

Mano TIMES



Unleashing Potential

CONTACT US

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Please also find us on
Facebook



MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 1st June 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Peta Mundine

Administration: Jacque Clancy & Georgia Slater

Important Dates

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
Fri 9th June	Emergency Evacuation Drill, Peter Lowe Reserve, 10:45am
Mon 12th June	King's Birthday Public Holiday, No Classes
Fri 16th June	Grade 1 Bollard Walk Division Netball Championships, Kardinia Park, Selected Senior students Semester 1 Student Reports Available, Compass, 4pm
Sun 18th June	Bunnings BBQ Fundraiser, North Geelong, Volunteers Required
Mon 19th June	Victorian State School Spectacular Regional Rehearsal Regional Cross Country, Selected Students Parent Teacher Discussion Bookings Close, Compass, 4:30pm
Thurs 22nd June	Parent Teacher Discussions, 2pm - 7:40pm (1:30pm dismissal)
Fri 23rd June	Social Service, Casual Dress Day, Funky Day Theme, GAWS Term 2 Ends, 2:30pm dismissal
JULY	
Mon 10th July	Term 3 Commences, 9am

Upcoming Event Consent Forms and/or Payments Due

Grade 6 Camp Expression of Interest & Deposit	9th June
Grade 1 Bollard Walk Consent & Payment	13th June
Division Netball Championships Consent	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,

The last four weeks have been a time of many extra-curricular activities that have complimented the curriculum our students are engaged in. Many of you will be aware of the following events our students have participated in in recent weeks: 3 Senior students participating in the North Geelong Secondary College Advanced STEM program, 17 students competing in the District Cross Country, Mother's Day Stall, Mano House Athletics for our Grade 3 – 6 students, our Victorian State Schools Spectacular team participating in their practice sessions at Western Heights College, Winter Lightning Premiership for our Senior students, PJ Day and Teddy Bears Picnic, the Grade 2 incursion on Light and Sound, our Preps enjoyed the Minibeast incursion, Gr 3 & 4 excursion to Queenscliff Marine Discovery Centre, and our Active Travel day to school. These activities, along with our 'formal' curriculum, reinforces the high levels of engagement and opportunities our students participate in on a regular basis.

National Reconciliation Week: As outlined last week, the theme for Reconciliation Week this year is: **'Be a voice for generations'**. This provided us with the opportunity to explore our collective history and to learn more about Aboriginal and Torres Strait Islander cultures, and develop a deeper understanding of our national story. Our students have been exploring the concept of 'reconciliation' and what this means in the context of our history and for our Aboriginal communities and people. There is a rich and thriving Koorie culture in our area, and as a school, we are committed to prioritising and celebrating this. Through our Inquiry Learning units, we are working to ensure the Aboriginal history, culture, perspectives and continuing the reconciliation journey is part of our curriculum. Our Assembly on Monday focused on 'reconciliation', with our student leaders sharing their understandings of Reconciliation. We look forward to sharing the Acknowledgment of Country each class has created throughout the week.

Parent Teacher Conferences: A reminder that our Parent Teacher Conferences are on Thursday 22nd June (second last day of Term 2). Thank you to the 70% of families who have booked their conference. Please see information from Compass to book your Parent Teacher Conference. If you require assistance with booking via Compass please contact our Office on 5229 9643.

Toilets: We continue to educate our students around the appropriate use of the toilets at school, as misuse has led to some recent damage in the boys toilet. This damage has included the soap dispensers damaged, cubicles being locked, a hole kicked into a wall and toilet paper rolls placed in toilet bowls. We encourage families to also reinforce this message at home so we can all enjoy the facilities and environment that our school has to offer.

Best Wishes to Mrs Bencic: We wish Mrs Bencic well as she embarks on her well deserved Long Service Leave for the remainder of the year. Tomorrow is Mrs Bencic's last day and we look forward to welcoming her back in 2024.

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

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. Camp Australia is providing an after school care service from 1:30pm on this day

Bookings for Parent Teacher Conferences are now open 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.

STUDENT OF THE WEEK

PD	LUCY KEEGAN - Lucy has settled into Mano seamlessly. She is fabulous when it comes to following our school expectations and does a wonderful job of encouraging others to do the same. Well done Lucy!
PH	ELLA HESELWOOD - Ella is a safe and responsible student who always tries to solve small issues in the playground or classroom by using sensible strategies and thoughtful communication. Excellent, Ella!
PJ	LEAH PSAILA - Leah does a wonderful job of following our school expectations both inside and outside the classroom. She has worked hard to ask for assistance with problems she can't solve. Legendary, Leah!
1A	JIMMY SWANSON - Jimmy is continually making wonderful decisions and further developing his problem-solving skills. He is able to express his concerns both in class and within the yard. Just wonderful, Jimmy!
1B	HARRY CHISHOLM - Harry does a tremendous job of finding a yard duty teacher for problems in the yard, including when a friend in his class is hurt. Amazing work, Harry!
1C	ARIA BULTMAN - Aria thinks more carefully about the SWPBS matrix and how strategies really help us to become more responsible in and out of school. Amazing Aria!
2B	FAXON BUSHELL - Faxon has shown he is a sensible and mature member of 2B. When faced with an issue he can't resolve himself, he will approach the teacher and ask for assistance. Great effort!
2O	EZRA REICK - Ezra was quick at locating a yard duty teacher after one of his peers was injured in the playground. Terrific Ezra!
2S	MILLA BARRON - Milla has been trying her best to solve problems in the yard before coming to the yard duty teacher. By clearly communicating to her peers, she is able to make sure that recess and lunch times are happy parts of the day.
3G	LUNA EISEL - For being a safe and responsible class member; always looking out for her classmates, seeking assistance when needed, and reporting problems she cannot solve to a teacher.
3Q	WILLIAM DIMOVSKI - William is a safe and responsible member of 3Q who uses his problem solving strategies to work through challenges in the classroom so that he is able to make the most of his learning time. Wonderful William!
3/4S	ASHER DONALDSON - Asher has been using excellent problem solving strategies in the classroom and will ask the teacher when she needs help with something. Amazing Asher!
4M	OSCAR KETELAAR - Oscar is always looking out for his friends, when he is faced with a problem during recess and lunch time, he is able to communicate the issues to a yard duty teacher or solve issues in a safe and responsible way. Keep it up, Oscar!
SC	HARRIET GRDOVIC - Harriet continues to communicate effectively with teachers when she is unable to resolve an issue in the yard or the classroom. It has been pleasing to see her using independent strategies first, before seeking assistance. Keep up the good work, Harriet!
SL	MAYA BOWEN HORVATH - Maya has shown she has a fantastic growth mindset, especially when it comes to facing new
SM	EDISON PEEL - Edison has worked hard to improve his writing skill. His explanation text was fantastically detailed and showed that he could include tier 3 words to great effect. Great stuff Edison.
ST	GWEN SPANNINGA - Gwen has been a collaborative and supportive group member during Maths this week. She shared her ideas to help build the understanding of others in her group, showing patience, kindness and great communication skills when learning about improper fractions. Keep shining bright, Gwen!
SW	JORJA STEFANOVIC - Jorja is always proactive in solving problems independently, but identifies when a situation needs adult support. She is always very supportive of other students when they need support sorting something out.
PE	ALFIE COWDELL - This week Alfie demonstrated some wonderful skills during our Hockey assessment, applying his new learnt skills to a game situation. SUPER effort Alfie.
STEM STAR	EVELYN ANDREWS - Evelyn always brings a positive attitude to STEM each week and was especially safe as she conducted experiments with air. Excellent Evelyn!

NEXT WEEK'S SWPBS FOCI (WEEK 7): I am resilient. (I take responsibility)

Social Service Activity: Funky Day Casual Dress



When: Friday 23rd of June, Last day of Term 2

Theme: Funky everything! Themed dress up day

Donation: Gold coin

Fundraiser: Geelong Animal Welfare Society (GAWS)

On the last day of Term 2, Friday 23rd of June, the Mano Junior School Council welcomes you to come to school in your funkiest attire! Think funky hair, funky socks, a funky outfit - funky everything!

Your gold coin donation will help to raise funds for the Geelong Animal Welfare Society (GAWS). GAWS is a not-for-profit animal welfare organisation that helps to give all animals a second chance 'because every life is precious.' The animal shelter receives no government funding and relies on the generous support of the community to deliver their vital work.

We look forward to another fabulous themed dress up day here at Mano!

Victorian State School Spectacular (VSSS) Ticket Information

The 2023 Victorian State Schools Spectacular will be held on Saturday 9th September at John Cain Arena, Melbourne Park. The performance times are 1:00pm and 6:30pm.

Each show is approximately 2hours 45minutes (including a 30-minute interval).

Tickets are on sale from 11am on Wednesday 7th June.

Adult: \$40 Concession: \$30 Child (U15): \$20 (a \$6.30 service fee per transaction applies on all purchases).

Tickets are available through Ticketek: www.ticketek.com.au/spectacular or 132 849.

Mass Dance Seating Recommendations for Mano students.

It is suggested that the most suitable view of the respective quadrants will be from the following seating sections. These sections should be visible on the Ticketek seating map when patrons are making an online purchase.

Mano students - Quadrant Two (South West) Sections 18, 19, 17, 45, 46, 66, 67, 68

If you have any questions please contact Miss Stapleton or Mrs Orford.



Sports News

Divisional Cross Country

On Tuesday 23rd May, 'Mano' had 3 students represent our school at the Divisional Cross Country Championships at Eastern Gardens competing against the best of the best in Geelong. A HUGE well done to Archie, Thomas and Poppy who did an outstanding job, all finishing in the top 18 for their age group. All three of them enjoyed the experience on the day! Both Archie and Thomas competed brilliantly for our school finishing in their personal best position from previous years.

Poppy Ling will be going on to the next round at the Regional Cross Country Championships in Melbourne as she finished 2nd in her event. Poppy has now won the school Cross Country 4 years in the running and gone onto Districts 4 times as well. Poppy has represented 'Mano' 2 times at Regional level after making it to Divisional the past couple of years. Poppy has continued training exceptionally hard outside of school to compete at her best, showing a real enthusiasm and enjoyment within the sport. We wish you all the best on Monday 19th of June.

Mr Hambrook



Wellbeing - Health

This week we are putting the spotlight on 'Health'.

Researchers, in recent years, have acknowledged the cultivation of your Health, as an important factor that contributes to wellbeing. This includes eating well, moving regularly and sleeping deeply (Michelle McQuaid, 2023).

This week our Positive Behaviour and Wellbeing Ambassadors promoted an 'Active Travel Day' for our Mano community on Tuesday 30th May. They realise and recognise the importance of exercise to contributing to a healthy and active lifestyle.

Throughout the morning, our Ambassadors surveyed our students (and even our staff), to determine that we had a school-wide active travel rate of 47%. A healthy snack, Fruit Kebabs, were offered to Senior T who achieved a class rate of 88%.

It was so wonderful to see so many people in our community commit to adding some additional exercise into their day and contributing to their overall health and wellbeing.


Below are some challenges for the month of June – 30 days and 30 exercises that you and your child/ren might like to complete to add some extra movement into your day.



HEALTH

eating well, moving regularly, sleeping deeply

Mrs Forsyth




30

















Day

Fitness

Challenge



© The Mum Educates

Do 10 star jumps. Day 1 	Hop around like a frog for 20 seconds. Day 2 	Touch your toes 10 times. Day 3 	Balance a ball on your head. Day 4 	Spin in a circle for 10 seconds. Day 5 
Walk like a crab for 1 minute. Day 6 	Stretch as high as you can. Day 7 	Choose a song and create your own dance routine for the song! Perform it in front of your family. Day 8 	Pick up a ball from floor without using your hands. Day 9 	Take 10 giant steps. Day 10 
Balance on one leg for 30 seconds. Day 11 	Do 6 cartwheels. Day 12 	Lay on your back and peddle your legs like you are on a bike. Day 13 	Skip the rope for 1 minute. Day 14 	Make your own hopscotch. Play it for 1 minute. Day 15 
Stretch like a cat. Do it 5 times. Day 16 	Do an egg and spoon race with your sibling. Day 17 	Dance like a chicken for 1 minute. Day 18 	Walk backwards 10 steps and then skip back. Day 19 	Do 10 squats in 30 seconds. Day 20 
Wiggle like a worm for 20 seconds. Day 21 	Do Yoga for 10 minutes. You can find videos on YouTube. Day 22 	Tiptoe for 15 seconds. Day 23 	Throw a ball in the air and catch it. Repeat 10 times. Day 24 	Shake your arms and clap your hands. Do this 5 times. Day 25 
Create your own obstacle course and time yourself doing it! Day 26 	Do gorilla shuffle for 15 seconds. Day 27 	Lay on the floor. Lift your arms and legs above the floor for 10 seconds. Day 28	Balance a book on your head for 15 seconds. Day 29 	Do 10 sit ups in one minute. Day 30 



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.

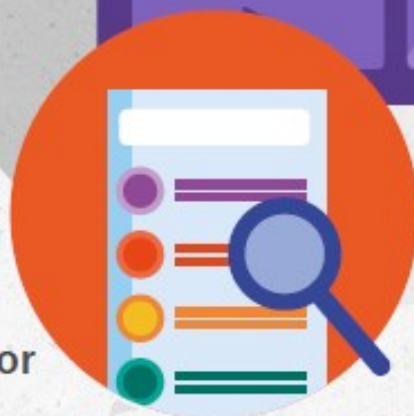
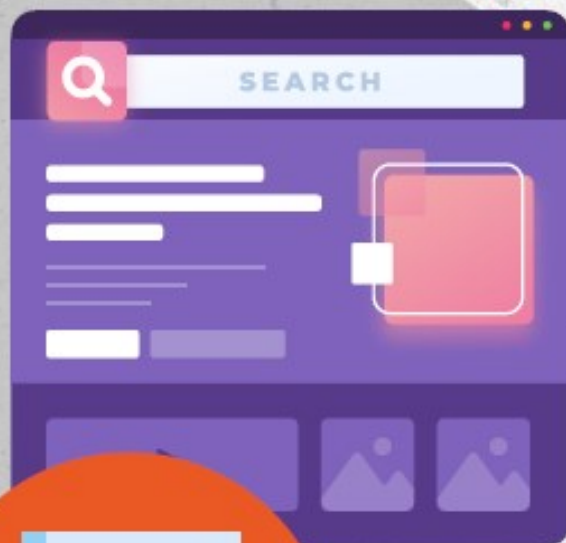
TOPICS INCLUDE:

- 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

MANIFOLD HEIGHTS
Mano
Unleashing Potential
PRIMARY SCHOOL



MANIFOLD HEIGHTS PRIMARY



8:00AM START
6:00PM END

PLEASE
ARRIVE BY 9AM
ON EXCURSION DAYS



IN-HOUSE



INCURSION



EXCURSION

MON - 26 th JUNE	TUE - 27 th JUNE	WED - 28 th JUNE	THU - 29 th JUNE	FRI - 30 th JUNE
SHELTER SURVIVORS	BOUNCE INC.	TEAM CHEER	MOVIE - ELEMENTAL	COMEDY MAGIC AND VARIETY SHOW
Ready to become a master builder? Join us and learn how to create your very own shelter in the great outdoors. You'll be a pro at using natural materials and creating a cozy space in no time. So let's get building and create the ultimate hideaway!	The sky's the limit at BOUNCE! We'll be bouncing off the walls as we explore this adrenaline-inducing playground full of trampolines, awesome adventure features & soft padding. *Height restrictions apply & socks reqd.	Get pumped up with TeamKids' high-energy cheer class! Dance like a pro and cheer like a fan with colourful pom poms.	Lights down, popcorn ready! TeamKids is off to see Elemental! The story introduces Ember, a fiery young woman, whose friendship with a go-with-the-flow guy named Wade challenges her beliefs about the world they live in. *PG Film	Get ready for the ultimate entertainment extravaganza! Join us for a side-splitting comedy magic and variety show that will leave you amazed and laughing out loud. Let's make some memories that will be nothing short of magical!
Base Fee \$70.00 Exp Fee** \$18.00 Daily Total \$88.00	Base Fee \$70.00 Exp Fee** \$37.00 Daily Total \$107.00	Base Fee \$70.00 Exp Fee** \$15.00 Daily Total \$85.00	Base Fee \$70.00 Exp Fee** \$35.00 Daily Total \$105.00	Base Fee \$70.00 Exp Fee** \$21.00 Daily Total \$91.00
After Max CCS* \$13.20	After Max CCS* \$16.05	After Max CCS* \$12.75	After Max CCS* \$15.75	After Max CCS* \$13.65

MON - 3 rd JULY	TUE - 4 th JULY	WED - 5 th JULY	THU - 6 th JULY	FRI - 7 th JULY
NAIDOC WEEK	CIRCUS SKILLS	ABORIGINAL STORIES FOR KIDS	EPIC MUSIC MIXERS	GO YOGA-MIGOS
Today we acknowledge the traditional custodians of the lands on which all TeamKids conduct their care. We pay our respects and we take the time to learn some more about Australia's rich Indigenous culture.	Get ready to run away and join the circus with TeamKids! Learn to conquer the balance board, juggle like a pro, master hula hoop challenges, and more. Come clown around with us and become the ultimate circus performer!	Nestled amongst native trees, walkways and gardens, you will find the Narana Cultural Centre. Narana means 'listening & learning' and today we will be listening & learning about Indigenous Culture.	Beatboxer Jobe is back, and this time he's getting TeamKids to record their own sick beats! We'll make our own stop-motion video clip and mix some cool sounds from nature, to make some epic music magic!	Time to get twisted! Twist, bend, and stretch your way to becoming a true yogi master! Learn cool breathing tricks and smooth body moves that will make you feel like a superhero while getting fit and flexible!
Base Fee \$70.00 Exp Fee** \$8.00 Daily Total \$78.00	Base Fee \$70.00 Exp Fee** \$18.00 Daily Total \$88.00	Base Fee \$70.00 Exp Fee** \$38.00 Daily Total \$108.00	Base Fee \$70.00 Exp Fee** \$15.00 Daily Total \$85.00	Base Fee \$70.00 Exp Fee** \$18.00 Daily Total \$88.00
After Max CCS* \$11.70	After Max CCS* \$13.20	After Max CCS* \$16.20	After Max CCS* \$12.75	After Max CCS* \$13.20

*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!



Sonya Kurul

*Sales Consultant
Barry Plant*

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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'

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PLEASE CONTACT JESSIE BURNEY, BUSINESS MANAGER,

FOR DETAILS

PH: 5229 9643



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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.