

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: 11th May 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Peta Mundine

Administration: Jacque Clancy & Georgina Slater

Important Dates

MAY

Fri 12th May	House Athletics, Grades 3-6, Goldsworthy Reserve
Mon 15th May - Fri 19th May	Education Week Book Fair, 3:30pm - 4pm, Library
Mon 15th May	Assembly, Choir & VSSS Performance, 9:05am Victorian State School Spectacular Regional Rehearsal School Council Meeting, 6:30pm, Staff Room
Tues 16th May	Winter Lightning Premiership, Senior Students
Wed 17th May	Open Day, Tours at 9:30am and 12noon
Thurs 18th May	Open Classrooms, 2:30pm - 3:30pm
Fri 19th May	Pyjama Day Casual Dress & Teddy Bear Picnic Buddy Lunch Dad's Night Out, 6:30pm, Barking Dog
Tues 23rd May	Grade 2 Sound & Light Workshop
Wed 24th May	Prep Minibeast Incursion
Fri 26th May	Grade 3 & Grade 4 Queenscliff Marine Discovery Centre

JUNE

Fri 2nd June	Pupil Free Day, No Classes
Tues 6th June & Wed 7th June	Grade 3 - 6 Digital Tattoo Incursion
Wed 7th June	Digital Tattoo Parent Information Session, 6:30pm - 8pm
Mon 12th June	King's Birthday Public Holiday, No Classes
Fri 16th June	Grade 1 Bollard Walk

Upcoming Event Consent Forms and/or Payments Due

Winter Lightning Premiership Consent & Payment - Senior Students	12th May
Grade 2 Light & Sound Workshop Consent & Payment	18th May
Prep Minibeast Incursion Consent & Payment	21st May
Grade 3 & 4 Queenscliff Marine Discovery Consent & Payment	23rd May
Grade 3 - 6 Digital Tattoo Consent & Payment	2nd June

NEWS FROM MR SMITH

Dear School Community Members,

Earlier in the year I shared an article by Professor Anne Bayetto on the significance of all children developing an effective and regular home-reading routine. By now all students should be into the habit of reading regularly (both independently and being read to). As parents and families, we have the opportunity to project and model the importance of reading onto our children. Professor Anne Bayetto from Flinders University in South Australia highlighted students who read:

- Less than 1 minute per day will read 8000 words a year
- 4.6 minutes per day will read 282 000 words a year
- 20 minutes per day will read 1.8 million words a year

Reading 20 minutes per day provides children with a massive advantage when compared to children who read 5 minutes or less a day! How can they ever catch up? Our role, as teachers, is to provide the explicit reading strategies that children require to be successful readers. As parents/carers, our job is to give the opportunity for our children to practise these skills. We expect all students are engaged in a regular home-reading program. Please contact your child's teacher or myself if you are needing some support to maximise your child's home-reading program.

Education Week: Our school, along with many other schools, will celebrate Education Week next week. This is an opportunity for our community to celebrate the wonderful opportunities, experiences and achievements our students undertake on a daily basis at Manifold Heights Primary School.

Mano is celebrating Education Week with the following:

- Education Week launch at Assembly: Monday 15th May
9:05am
- School Tours for Prospective Families: Wednesday 17th
May 9:30am and 12noon
- Open afternoon for current families: Thursday 18th May
2:30pm – 3:30pm
- Pyjama Day and Teddy's Bear Picnic: Friday 19th May

Students and staff extend a warm welcome and invitation to all families to join us at some stage during these times.

Staff Professional Learning – Wellbeing at Mano: Last week, our staff forum focussed on continuing our work on maximising the wellbeing of our students. Led by Mrs Forsyth, we officially launched the Mano Health and Wellbeing Model and began unpacking the High Impact Wellbeing Strategies. Mrs Forsyth will share the Mano Health and Wellbeing Model with our community in the coming weeks. Our model incorporates our school values, the seven High Impact Wellbeing Strategies, the pillars of PERMAH (information regarding this attached on page 6 of this newsletter), and GEM (Gratitude, Empathy and Mindfulness). Ultimately, the Mano Model is designed to

maximise the wellbeing of all students. We look forward to sharing our progress with this work.

Mano Lunch Time Clubs: Our Lunch Time Clubs program is in full swing! Our Lunch Time Clubs are designed to provide our students with purposeful and supervised activities at Lunch Time. Our students decided on the clubs through a whole school vote at the start of the school year and Lunch Time Clubs have been very well attended this term. Included in this newsletter is a schedule of the clubs and a small blurb to assist families and students to determine their participation in these clubs.

Mother's Day: This Sunday is a wonderful day of the year when we acknowledge and thank our mums or special persons for everything they do. I wish all mums in our community a very Happy Mother's Day for Sunday. I hope you all get spoilt! Our Mother's Day Stall was held today and all students had an opportunity to purchase special treasures for their mum or significant person in their life. Second chance purchases or swaps can be made from 3pm – 3:30pm tomorrow (Friday). Thanks to our wonderful group of parent helpers for providing this opportunity to our students.

Christian Smith
Principal

DO YOU HAVE A STUDENT STARTING IN PREP NEXT YEAR?

If you have a student due to be starting school in 2024, please contact us so we can email you the application form. Applications close 28th July 2023.

NEXT WEEK'S SWPBS FOCI (WEEK 4): I use my own and the school's technology safely. (I am safe)

STUDENT OF THE WEEK

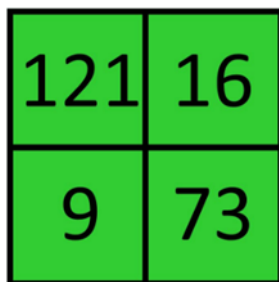
PD	MACKLAN FOLEY - Macklan shows terrific resilience when faced with a challenge and does a wonderful job of asking for help when required. Magnificent, Macklan!
PH	WILLIAM WRIGHT - William has shown a much improved effort to ask for clarification and assistance when needed. Wonderful, William!
PJ	RUBY DWYER-YATES - Ruby sets a terrific example for her peers by always raising her hand to ask for assistance. She makes sure to seek help when required to ensure she is best prepared for tasks. Rockstar, Ruby!
1A	PAISLEY GOODWIN - Paisley has made an exceptional start in 1A. She is asking clarifying questions and is quickly getting to know our routines and expectations. Perfection, Paisley!
1B	CHESTER BYERS - When out in the yard or in the classroom, Chester makes sure to ask for help from an adult if he is trying to solve something. Well done Chester!
1C	BOH URQUHART - This year Boh has shown greater initiative to seek clarification when working independently. She always works quietly and with determination!
2B	BILLY RYAN - Billy has done a great job in asking his peers for help. This has enabled him to get started and complete his work to the expected level. Well done Billy!
2O	HARPER WILLS - Harper readily takes responsibility for her learning and seeks assistance to enhance her understanding of technical words. Fabulous work, Harper!
2S	WILL MADDEN - Will has been using his finger spacing superhero this week to help him organise his words on the page so that they are easier to reread and understand. Wonderful Will!
3G	KIARA-LEE MORGAN - For understanding that seeking assistance is an important part of learning. Kiaras desire to develop new skills and build her confidence in all areas of the curriculum has been admirable.
3Q	WILLOW FORSYTH - Willow is a responsible learner and ensures she asks questions when unsure. This allows Willow to make the most of her learning time. Her writing this week has been amazing! Wonderful Willow!
3/4S	ALBI MAJTARA - Albi has used excellent initiative this week BY asking for help to expand his ideas in writing. Amazing Albi!
4F	GEMMA WALLACE - Gemma continues to demonstrate commitment to her learning. She has started to ask for help with her work, in order to improve. Great work.
4M	VIVIENNE HURST - Viv continues to show she is a responsible learner, with her willingness to offer and seek help from others when it is needed. Awesome work, Viv!
SC	LUCAS BASKIN - Lucas continues to take responsibility for his learning. He always reaches out and asks for help to improve his work, especially in writing. Lucas loves reading out his efforts to the class, showing wonderful confidence. Keep it up, Lucas!
SL	ELIJAH NORTH - Eli has shown outstanding responsibility this week by helping in many situations without being asked. It has been greatly appreciated by your teacher and peers in Senior L. Keep it up, Eli!
SM	ARCHIE RAHLES-RAHBULA - Archie is always the first one to offer to help his classmates. He can always be relied on to provide clear instructions and is keen to assist all. Thanks Archie!
ST	DRAYCE JOAQUIN - Drayce has shown increased responsibility this term by seeking help when she encounters problems in her school work and in the yard. Way to go, Drayce!
SW	FLYNN SKIPWORTH - Flynn is always prepared to ask questions to clarify his thinking when working individually or to seek feedback for his group when working collaboratively. He also regularly goes out of his way to help others without being prompted. Appreciate your help!
ART	LUNA EISEL - Luna always works to the best of her ability and takes great pride in her art work. She is a respectful and cooperative student. Well done Luna!
PE	ARIA BULTMAN - Aria this week during our PMP foci of catching and bouncing skills started asking questions about how to improve her bouncing and was asking for feedback to develop her skills in each of our skill stations. Super job Aria!
PERF ARTS	INDI JOSE - For making the most of her learning time and participating in class music items with confidence.

A Message from the Numeracy SIT

Number Talks

Often, Maths is seen as being either right or wrong. But number talks help students see that there is no one right way to solve a problem. Rather than relying on the rote-memorisation of isolated number facts, Number Talks aim to build confident, number fluency, where learners recognise patterns within and between numbers and understand the properties of numbers and operations. Number Talks engage students in an active learning process as they search for patterns, decompose and recompose numbers, and develop a flexible understanding. In place of an emphasis on right answers, there is an emphasis on the rationale for the response.

Examples of numbers talks:



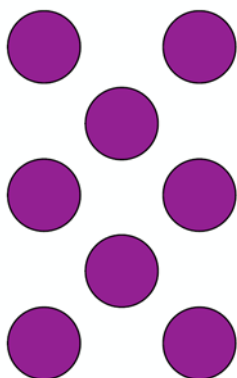
Which is the odd number out?

9 is the only 1-digit number.

121 is the only 3-digit number.

73 is the only number that isn't a square number.

16 is the only even number.



How many dots do you see?

I can see a group of five and a group of three. $3 + 5 = 8$

I can see two groups of three and then two more. $3 + 3 + 2 = 8$

I can see a group of four, and two groups of two. $4 + 2 + 2 = 8$

At home, you can use everyday situations to spur these types of conversations and explore different strategies and thinking to arrive at the same, or alternative, solutions!

Art Donations

The Art Room is seeking donations of cardboard shoe boxes for upcoming activities. If you have any at home please feel free to drop them off at the School Office for our Art Program.

Thank you!

Sue Bencic & Ashleigh Hardman

Lunchtime Clubs

A friendly reminder that we have some great Lunchtime Clubs on offer again this term, following on from a successful Term 1. Clubs have been generated based upon students' interest and passions, understood through a survey conducted by our wonderful school leaders.

As a result, we have a total of seven clubs (in addition to our High Ability Program and VSSS rehearsals) that we are able to offer to our students. Clubs will run from 1:45pm to 2:20pm daily.

On offer we have:

- Mano Melodies (Grade 3-6 Choir) with Mrs Grant
- Garden Club with Mr Urquhart
- Crafty Kids with Miss Baum
- The Calm Corner with Mr Beck
- Let's 'Just Dance' with Mrs Forsyth
- STEM Club with Mrs Grant
- Mad About Sports with Miss Chapman and our School & House Captains










and

- Victorian State School Spectacular Rehearsals with Mrs Orford
- Mano High Ability Program with Mr Valentine

Clubs will run according to the below schedule, with venues and meeting points listed for students and staff.

Mano's Lunchtime Clubs



Monday 1:45pm-2:20pm	Tuesday 1:45pm-2:20pm	Wednesday 1:45pm-2:20pm	Thursday 1:45pm-2:20pm	Friday 1:45pm-2:20pm
STEM Club  Venue: STEM Room	The Calm Corner  Venue: Library	Mano Melodies (Gr 3-6)  Venue: Music Room	Crafty Kids  Venue: Art Room	Mad About Sports  Venue: Meet in Multi
Victorian State School Spectacular  Venue: Multi	Mano High Ability Program  Venue: STEM Room	Let's 'Just Dance'  Venue: Multi		
				Garden Club  Venue: Garden (behind Prep building)

We hope to see many of you there! Aimee Forsyth (Lunchtime Club Coordinator)

Scholastic Book Fair

The Manifold Heights Scholastic Book Fair is fast approaching. It is during Education Week, Monday 15th – Friday 19th May. Students received a Book Fair brochure this week to share with their parents. This showcases some of the popular books and provides information on how to purchase books online if you are not able to attend the Book Fair. Any online orders are to be presented to the Office. These will then be forwarded to the School Book Fair Organisers so that students will obtain their ordered books.

We hope you can join as at the Book Fair! Open from 3:40pm - 4pm daily during Education Week.

Thanks.

Priscilla & Mrs Bencic

Understanding the PERMAH Framework for Wellbeing

Professor Martin Seligman's research in the domain of positive psychology has outlined that wellbeing is influenced by the following factors: positive emotion, engagement, relationships, meaning and accomplishment.

This framework is referred to as PERMAH:



Spotlight on POSITIVE EMOTIONS...

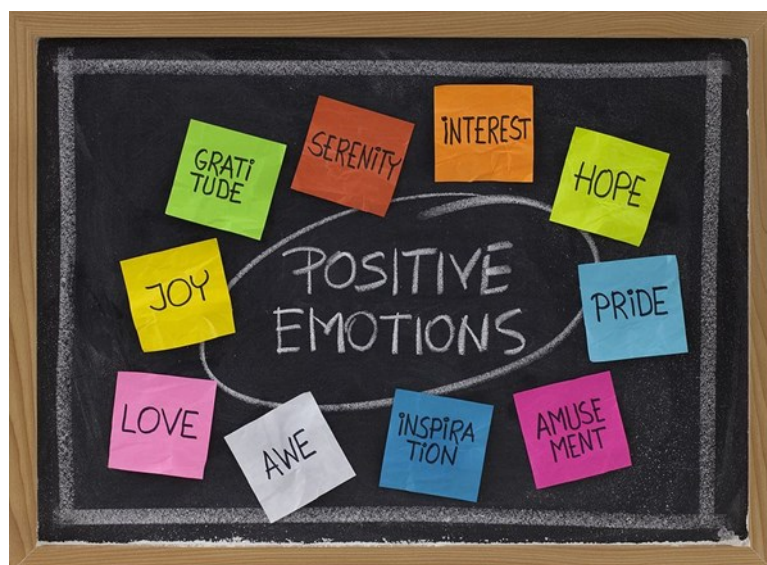
Positive emotions can include love, gratitude, hope and joy and we strive to find "the right balance of heartfelt positivity to boost our resilience" (Michelle McQuaid). When individuals can explore, savour, and integrate positive emotions into daily life (and visualisations of future life), it improves habitual thinking and acting. Positive emotions can undo the harmful effects of negative emotions and promote resilience (Tugade & Fredrickson, 2004).

Ways you can build positive emotions:

- Spend time with the ones you love and care about
- Find and participate in a hobby or activity that interests you
- Create a playlist with songs that boost your mood
- Start a Gratitude Journal
- Look through your photos to find a memory that sparks joy that you are grateful for
- Share a highlight of your day over dinner
- Create a Treasure Chest (a place to store special photos, awards, cards and mementos) that you can look back and reminisce over

Throughout the week, challenge yourself to implement one of these strategies to build positive emotions into your week.

Aimee Forsyth



MANO HOUSE ATHLETICS

WHEN: Friday 12th MAY

WHERE: GOLDSWORTHY RESERVE

BE AT SCHOOL BEFORE 8:45AM!

Pack snacks, fruit and lunch with drink bottle.

Wear COMFY running shoes AND shorts!!



STUDENTS HAVE BEEN TRAINING AND WILL PARTICIPATE IN THE FOLLOWING EVENTS:

DISCUS
SHOTPUT
LONG JUMP
HIGH JUMP
100M/200M
HURDLES
TRIPLE JUMP
800M (OPTIONAL)

Students in Grade 3, Grade 4 and Senior classes are ready and pumped for tomorrow's House Athletics at Goldsworthy Reserve. The weather looks to be perfect conditions for students and their events! Students are reminded to bring a hat, drink bottle, jacket and packed recess and lunch for the days event.

The bus will be departing 'Mano' at around 9:05am and students arriving back at school approximately 2:15pm.

To all the wonderful parents helpers - please meet Mr Hambrook at Goldsworthy Reserve at 9:20am for a quick debrief.

Spectators are most certainly welcome to come and cheer on the kids, but are expected to stay behind the fence within the stadium. More cheering the better! There will be a coffee van and snacks at the venue from 11:30am onwards.

Can't wait for an awesome for the students to enjoy, have a go and compete for their house colour!

WEAR YOUR HOUSE COLOUR SHIRT!

NARMBOOL	STRACHAN	MANIFOLD	PURRUMBETE
			

MONDAY MAY 15TH-
FRIDAY MAY 19TH

"MOVE, MAKE,
MOTIVATE"



EDUCATION WEEK AT MANO



- **MONDAY:** Choir and State School Spectacular Performances at Assembly
- **WEDNESDAY:** OPEN DAY TOURS for 2024 Preps at 9.30am and 12pm
- **THURSDAY:** Classrooms open for Parents/Carers to visit 2.30-3.30pm.
- **FRIDAY:** PYJAMA Day and Teddy Bears Picnic -wear your P.J's, bring your teddy along, and enjoy a picnic lunch followed by some fun games and activities!
- **BOOK FAIR: EVERY DAY** from 3.40 in the Library

COME ALONG AND JOIN IN THE FUN!



SCHOLASTIC Book Fairs

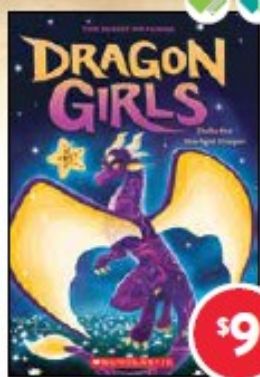
You're invited to our Scholastic **BOOK FAIR**



\$9

OBBY CHALLENGE

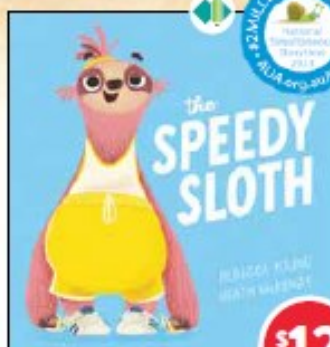
Zeke's dad has built an epic new obby for the army!
100102678 | PB NOVEL | AGES 8+



\$9

STELLA THE STARLIGHT DRAGON

Rosie, Phoebe and Stella transform into Night Dragons!
100123662 | CHAPTER BOOK | AGES 7+



\$12

THE SPEEDY SLOTH

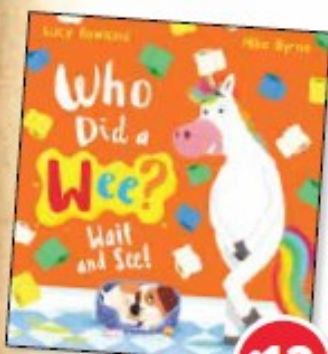
An inspiring story to celebrate all winners, especially those who don't come first!
100102482 | PICTURE BOOK | AGES 3+



\$12

THE BAD GUYS EPISODE 16: THE OTHERS?!

Can The Bad Guys get any weirder? This one will blow your mind!
100102367 | CHAPTER BOOK | AGES 7+



\$13

WHO DID A WEE? WAIT AND SEE!

A little boy steps in a puddle and starts imagining who might have left it...
100102597 | PICTURE BOOK | AGES 3+



\$13

COLLABORATIONS

The baby frogs work together and discover that small things can have a huge impact.
100101522 | GRAPHIC NOVEL | AGES 7+



\$15

MOON RISING

The war is over, and the dragonets have a plan for lasting peace.
100102246 | GRAPHIC NOVEL | AGES 10+



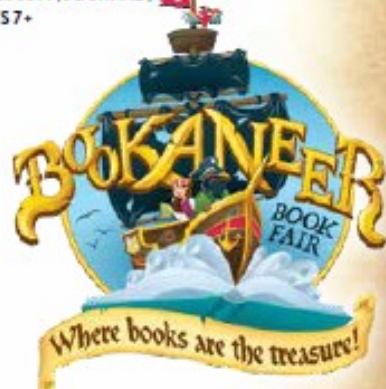
\$17

FOREVER FRIENDS DIARY

A gorgeous lockable diary with two BFF necklaces.
100098014 | JOURNAL | AGES 7+

Find these books and more at the Fair!

EVERY DOLLAR EQUALS RESOURCES FOR OUR SCHOOL



AUSTRALIAN MADE:



AUSTRALIAN AUTHOR



AUSTRALIAN PRINTED & PAPER



AUSTRALIAN PRINTED

SCHOLASTIC

BATForce & Manifold Heights PS
present

"DIGITAL TATTOO"

Wednesday 7th June 2023

Parent Carer Presentation: 6.30-8.00pm

Young People live in an amazing world, they seamlessly move between their 'online world' & 'living directly world'. As a community this can create questions as they baffle us with their speed & connectivity, take risks & sometimes make mistakes.

BATForce acknowledges the pandemic has changed how we use technology, this is a great opportunity to explore how we reset & move forward in our online worlds.

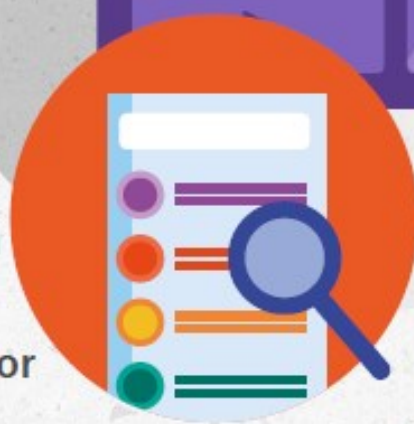
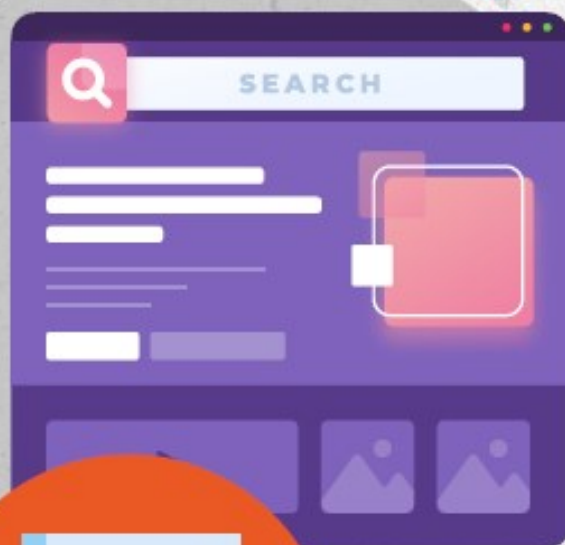
TOPICS INCLUDE:

- healthy online relationships -gaming
- consent -social media -gambling
- importance of role modelling -screens & your body -staying safe -looking out for your mates -what to do when things go wrong

Parent Carer sessions are interactive & focus on how Families can best support their Young Person when they are online.

Please RSVP via the School Office or using the Google Form

<https://forms.gle/DPXqVFjMTHh2G8k47>



www.batforce.org.au

batforce
BARWON ADOLESCENT TASK FORCE

MANIFOLD HEIGHTS
Mano
Unleashing Potential
PRIMARY SCHOOL



WESTERN HEIGHTS UNITING TENNIS CLUB

27-31 Douglass St, Herne Hill

Hot Shots Term 2 Program

**Friday afternoons starting
from April 28th to June 16th
4-4:45pm**

8 Week introduction to tennis program, run by experienced coaches. Come along and learn to play! All equipment provided. The program is aimed at children between the ages of 5 and 12.



Cost \$80 for 8 weeks
Register using the QR code or
contact Bruce 0402135313

BarryPlant

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.