knows I'm a passionate Geelong Cats supporter!

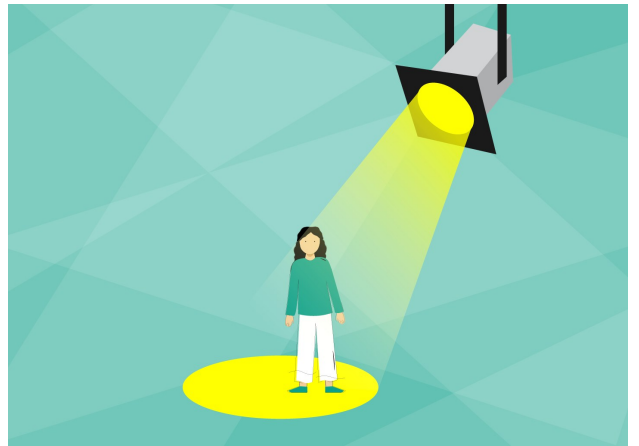
What is your least favourite food?

I have so many foods I really don't like, but I absolutely can't stand cold toast.

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

I really loved Art. I loved being creative and getting into all the colours and line work. I once painted a running shoe with streaks of paint!

We are so lucky to have you at Mano Miss Baum!



Mano Sports Shorts

Bellarine Uniforms are now stocking Sport Shorts (pocket with zip) for \$35. These sport shorts can be worn for all school sport events as long as the pocket is zipped up.

Perfect for House Athletics coming up in Term 2!

Grade 2 Learning Community Big Day Out

The Grade 2 Learning Community enjoyed a Big Day Out on Friday 31st March. Students participated in many activities including Bubbles, Treasure Hunt, Dancing, Mask Making and a session at All4Kids.

"The Big Day Out on Friday 31st March was filled with excitement.... Well almost overflowing!!!! Me, my class and even the whole entire Grade 2 classes were going to the amazing All4Kids! Hugo

"The Big Day Out was the best day in March, for sure! It was so much fun!" Sienna

"I loved it. All the boys went on the inflatable castle and it floated down and was really extremely funny. It was the best day of school in my entire life." Annabel

"The best day ever because we had our Big Day Out and I got to see my friends and play at All4Kids." Ruby

"When I got to school I was popping with excitement because it was the Big Day Out at All4Kids. We made masks. Then we had fruit and a scavenger hunt. Then we blew bubbles which was so much fun!" Lily W

"I loved the hot chips but All4Kids was the best. I was so exhausted!" Ollie



Learning About our Breath!

Throughout the term, students have been focusing on their breath. Deep 'belly' breathing is known to relax and reduce stress in the body and mind. To encourage students to take long, slow breaths, we refer to the following: **Smell the flower.** **Blow up the balloon.**

There are many opportunities for students to use this strategy. This may be throughout the week including: twice daily mindfulness sessions or as part of their co-developed 'Ready to Learn Plans'. Ready to Learn Plans are a set of coping strategies, or tools, that students can rely on if they are ever feeling as though they are not 'ready to learn'.

Over the holidays you and your child/ren might like to practise some deep belly breathing. You might like to use the linked [template](#) (just like Clem from 1A, pictured) to colour and decorate your own Breathe Board.



Or, you may like to use the example (right) from The Resilience Project.

You can find the link for it [here](#).

Breathe boards provide a visual and a path for your finger to follow to practice a mindful moment. This allows you to be present and filter out any other distractions.

Have a lovely Easter break and we hope that you can enjoy a mindful moment over the holidays!

Aimee Forsyth

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, it is a Department of Education 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.

Re: Invitation to attend group



Dear Parents/Carers,

Change and loss are issues that affect all of us at some stage in our lives. At Manifold Heights Primary School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called **Seasons for Growth**.

This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is approximately 45 minutes. The program concludes with a 'Celebration' session.

It will commence on **Tuesday 16th May** at 12:30pm and will be facilitated by myself. Be assured I have received special training in the use of this program. Please note there is a **\$14** cost for your child to participate and to receive a **Seasons for Growth Primary Journal**.

If you think your child would benefit from **Seasons for Growth** we would encourage you to talk to him/her first about this. Child voice and agency in the process is very important. [Please note it is recommended that one sibling attend]. Should your child decide to participate please fill in the tear-off section below and return to the school office by **Thursday 6th April**, along with the **\$14** journal fee.

If you require further information about the program, or wish to talk to me about your child's personal experience, please contact me by phone or appointment.

Warm regards,

Cyndee Little

Seasons for Growth Facilitator

.....

I _____ give consent for my son/

daughter _____ to attend the **Seasons for Growth** program. I have discussed with this with him/her.

I enclose the \$14 fee to cover the cost of my child's journal.

Parent/Guardian Signature

Child's Signature

Chill 'n with Kevin

Thursdays 8.30am

A quiet zone for:

- Milo
- Relaxing
- Connection

**P-4 Students welcome between
8.30 - 8.55am**



Victorian
premiers'
reading
challenge



WILD
ABOUT
READING

VICTORIA
State
Government

Victorian Premiers' Reading Challenge

Dear Families,

The Premier's Reading Challenge has started. It's not too late to join in!

Any students who still wish to participate may do so by signing up as a 'Home based reader' which can be done at home. Further information can be found on the website – google 'Premier's Reading Challenge – home based reader's'.

Link: <https://www.vic.gov.au/home-based-readers-taking-part-premiers-reading-challenge>

If you need support to find books from the reading list students can ask Priscilla during their weekly Library sessions. A display of titles listed in the Reading Challenge will be on display in the Library.

Any problems please let Priscilla Clark or Karyn Bath know and we will try to help you sign up or along the way on your reading challenge journey.

Thanks.

Priscilla Clark & Karyn Bath



MANIFOLD HEIGHTS PRIMARY



8:00AM START
6:00PM END

PLEASE
ARRIVE BY 9AM
ON EXCURSION DAYS



IN-HOUSE



INCURSION



EXCURSION

10 th APRIL - MON	11 th APRIL - TUE	12 th APRIL - WED	13 th APRIL - THU	14 th APRIL - FRI
PUBLIC HOLIDAY	NATIONAL PET DAY	SILLERS CIRCUS	MOVIE - ARGONUTS	SCIENCE OF TOYS
	It's National Pet Day! A day to celebrate our loveable fluffy and scaly four legged friends! Bring a photo of your pet and get ready for some PAW-some craft! We'll make paper bag pet puppets and take home a squishy pet friend!	Roll up Roll up! Calling all acrobats and clowns! Prepare to enter a world of entertainment where your imagination will soar like never before, in this completely re-imagined modern Silvers Circus spectacular!	Lights down, popcorn ready! TeamKids is off to the movies to watch Argonuts! A young mouse and the cat who adopted her will help old Jason and his Argonauts to save the city of Yolcos by facing menacing mythical creatures.	Calling all talented Toy Makers! Today we'll be learning all about toys, exploring gravity and energy changes! We'll make some seriously fun pom pom launchers and space-ship spinners, all yours to take home!
	Base Fee \$70.00 Exp Fee** \$8.00 Daily Total \$78.00	Base Fee \$70.00 Exp Fee** \$42.00 Daily Total \$112.00	Base Fee \$70.00 Exp Fee** \$30.00 Daily Total \$100.00	Base Fee \$70.00 Exp Fee** \$21.00 Daily Total \$91.00
	After Max CCS* \$11.70	After Max CCS* \$17.22	After Max CCS* \$15.00	After Max CCS* \$13.65

17 th APRIL - MON	18 th APRIL - TUE	19 th APRIL - WED	20 th APRIL - THU	21 st APRIL - FRI
BARK TO THE FUTURE	DODGEBALL MANIA	SOFT TIP ARCHERY	CODE BUSTERS	LET'S STREET DANCE
Jarrah the Cavoodle is coming to visit and he's only the coolest pet on the planet! He's friendly, he's funny & he knows over 30 PAWS-itively awesome tricks - get ready to be WOWed!!	You can dodge it, you can catch it, just don't let it hit you! Today we're venturing to Geelong Indoor Sports Centre for DODGEBALL MANIA! We'll work on our teamwork, athleticism and resilience - no underdogs here!	Today we'll be putting our marksman skills to the test during an EPIC lesson in Soft Tip Archery! We'll learn all about safety, teamwork, sportsmanship and FUN! Will you hit the bulls-eye?!	Today is all about teamwork. Mini Bosses will race against the clock to complete pressurised STEM challenges where learning success only comes from working together. Teamwork makes the dream work!	Today we'll be locking, hip hopping, popping and breakdancing as we flex our style and get down and groovy in an epic ENERGETIC street dance lesson! We'll learn the moves then perform to some bopping jams!
Base Fee \$70.00 Exp Fee** \$23.00 Daily Total \$93.00	Base Fee \$70.00 Exp Fee** \$30.00 Daily Total \$100.00	Base Fee \$70.00 Exp Fee** \$16.00 Daily Total \$86.00	Base Fee \$70.00 Exp Fee** \$17.00 Daily Total \$87.00	Base Fee \$70.00 Exp Fee** \$16.00 Daily Total \$86.00
After Max CCS* \$13.95	After Max CCS* \$15.00	After Max CCS* \$12.90	After Max CCS* \$13.05	After Max CCS* \$12.90



*Child Care Subsidies may apply. \$5 Admin Fee per family. \$5 Late Fees apply within 7 days per child. Payment plans available. | **Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy



FIND A VENUE
teamkids.com.au/venues

CHOOSE YOUR ADVENTURE
Book Today!



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



We are so excited to let you know of something special we have organised for the children at Manifold Heights Primary School Your OSHC.

We have special guests coming into the service to give your child an incredible experience - And the best part? It's at no additional cost to you! Simply book into Your OSHC for the session and then your child will be locked into even more FUN! See all the great details below:

Where: Manifold Heights Primary School Your OSHC

When: Thursday, 27th of April 2023 in After School Care

Who: Roaming Reptiles

What: Get up close to some of the wildest native animals where you will meet feathery, furry and scaly friends for an awesome day of interactive fun. Join us with **Roaming Reptiles** to discover amazing features and personalities of the weird and wonderful Aussie reptiles.

Cost: No additional cost, simply book in!

See you there!



St Joseph's Girls Football Teams It's all about making friends

Recruiting U'12 & U'14 girls to come and play footy with friends.

Training Wednesdays 4.30 – 6.00pm Drew Reserve, Hilltop Street, Herne Hill. Games played on Sunday mornings.
Beginners welcome!

If you want to come and train and give it a go – you can just roll up or
U'12 Call or Text Yvette **0407 833 585** or Email: yvetteski93@hotmail.com

U'14 Call or Text Carley **0431 898 226** or Email: sjfnfemalefooty@gmail.com





Sonya Kurul

Sales Consultant
Barry Plant

5221 4011
0456 751 665
skurul@barryplant.com.au

59 Gheringhap Street
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



NOONE

BEST IN CLASS SINCE 1947

Proud suppliers of the
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.