

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: 25th May 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Peta Mundine

Administration: Jacque Clancy & Georgia Slater

Important Dates

MAY

Fri 26th May	Grade 3 & Grade 4 Queenscliff Marine Discovery Centre
Tues 30th May	Mano Active Travel Day Parent Teacher Discussion Bookings Open, Compass, 4:30pm

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 Semester 1 Student Reports Available, Compass, 4pm
Mon 19th June	Parent Teacher Discussion Bookings Close, Compass, 4:30pm
Sun 18th June	Bunnings BBQ Fundraiser, North Geelong
Mon 19th June	Victorian State School Spectacular Regional Rehearsal
Thurs 22nd June	Parent Teacher Discussions, 2pm - 7:40pm (1:30pm dismissal)
Fri 23rd June	Social Service, Casual Dress Day, Crazy Day Theme, GAWS Term 2 Ends, 2:30pm dismissal

Upcoming Event Consent Forms and/or Payments Due

Grade 3 - 6 Digital Tattoo Consent & Payment	2nd June
Grade 6 Camp Expression of Interest & Deposit	9th June
Grade 1 Bollard Walk Consent & Payment	13th June
VSSS Melbourne Rehearsals Consent & Payment	21st July

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.

NEWS FROM MR SMITH

Dear School Community Members,

As a school, we highly value student voice as a means of improving student engagement, wellbeing and classroom instruction. Led by Mr Gibson and the 'Student Voice, Agency and Leadership' School Improvement Team, recently we conducted a student survey where students were asked a number of questions relating to their experiences at Mano. This survey, along with our Junior School Council (JSC), provided us with a number of celebrations as well as some areas to improve. Through these two student forums, our students informed us that our school is a place where our teachers make learning fun, where students try their hardest, are encouraged to share their ideas, and are supported with extra assistance when needed. Led by Mr Gibson and his team, staff have begun planning and implementing strategies and programs in response to the survey and suggestions made by the students. This includes the inclusion of game-based learning, increased choice through our Writing program, additional avenues through which students can seek assistance and provide feedback, and diversity in teacher instruction, including the use of multimedia. A formal Attitudes to School Survey for students in Grades 4 – 6 will be conducted later this month by the Department of Education. This will be another opportunity for us to reflect on our strengths and aspects of our school that can be improved. I look forward to sharing the results of the student survey with you in early Term 3.

National Reconciliation Week: Next week is **National Reconciliation** week, an opportunity for us as a community to celebrate the rich culture and history of Indigenous Australians. National Reconciliation Week is a time to build better relationships between Aboriginal and Torres Strait Islander peoples and other Australians—and a time to come together to acknowledge the enormous contributions that Australia's First Nations Peoples have made to shape our nation. It is also an opportunity to explore how each of us can contribute to achieving reconciliation in Australia. This year's theme is: **'Be a voice for generations.'**

Two dates are significant in the history of reconciliation. The 27th of May is the anniversary of the date of the 1967 Referendum, which successfully removed from the Constitution clauses that discriminated against Indigenous Australians. The 3rd of June is the anniversary of the High Court decision in the Eddie Mabo land rights case handed down in 1992. Our students will engage in discussions and activities that will assist them in deepening their understanding about our country's rich history and realise that our past goes way back before 1788. Each class will also develop their own Acknowledgement of Country that will be displayed and utilised at our weekly assemblies. We encourage our families to use next week as an opportunity to reflect and celebrate the wonderful traditions and customs our Indigenous Australians have.

Staff Professional Learning – Writing: Our staff forum on Tuesday afternoon focussed on 'Writing'. Led by Mrs Bath and the Writing School Improvement Team, our teachers participated in a 'Writing' moderation session. Writing moderation involves teachers working together to develop consistent approaches to assessing student writing. This consistency plays a pivotal role in teachers co-developing effective writing goals for their students.

This Professional Learning session is part of our School Improvement Plan and our commitment to further developing the Writing outcomes of our students.

Parent-Teacher Conferences: Our Parent-Teacher Conferences are scheduled for:

Date: Thursday 22nd June

Time: 2:00pm until 7:40pm

Bookings are to be made via Compass.

Please note:

- Students will be dismissed at 1:30pm on this day (Thursday 22nd June)
- After School Care will commence at 1.30pm on this day – bookings can be made with Camp Australia

Further details, including times and how to schedule a Parent Teacher Conference will be available on Monday.

Child Safe Standards: All Victorian government schools are child safe environments. Our school actively promotes the safety and wellbeing of all students, and all of our staff are committed to protecting students from abuse or harm in the school environment, in accordance with their legal obligations including child safe standards. Like all school, Manifold Heights Primary School, has a Child Safety Code of Conduct consistent with the Department's expectations. These are available on the school's [website](#). The Child Safe Standards are Victoria's approach to ensuring a zero-tolerance approach to child abuse. For schools, the eleven Child Safe Standards will ensure that proactive systems and processes are in place to prevent and respond to child abuse.

Prep 2024 Enrolment Reminder: As we have begun our planning for 2024 and confirming enrolments for prospective families, I remind families who intend to enrol their children at Mano to do so ASAP. Please contact our Office to have an Prep 2024 Application Form emailed to you. Applications close 28th July.

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

Christian Smith
Principal

NEXT WEEK'S SWPBS FOCI (WEEK 6): I report the problems I can't solve to the yard duty teacher.
(I am safe)

STUDENT OF THE WEEK

PD	ANNIE KICHAKOV - Annie consistently works through a wide range of strategies when she is faced with a problem. She has demonstrated this when working on her writing this week! Amazing Annie!
PH	GRAYSON PHELAN-COOPER - Grayson is working hard to develop strategies for solving problems in the classroom, and building improved resilience as he goes. Keep doing your best Grayson!
PJ	FARAZ CHOWDHURY - Faraz does a great job of using a range of strategies to solve problems. He has shown this in his wonderful problem solving during Maths. Fantastic Faraz!
1A	LUKA SEKULIC-FEARN - Luka uses a range of strategies to assist him in the classroom and in the yard. He is mature and aware of his surroundings and relies on this to make sensible decisions. Outstanding, Luka!
1B	XANDER YOUNG - When faced with a problem, Xander always tries to find a solution by himself using known strategies. If he cannot solve it on his own, he seeks help as a strategy. Great work Xander!
1C	THEODORE KATSAMBRIS - Teddy has shown steady improvement in trusting his ability to use the learning strategies such as 'doubles' and 'near doubles' to strive during Numeracy sessions. Tremendous Teddy!
2B	HUGO WATSON - Hugo is an attentive learner who is always looking for effective ways to solve any learning problems he may come across in class. Keep up the great work Hugo!
2O	LOGAN HARBOUR - Logan uses a variety of strategies to help him solve subtraction problems. In the playground, he makes sensible and responsible decisions to solve problems. Fantastic, Logan!
2S	ADI HESELWOOD - Adi was a fantastic problem solver this week, when using her iPad to access Essential Assessment and Mathematics. She sought out help from the teacher when the device wasn't working the way it needed to. Awesome Adi!
3G	ZAARI ANDERSON - Confidently uses strategies to solve problems in the school yard, when she is experiencing difficulties with her school work and even when a personal problem arises that needs attention.
3Q	MABEL HART - Mabel is an ever responsible member of 3Q. She can be trusted to solve problems independently in the classroom and has completed some excellent work this week particularly on her Learning Goals. Marvellous Mabel!
3/4S	ARI WILDE - Ari has worked well this term to develop his problem solving strategies and will ask for help when needed. Amazing Ari!
4F	JETT BLACK - Jett has worked hard this week to solve problems that he faces. He is starting to ask for help when needed. Well done Jett!
4M	HARRIET PALMER - Harriet is a responsible learner who uses multiple strategies and processes when faced with a problem. She always tries her best to produce quality work. Great work, Harriet!
SC	MADELEINE THWAITES - Maddie continues to be a responsible member of the class. She continues to use considered strategies to solve problems and ask for help when she is in need of some extra support. Well done, Maddie! Keep up the great work.
SL	OTTO REES - Otto has been a fantastic role model in Senior L this week. He has been putting in his best effort to produce high quality work. Keep up the awesome work, Otto!
SM	OLIVER IVANITSKIY - For working hard to complete his Tier 3 words for his Inquiry project. It's great to see you applying yourself Oliver.
ST	JACK FRANCIS - Jack has put in 100% effort into his learning each day this week, demonstrating resilience and a growth-mindset when receiving feedback. He is kind and inclusive to absolutely everyone in the grade, and never without a smile. Thanks for making ST a great place to be, Jack!
SW	SIDDARTH SIVANESAN - Siddarth is an independent thinker who is able to use a bank of strategies to solve problems when challenged. He can justify a strategy and why it was the most effective choice for the problem. Well done Siddarth!
PE	CHARLOTTE COLLETT - This week during our AFL focus Charlotte demonstrated resilience and kindness by doing her best in every skill station, whilst helping others in her group as well! What an awesome effort Charlotte!
STEM STAR	FRANKIE GRANT - Frankie used her exceptional problem solving skills in STEM to be successful as well as help her class. Fantastic Frankie!
ART	AVERY HICKMON - Avery is a role model to others in the Art room. She always tries her best and supports her peers when needed. Terrific Avery!
PERF ARTS	KALINA GREVILLE - Kalina attends Performing Arts with great enthusiasm. She is always keen to support her peers with tasks and builds up their confidence. Keep up the great work Kalina, you superstar!

Wellbeing - Relationships

Relationships are the social connections that we share with others. The PERMAH framework, factors that ultimately influence our wellbeing, outlines positive relationships as one of these important pillars. It is important that all individuals within a relationship feel supported, loved and valued. These connections with others increase in importance as we continue to age. (Positive Psychology, 2023).

There are many ways that we can continue to foster and build relationships, these include:

- Asking questions and being curious
- Reach out to someone you haven't spoken to in a while
- Being a part of an outside community (sports, hobbies etc.)

Another way to build positive relationships with others is the concept of Random Acts of Kindness. These opportunities can show consideration, compassion and empathy. Performing a Random Act of Kindness can build connection and contribute to a greater sense of wellbeing.

Here are some Kindness Acts that may contribute to building and fostering connection with others this week:

- Write a thank-you note to someone
- Share your toys with a sibling or friend
- Invite someone new to sit with you at lunch
- Hold the door open for someone
- Help your parent/s with a job at home
- Ask someone about their day
- Say "hello" to people you see throughout the day

We encourage you to think about how you can have a positive influence on your relationships this week and continue to build your social connections.



RELATIONSHIPS

the creation of
authentic,
energizing
connections

Mano's

ACTIVE TRAVEL DAY

Let's get ACTIVE!



On Tuesday 30th May, we encourage you to walk, ride or scoot to school with your family or friends.

This might be from home, or simply by parking a little further away to add some extra movement to your day.



Active Kids are Healthy Kids!

The Positive Behaviour & Wellbeing Ambassadors have some competitions and prizes to encourage and celebrate making healthy choices.



From the Maths School Improvement Team (SIT)

As parents we want to help our children become numerate citizens but are not sure how best to do this.

Being numerate involves using some Mathematics. Not everyone is confident with Mathematics, or believes that they can do Mathematics. One of the best ways we can help our children is to promote positive attitudes towards Mathematics. For example, avoid making statements such as, 'I was never any good at maths either'.

Consider the following statements and think about whether or not you agree with them:

Most Mathematics does not make sense to me

Unfortunately, a lot of 'school Mathematics' is often taught without meaning. It is difficult for students to make sense of it. It may be that your own experience of Mathematics has been limited to 'school Mathematics'. You may rely on procedures and rules that you cannot readily apply to everyday contexts.

In today's classrooms, we emphasise learning Mathematics with understanding rather than remembering rules and procedures which may not 'make sense'. Mathematics makes sense when taught with an emphasis on developing deep understanding.

There is one right way to do a Maths problem

A strong message that we want to convey is that there are lots of ways to do Maths problems. Some ways are more efficient than others, but we shouldn't say that there is one right way to do any given problem.

Mathematics is full of uncertainty. It is more about exploring and making conjectures, rather than coming up with the right answers (Boaler, 2016).

There are right and wrong answers in Mathematics. But, we should focus on how the answers are achieved, and value our children's invented strategies for working out problems.

Men are better at Maths than women

There is no evidence to suggest that males are better at Maths than females. There is also no truth in the statement that we inherit our mathematical capability.

Everyone is capable of learning Mathematics

There is no such thing as a 'Maths brain'. Everyone (with a few exceptions who have severe learning difficulties) has the capacity to learn Mathematics. Many believe that intelligence is unchangeable. But if you have a 'growth mindset' (Dweck, 2012) then you believe that you can achieve. You don't give up when the work is challenging, or when you make mistakes. Mistakes are essential for learning and result in brain growth (Boaler, 2016).

Check out this link to a brilliant TEDx Talk by Professor Jo Boaler which touches on the power of mathematical mindsets and potential - <https://www.youtube.com/watch?v=3icoSeGqQtY>

Parent Teacher Conferences

Parents are invited to book a ten minute Parent Teacher Conference with their child's teacher and/or specialist teachers on Thursday 22nd June between 2:00pm - 7:40pm. Classes will finish at 1:30pm on this day.

Bookings for Parent Teacher Conferences will open Tuesday 30th May, 4:30pm and will close on Monday 19th June, 4:00pm.

Bookings are unable to be made after Monday 19th June, 4:00pm. This will ensure teachers have sufficient time to prepare for your child's discussion.

All bookings will be made online using our Compass Portal. Compass can be accessed at <https://manifold-vic.compass.education> or by using the Compass iOS or Android apps. Once you have logged into Compass under 'My News', you will see a notification for Parent Teacher Conferences with a prompt to 'Click here for Booking'. Follow the prompts to either 'Start Booking' or follow the instructions in 'Show How to Book'. Please see full instructions on Compass News Feed.

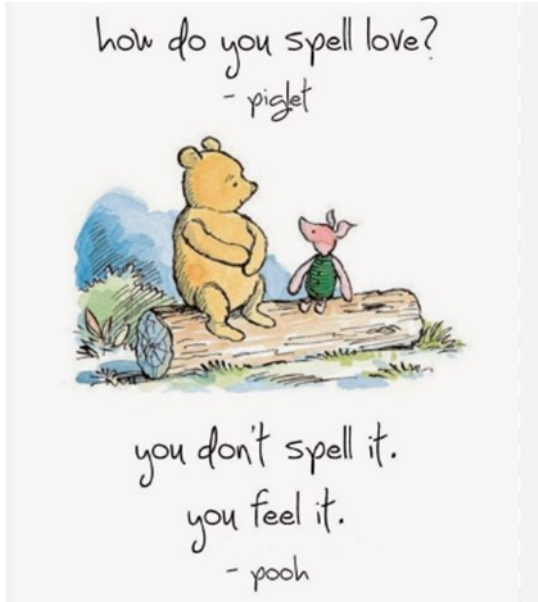
Please note Parent Teacher Conferences will only be scheduled on an alternate day or time in exceptional circumstances.

If you require any assistance with booking a Parent Teacher Conferences on Compass or would like to make a booking with a specialist teacher or tutor please contact Jacquie or Georgia in the Office.

Chaplain's Chat

Hello dear school community.

It is terrific to see so many families gather, mingle and connect at Mano! I have seen this at morning drop offs, at school pick up times, and at various school events like Monday Assembly, House Athletics Day and Education Week. Over the days, weeks and months students have been cheered on, new friendships have formed, playdates for children have been organised, holidays have been planned, and I have even heard of people finding employment.



Many, many acts of kindness take place amongst this community too.

Caring hearts, listening ears, thoughtful words and hugs.

Practical responses like meals, lifts for students, gifts, hampers and even fundraising.

Thank you to those who have reached out to Mano families doing it tough.

Can you feel the love? I know I can.

This term I have started facilitating a **Seasons for Growth** group with a small bunch of Mano students. Seasons runs for 8 weeks and supports children who have experienced grief, loss and change. It draws from Psychologist William Worden's theory of grief which is divided into four main tasks (Worden, 1991). Currently we are reflecting on Autumn, how: "Life is like the seasons", and how, "Change and loss are a part of life" (Anne Graham, 2021).

As we feel safer, develop trust, and start to share stories, we realise we are not alone in our tough times. [I have attached a Seasons for Growth factsheet to this newsletter for those interested to read more].

For others facing crisis, illness, loneliness, grief, loss or change - my heart, thoughts and prayers also go out to you. Please know that I am here for a confidential, non-judgmental chat. Parents, you are most welcome to call the school to make a suitable time to meet me, or perhaps inform me of your circumstances so I can look out for your children. I also conduct individual pastoral care sessions – building upon child strengths, self-esteem and social/emotional wellbeing. Please contact our Assistant Principal Mrs Peta Mundine if you would like more information.



Warm smiles,
Cyndee & Kevin
Cyndee Little
School Chaplain
Tuesdays & Thursdays

Library News

We would like to thank Megan Wigglesworth for spending hours setting up our Annual Book Fair.

Thankyou to the parents and school community for supporting this, selling a record \$6,783 worth of books. With this we have been able to order \$970 worth of books for our Library and Junior classrooms.

Thankyou to all staff that donated their valuable time to help after school.

Priscilla and Sue



Seasons for Growth Children and Grief



When a child is grieving it is natural to want to support them. Yet, we often feel very uncertain about how best to do so. Perhaps you feel uncomfortable about discussing loss and grief, worried whether your child's behaviour is normal, and unsure what you can do to help. This factsheet offers some guidance for adults (parents, carers, relatives, teachers and others) to help you support a child who is grieving and nurture them to grow through the experience.



What is grief?

Grief is the human response to change and loss in our lives, such as the death of someone we love, parental separation or other major change. It is a natural and normal response, which has a physical impact on our bodies as well as affecting our emotions and our thinking. Grief challenges the way we think about ourselves and the world, and influences our spirituality and relationships.

How do children express grief?

Like adults, children express grief in unique and personal ways. This can be influenced by a child's age and understanding of the loss, but also by other factors such as their character, situation or experience. Some children may openly express their hurt, while others may withdraw. Many children also dip in and out of grief, alternating between grieving and more playful behaviour. It is important to remember that grief is a normal and natural response and that there is no right or wrong way to grieve. Some (not an exhaustive list) of the reactions children may experience:



Emotions that children may feel ...

- May be anxious, fearful, fretful and sad
- May be angry, frustrated or disillusioned
- May try to mask their feelings to 'save' or 'help' adults around them

Thoughts that children may have ...

- May have unrealistic thoughts about their loss
- May try to recreate 'what was' before their loss
- May blame themselves
- May have frightening thoughts or worry about the future

Behaviours that children may show ...

- May regress to younger behaviours
- May 'lash out' at family, friends or teachers or 'act out' in anger
- May be overly clingy or uncooperative
- May try to be overly helpful and cheerful

Physical reactions that children may experience ...

- May be tired, distracted and unable to concentrate
- May have stomach aches and headaches



MANO NEEDS YOUR HELP

MANO ARE RUNNING A
BUNNINGS BBQ

SUNDAY 18TH JUNE

CAN YOU **DONATE 2 HRS** OF YOUR
TIME TO THE **BBQ?**

SHIFTS WILL START @ 7AM
IF SO PLEASE EMAIL
PANDFMANO@OUTLOOK.COM

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



Your
OSHC.

Tailored before and after school
experiences that children love.

Newsletter

Incursions this term



We surveyed children attending after-school care at Mano, and on children's demand, we have planned a fun, engaging, and skill-building **four weeks Soccer clinic** in After School Care at **Manifold Heights Primary School**. To enrol your child into the incursion at no extra charge than their regular session fee, make sure you book the After School Care program every Wednesday starting 31st May 2023.

Week 6, Wednesday 31st May 2023

Soccer Clinic commences – Week 1, during After School Care

Week 7, Wednesday 7th June 2023

Soccer Clinic – Session 2, during After School Care

Week 8, Wednesday 14th June 2023

Soccer Clinic – Session 3, during After School Care

Week 9, Wednesday 21st June 2023

Soccer Clinic concludes– Session 4, during After School Care



Register for Your OSHC

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

Register now

Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 85% off your fees. Your eligibility is determined by your family's annual adjusted taxable income, the type of childcare you use, and your activity level. To find out if you're eligible, contact Centrelink on 13 61 50.

Register free and book now at www.campastralia.com.au

by  Camp
Australia



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.