

Mano TIMES



Unleashing Potential

CONTACT US

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Please also find us on
Facebook



MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 20th July 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Narelle Geary

Administration: Jacque Clancy & Georgia Slater

Important Dates

JULY

Wed 26th July	Prep Toys Over Time Incursion
Fri 28th July	Victorian State School Spectacular Regional Rehearsal, Keilor Park
Sat 29th July	Trivia Night, 7pm, Multi

AUGUST

Wed 2nd August	Camp Quality Show, Prep - 6 students
Fri 4th August	World Principal's Day
Tues 8th August	Prep Dental Nurse Visit
Thurs 10th August	Grade 1 Dental Nurse Visit
Mon 14th August	Hockey 7s Regional Final, Footscray, Selected Students
Wed 16th - Fri 18th August	Grade 6 Camp, Cave Hill Creek Beaufort
Thurs 17th August	Grade 5 Excursion, Rollerway
Wed 23rd August	District Athletics, Landy Field, Selected Students
Tues 29th August	Scienceworks Outreach Robotics Incursion, Selected Students
Thurs 31st August	Father's Day Stall

Upcoming Event Consent Forms and/or Payments Due

VSSS Melbourne Rehearsals Consent & Payment	21st July
Grade 6 Camp Expression of Interest & Deposit	28th July
Hockey 7s Regional Finals Consent	7th August
Scienceworks Robotics Incursion Consent	24th August

NEXT WEEK'S SWPBS FOCI (WEEK 3): I am inclusive of others. (I show respect)

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,
Manifold Heights Primary School is committed to the wellbeing of all students. Our engagement in the Respectful Relationships initiative, our ongoing commitment to the School Wide Positive Behaviour Support framework (SWPBS), along with regular classroom sessions within our Social and Emotional Learning program and on our School Values, help harness and support the wellbeing of our students. Recently I came across a wonderful website compiled by Independent Schools Victoria, titled, 'The Parents Website'. The website provides news, features and resources for parents on a number of topics that aim to develop the wellbeing of our children, yet can be challenging to navigate with our children. These topics include screen time, anxiety, bullying, homework, and parenting. For families who are interested in topics such as the ones listed above, I encourage you to take a look at this website: <https://theparentswebsite.com.au/>

Prep Letterland Celebration: What a wonderful celebration it was for our Prep Learning Community yesterday! Our annual Letterland Parade is a time to celebrate and reflect on the incredible progress and growth our 66 Prep students have achieved. Congratulations to our Prep families and our Prep staff who have nurtured, encouraged, challenged and cared for our Prep students. Pictures on page 6 of the newsletter. Mano is a great place to be!

NAIDOC Assembly: On Friday 14th July we had a special Assembly to acknowledge NAIDOC week including a smoking ceremony. Every student and community member at Assembly had the opportunity to participate in the smoking ceremony. A whole school piece of artwork is now on display at the Office.



Congratulations Poppy Ling: Congratulations to Poppy Ling on her wonderful achievement in competing in the State Cross Country event last Thursday. Poppy has shown incredible determination, commitment and talent in progressing through the stages to compete last week. She ran a personal best time! Poppy – on behalf of the Mano community, CONGRATULATIONS!



Annual Implementation Plan 2023 - Wellbeing: The wellbeing of our students is of the highest priority. Whilst our data reinforces the success of our wellbeing programs and approach at Mano, throughout 2023, we have developed a whole school approach to health and wellbeing through aligning the School Wide Positive Behaviour Support (SWPBS) framework, Respectful Relationships and Berry Street. Led by Mrs Forsyth and the Wellbeing School Improvement Team, we have begun implementing our Wellbeing Model. This has included professional learning sessions for staff, along with unpacking the High Impact Wellbeing strategies. Another major aspect of this work has been the development of a weekly lesson engaging our students in the Social and Emotional Learning curriculum. A huge shout out to Mrs Forsyth for her leadership, commitment and passion in this space.

Student Dress Code (School Uniform) Policy: Our School Council are currently reviewing our schools 'Student Dress Code Policy' as part of its commitment to continued improvement. We invite families to participate in this review process by completing the short survey regarding our Student Dress Code – this was sent out via Compass earlier in the week. The link is [here](#) in case you missed it.

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

Christian Smith, Principal

Parent Info Seminars: The Thriving Kids & Parents School Project

LIMITED SPOTS STILL AVAILABLE

Dear Parents/Carers: You are invited to attend three FREE interconnected online seminars to provide you with a toolkit of practical strategies that will help you guide your child's behaviour, manage everyday worries, and build healthy peer relationships. Attending all three seminars will provide you with the strategies you need to best support your child's development and help them thrive now and into adolescence.

Seminar topics:

- Power of Positive Parenting (Triple P Seminar)
- Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)
- Keeping your Child Safe from Bullying (Resilience Triple P Seminar)

These seminars form part of the Triple P – Positive Parenting Program.

There are a few available spots to register. Get in quick to avoid disappointment. **Families can access the online seminars until 5th August.**

For more information refer to the flyer on page 5, Mr Brendan Beck, or visit the project website: <https://able.adelaide.edu.au/education/thriving-kids-and-parents-for-parents#power-of-positive-parenting>

THE THRIVING KIDS & PARENTS SCHOOLS PROJECT
Online Positive Parenting Seminar Series

✓ Practical tools and strategies
✓ Evidence-based
✓ Highly relevant

3 x FREE interconnected seminars

MONASH University THE UNIVERSITY OF ADELAIDE THE UNIVERSITY OF QUEENSLAND AUSTRALIA

STUDENT OF THE WEEK

PD	FLORENCE CONNELL - Florence is a superstar when it comes to setting a great example of how to respond in a calm and responsible manner in all situations. Fantastic Florence!
PH	WILLIAM DEACON - Will demonstrates mature and responsible behaviour, making great choices such as moving away from distractions and articulating how he is feeling. Wonderful, Will!
PJ	OLIVER PHELAN-COOPER - Oliver has done a wonderful job of always trying to show his best 5L listening and do his best work. He has been looking like a Green Superstar this week. Outstanding, Ollie!
1A	MAXINE MCGILVRAY - Maxine has done a fantastic job of expressing her emotions and articulating the strategies she can use to help regulate these. Just marvellous, Maxine!
1B	SEBASTIAN WATES - Sebastian regularly refers back to known strategies to support his emotional regulation. He is able to express his emotions when needed. Awesome work Sebastian!
1C	ELI BYERS - Eli has displayed wonderful achievements in using the Ready to Learn Plan to aid in regulating his emotions, strengthening his ability to learn and helping those around him. Superstar Eli!
2B	JAXON ROBINSON-REDPATH - Jaxon has done an incredible job this year in 2B. He has established friendships, participated in group sessions and class discussions. Fantastic effort!
2O	RUBY FRANCIS - Ruby has made a sensational start to Term 3. She confidently uses the Ready to Learn Plan to assist her with staying on task. Awesome Ruby!
2S	KOBE SIMMONS - Kobe shared some great strategies with his peers for solving open ended multiplication problems during our Launch, Explore, Summarise session this week. Great job Kobe!
3G	SCARLETT SKIPWORTH - For being a highly valued member of the class. Scarlett presents each day with a positive attitude, striving to do her best and supporting others to do the same.
3Q	SADIE KNIGHT - Sadie is an ever responsible member and role model in our class. She stays on task at all times and ensures she is always making the most of her learning time. Sensational Sadie!
3/4S	ALBERT BUCKLEY-HARRISON - Bertie has made a fantastic start to Term 3, he consistently encourages others to try their best. Brilliant Bertie!
4F	JOSH ALLEN - Josh has made a great start to Term 3. He has committed to applying himself to stay on task and attempt all tasks.
4M	JACK HUBERS - Jack has had an amazing start to Term 3. He takes great responsibility for his learning by using his time wisely and always having a red-hot-go. Well done, Jack.
SC	ALBIE HATELEY - Albie has shown he is able to use his Ready to Learn plan to regulate himself and stay on task for some of his tasks. Well done, Albie! Keep up the good work.
SL	HAYDEN KNIGHT - Hayden has had a positive start to the term. He has shown great responsibility through his organisation and completion of his work. Keep up the fantastic work, Hayden!
SM	ZAHRA BARNETT - Zahra is consistently hardworking and displays a fantastic attitude towards her learning. Thank you for your hardwork so far this year Zahra.
ST	BELLA CLINGAN - Bella has worked hard on completing her Maths goals for her time unit. She has been able to set herself up for success and has been able to demonstrate growth. Well done Bella!
SW	NOAH MILNE - Noah has made a great start to Term 3. He is working hard on regulating his emotions using his Ready to Learn Plan, leading to him having many successes in the classroom already. Keep it up!
STEM STAR	PERRY WOODFORTH - Perry was an excellent student in STEM this week as he problem-solved and showed a great understanding in the world of CAD. Perfect Perry!
PE	SIENNA WILLIAMS - Sienna consistently shows outstanding readiness in every lesson and is always responsible for her learning in PE. What a superstar!
PERF ARTS	HARRI O'BOYLE - Harri always participates with enthusiasm during class time. She was an active listener during NAIDOC week celebrations and spotted the tune of the Gum Leaf song.
ART	ALBI MAJTARA - Albi has been super helpful this week with paint brushes during our Art class. Thanks so much Albi!

MANO ART SHOW

When: Wednesday, 6th September

Where: Manifold Heights Primary School

Time: 5pm-7pm

Cost: Gold coin donation



Put the date in your calendar ready to celebrate the AMAZING art the students at Mano have been busily creating throughout the year. More info to come!

Mrs Hardman & Mrs King

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.

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.





THE THRIVING KIDS & PARENTS SCHOOLS PROJECT

Online Parenting Seminar Series

Are you interested in learning **practical strategies** to help your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited to attend **3 FREE** evidence-based seminars

Interactive and online seminar package
90 - 120 minute seminars:

Register via the project website

[CLICK HERE](#) or scan the QR Code



Power of Positive Parenting (Triple P Seminar)

Practical strategies to support children's social and emotional development.

Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)

Skills and strategies to support children manage their emotions and overcome challenges.

Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)

How to maintain good communication with the children in your care, develop positive relationships, and address conflict and bullying.

Contact details:

QLD: thrivingkidsandparents@uq.edu.au

VIC: thrivingkidsandparents@monash.edu

SA: thrivingkidsandparents@adelaide.edu.au



Prep Letterland Day



Acknowledgement of Country

On behalf of the 3Q community, we pay our respect to the traditional custodians of the land, their language, their belief and their kindness, the Wadawurrung people of the Kulin Nation. We acknowledge our First Nation people who continue to care for our land and waterways for us to live, learn and play on. A special welcome to any Aboriginal or Torres Strait Islander people here today.

**MANIFOLD HEIGHTS
PRIMARY SCHOOL
FUNDRAISING EVENT**



TRIVIA NIGHT

SATURDAY 29TH JULY 7PM

TICKETS STILL AVAILABLE!

**AS REQUESTED YOU CAN
NOW BUY SINGLE TICKETS
BE PART OF A FUN NIGHT!**

**VIA TRYBOOKING-
[HTTPS://WWW.TRYBOOKING.COM/1069306](https://www.trybooking.com/1069306)
\$25 PER PERSON**

**PRESENTED BY THE MANO P&F -QUESTIONS EMAIL
PANDFMANO@OUTLOOK.COM**

Understanding Emotions

Taken from "Wellbeing activities and conversation starters for parents of primary-school aged children" (Department of Education)

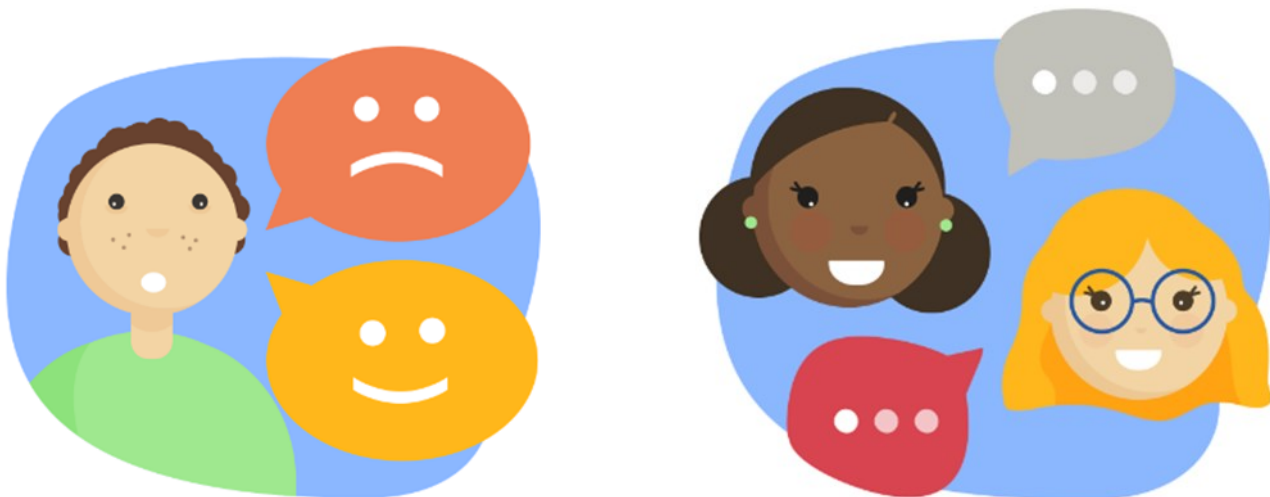
"Understanding emotions helps your child to understand themselves and other people.

We can do this by focusing on recognising, expressing and managing emotions.

Understanding emotions is key to building empathy and self-awareness."

Prep	Grade 1	Grade 2
<p>Activity – With your child, name the different emotions that characters in your favourite TV show or book are feeling. How many can you name? How can we work out what emotions other people are feeling?</p>	<p>Activity – Play emotional charades with members of your family. Each person acts out an emotion and family members guess the emotion/feeling.</p>	<p>Activity – Your child asks a family member how they would feel if:</p> <ul style="list-style-type: none"> • They were starting a new school • Their friend had told everyone a secret they shared with them • They had won a prize
Grade 3	Grade 4	Grade 5/6
<p>Activity – Name and describe the emotions of a character in your favourite TV show. Take turns doing this with your child.</p>	<p>Activity – Name three positive and three negative emotions you experienced today. Ask your child to name three positive and three negative emotions they experienced. How did it look, sound and feel?</p>	<p>Activity – Go around the dinner table and have each person share three emotions that they felt that day and why.</p>

Mrs Forsyth



Sports News



Women's Soccer World Cup Competition

With the women's soccer World Cup starting this Thursday it's a great opportunity to pump up and promote the Australian women's soccer team.

Below is a link that YOU as a part of the 'Mano' community can participate in and try and win some prizes! You have to design and colour in a soccer ball and either upload yourself to the below link and fill in the details or have your classroom teacher do it for you. All you need to do is fill in the part with your name and school!

The below link has the PDF document that you can access and print off or perhaps your teacher has done so already ☐ Good luck and wouldn't it be awesome if a 'Mano' student was able to get amongst the best colours and design.

<https://summitsport.com.au/pages/design-your-own-football-competition>



Mano AFL Goal Kicking Competition 2023

Mr Hambrook to release new video and more details of the AFL goal kicking competition next Monday 24th of August- Begin thinking about your creative and crazy goals that you might try and kick this year. Prizes to be won!

Below are the 2 videos from previous years for you to look at, but as mentioned more specific details and information to come at the beginning of next week!

<https://drive.google.com/file/d/1LenFAnCBxpkE5OfgJ2GTXyoyogboaikb/view?usp=sharing>



Upcoming Sporting Events

- Tuesday 1st August (lunchtime House activity) Basketball
- Monday 14th August - Hockey 7's Regional Championships (Selected Senior Students)
- Wednesday 23rd August - Districts Athletics @ Landy Field

Any parent who is wanting to assist at Athletics on this day, please contact the Office or Mr Hambrook . All parent helpers are required to hold a current Working with Children Check and supply a copy to the Office.

Mr Hambrook



WELCOME TO TERM 3!

In Term 3 week 3 the children will be participating in a variety of activities!

Activities including:

- Chalk art
- Making some origami
- Obstacle course
- Science experiments
- Cooking
- Arts & crafts
- Yoga
- Outdoor activity
- Music and movies.
- And much much more.

We know our children at Manifold Heights Primary School enjoy Arts & Craft and sports. They will get the opportunity to take home the creations they make at our VillageOshc service.

Book in today so you don't miss out on the fun.

Our extraordinary Educators at VillageOshc service are:

Coordinators,

Laura
Zara

Educators:

Sebastian
Stacey

At VillageOshc our educators are responsible for education and care of children in an after-school program. Their duties include developing a comprehensive curriculum, planning daily activities and assisting children with their needs. They also create a safe and fun learning environment for children.



www.villageoshc.com.au | support@villageoshc.com.au





WESTERN HEIGHTS UNITING TENNIS CLUB

27-31 Douglass St, Herne Hill

Hot Shots Term 3 Program

Friday afternoons starting from

July 14th to September 8th

4-4:45pm

4:45-5:30pm

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

Join any week!

Register using the QR code or
contact Bruce 0402135313



***Please note that there is a 2-week
break on the 4th and 11th of Aug**

BarryPlant

Sonya Kurul

*Sales Consultant
Barry Plant*

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**School Holiday
Program Here!**

Book Online
teamkids.com.au

p: 9532 0366

**Team
Kids**



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



**Customer
Service:
1300 366 437**

VillageOSHC



www.villageoshc.com.au

flexischools

Lunch Orders are available with our Canteen on Thursdays
and Fridays thanks to LPS.
Orders cut are due by 8:45am on the day of the lunch order.

Download the FlexiSchools app for free in the app store



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!

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.