

Mano TIMES



Unleashing Potential

Contact Us

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Please also find us on



Manifold Heights Primary School Newsletter Date: 3rd August 2023

Principal: Christian Smith

Business Manager: Jessie Burney & Jacque Clancy

Assistant Principal: Narelle Geary

Administration: Jacque Clancy & Georgia Slater

Important Dates

AUGUST

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 Big Day Out, Rollerway
Mon 21st - Fri 25th Aug	Book Week/Literacy & Numeracy Week
Mon 21st Aug	Book Week Parade at Assembly, 9:05am, Dress Up Day
Tues 22nd August	Grade 1 Inventing the Future Workshop
Wed 23rd August	District Athletics, Landy Field, Selected Students
Thurs 24th Aug	Parent Info Session, 'Helping your child at home with Maths', Staff Room, 2:30pm
Fri 25th August	Pupil Free Day, No Classes
Tues 29th August	Scienceworks Outreach Robotics Incursion, Selected Students
Thurs 31st August	Father's Day Stall

SAVE THE DATE

Mano Art Show

Wed 6th September

Upcoming Event Consent Forms and/or Payments Due

Hockey 7s Regional Finals Consent	7th August
Grade 5 Big Day Out Consent & Payment	11th August
Grade 1 Inventing the Future Workshop Consent & Payment	17th August
District Athletics Consent & Payment	18th August
Scienceworks Robotics Incursion Consent	24th August

NEXT WEEK'S SWPBS FOCI (WEEK 5): I work cooperatively with my peers . (I show respect)

NEWS FROM MR SMITH

Dear School Community Members,

We have a number of exciting events coming up!

Next week we will celebrate our Preps 100th day at school – an annual event to recognise and applaud the achievements of our Prep Learning Community. The following week, our Hockey Team will participate in a Regional competition, and our Grade 6s will venture off to Cave Hill Creek for their camp. Further into the term, we will celebrate Book Week where students will participate in a range of exciting activities to continue developing their thirst for literacy – this will include our annual Book Week parade at Monday Assembly. Further details on Book Week/Literacy & Numeracy Week activities at Mano are inside this newsletter.

Please keep an 'eye' on our calendar in the newsletter each week.

Resilience: Recently we have been exploring how we can further nurture and develop 'Resilience' within our school community. Part of this exploration was engaging in the research of Luke Ross. Luke is the founder of the Social Intelligence Group who deliver and offer Social Intelligence Programs for Schools. I want to share with you some of Luke's research on 'Resilience', along with how schools can develop resiliency in primary aged children.

- An 'Adaptive Mindset' develops resiliency
- An 'Adaptive Mindset' is an ability to adapt to pressure, stress and constant change
- Resilience is the ability to cope and return to "normal" as quickly as possible
- 50% of 7-12 year olds show stress related symptoms
- Adversity, such as teasing and failing, is part of the human condition and an important ingredient of building resilience
- Telling students to be resilient is not effective
- Resilience is a learned skill and can be taught
- Everyone has a happiness set point – after a period of time, it doesn't matter what the event is (good or bad), a person returns to their happiness set point. A study has revealed that a person with a permanent disability has the same "set-point of happiness" 12 months after their accident as a person 12 months after winning lotto
- The same study found happiness is 50% genetics, 10% external influences (eg. salary, cars etc) and 40% dependent on how we think and act (eg. comparisons we make (Instagram))
- Resilience is not fixed and can be learnt. Resilience is learnt from following our role models (parents, teachers, peers). Therefore, resilient behaviour must be modelled with low resilient behaviour challenged and high resilient behaviour rewarded.

As a school, we will continue to explore research from 'experts' like Luke Ross to maximise the 'resilience' of our students.

Mano Trivia Night – Saturday 29th July: What a wonderful night! Thank you to all families and staff members who attended our Trivia Night on Saturday. I also thank our many wonderful sponsors and contributors to the evening. A reminder that the funds raised from our Trivia Night will be allocated to our Playground Improvements program – we are on track to install a new playground later in the year. Stay tuned for more details on this. Finally, another huge shout out to our Parents and Friends Committee for their organisation of our Trivia Night – the Mano community appreciates and thanks you for your ongoing and tireless work.

School Council: Our School Council met again Monday night where key agenda items included:

- School Council endorsed Curriculum Days for remainder of 2023 – see dates below
- Mano Trivia Night – School Council discussed the huge success of our Trivia Night
- Mano Student Dress Code policy – School Council discussed the feedback from the survey and formed a 'sub-

committee' to further consider the survey feedback and develop draft 2 of our Student Dress Code Policy

- Oval Upgrade Plans – the grant that Mano recently applied for was shared with School Council
- Promoting Student Attendance – School Council discussed our Student Absence data

Each of our School Councillors are deeply committed and invested in our school. Please contact them if you have any feedback or concerns (details available from our school [website](#)).

Pupil Free Days in Term 3 and 4: There are a number of key dates that need to be noted by families for the remainder of the year. As a school, we are definitely aware of the potential impact these days can have on families. VillageOSHC will provide care options and should be [contacted directly for bookings](#)

Friday 25th August: Curriculum Day: focus on the teaching of Writing (Pupil Free Day)

Wednesday 25th October: Geelong Cup Public Holiday (no school)

Friday 24th November: Curriculum Day: focus on Assessment and Reporting (Pupil Free Day)

Monday 27th November: Curriculum Day: focus on Curriculum Planning (Pupil Free Day)

Parent/Guardian/Carers Opinion Survey: WE WANT OUR FAMILIES TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what our parents and guardians think of our school. The Parent/Guardian/Carers Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, and student engagement. We encourage all families to participate in this survey. Our school will use the survey results to help inform and direct future school planning and improvement strategies. While previously a random sample of approximately 30 per cent of parents/caregivers/guardians have been selected to participate, this year, all families are invited to participate in the survey.

The Parent/Guardian/Carer Opinion Survey will be conducted from **Monday 7th August to Friday 8th September**.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be distributed to families via email on Monday 7th August and will be available in a range of languages other than English. Please contact the office if you would like more information.

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

Christian Smith
Principal

STUDENT OF THE WEEK

PD	INDY CARTER - Indy is a kind and caring friend to all who she encounters. She is always offering help or inviting others to come and play with her. Her wonderfully welcoming nature shines through everyday. Incredible, Indy!
PH	IGGY VAN DEN HAM - Iggy has a kind and caring manner and always strives to support classmates and friends who need help. Thank you for being so thoughtful, Iggy!
PJ	HUGO BAKER - Hugo is always extremely kind and respectful to those around him. He looks out for his peers by helping others in need and is always happy to include others both inside the classroom and in the playground. Huge, Hugo!
1A	HARRIET SMITTEN - Harriet is consistently kind and caring towards others, ensuring that her friends and peers feel heard, appreciated and are included. We are very lucky to have you, Harriet!
1B	TAJ BARNETT - Taj is a very respectful member of Mano. He is always looking out for others who seem lonely and will invite them into his play. Terrific work, Taj!
1C	HENRY GALTRY - Henry has been demonstrating inclusiveness both in and out of the classroom as well as showing great improvement in trying to remain calm and respectful during learning time. Well done Henry!
2B	CHARLOTTE TRAN - Charlotte is a very respectful member of 2B. She is a warm, inviting and caring friend who always has her peer's best interests at heart. Well done!
2O	OLLIE URQUHART - Ollie works respectfully with his peers. He encourages others both in the classroom and on the football oval. Fabulous work, Ollie!
2S	BODHI LEWIS - Bodhi has been trying his very best to stay focused on the carpet and join in with our whole class discussions, sharing his ideas with his peers.
3G	SOFIA GEARON - For being a polite and respectful classmate. Sofia gets along well with her peers and is most inclusive of others.
3Q	JACOB STEFANOVIC - Jacob is a social and thoughtful member of 3Q who is inclusive of all members of our class. He works and plays cooperatively with his peers both in the classroom and out in the yard. You're a superstar Jacob!
3/4S	FINELLA HAWKER - Finella has demonstrated inclusive behaviour in the classroom and in the yard at recess and lunch. Fantastic Finella!
4F	EADIE LITTLE - At all times Eadie demonstrates polite, kind and inclusive behaviour towards her peers and is a great role model to others. Well done Eadie!
4M	TOMMY BASKIN - Tommy is an amazing member of the Mano community and a great role model. He is always there for his mates and looking out for others in and out of the classroom. Great work, Tommy!
SC	THOMAS WOOLLARD - Thomas continues to be a fabulous role model for his peers by dedicating himself to every task, following instructions and always being inclusive of others. He is a respectful student who should be proud of his efforts. You're a SUPERSTAR, Thomas!
SL	GEORGIA JOHNS - Georgia is a great role model for inclusivity at Mano. Her kindness and generosity of her time are appreciated by her friends, peers and teachers. Well done, Georgia!
SM	MAISIE GALTRY - Maisie constantly displays the Mano school value of respect. She is respectful of others' right to learn in the class and always ensures she is doing her best.
ST	CHARLOTTE DUPE - Charlotte has been able to display kindness and empathy towards others in the classroom. She has been inclusive towards others within the classroom and also out in the yard. Keep up the great work Charlotte.
SW	TILDA GRAHAM - Tilda is always kind, polite and inclusive to all at Mano! Modelling these behaviours each and every day has led to her being valued and trusted by all in SW!
STEM STAR	HARRY CHISHOLM - Harry showed great respect to his teacher and peers last week in STEM. He raised his hand when he wanted to share something and showed the 5Ls. Huge effort Harry!
PE	FLORENCE CONNELL - Florence shows wonderful respect week in and week out during PE. She always looks at the teacher and raises her hand when she wants to ask a clarifying question. SUPER job Florence!
PERF ARTS	ASHTON MULLER - Ashton works well in a team, he is inclusive of others' ideas and ensures group members are comfortable. When acting, Ashton uses excellent gestures and facial expressions to show how his character is feeling. Keep up the great work Ashton!
ART	MADISON JONES - Madi is always a wonderful team member in the Art room. She is always willing to assist others and does a fabulous job of tidying our learning space. Fabulous Madi!

MANO ART SHOW

When: Week 9, Wednesday, 6th September

Where: Manifold Heights Primary School

Time: 5pm-7pm

Cost: Gold coin donation



Come see what your children have made during Art this year!

It is time to celebrate Mano's tradition of a biennial Art Show. We haven't had an in-person Art Show since 2019! We are SO excited to celebrate all our students' artistic achievements.

Can't make it on the night? Not to worry, you can quietly visit during school hours of 9am-11am on Thursday 7th September (classes will be running during this time so parents will be touring without their school children).

Mrs Hardman & Mrs King

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.

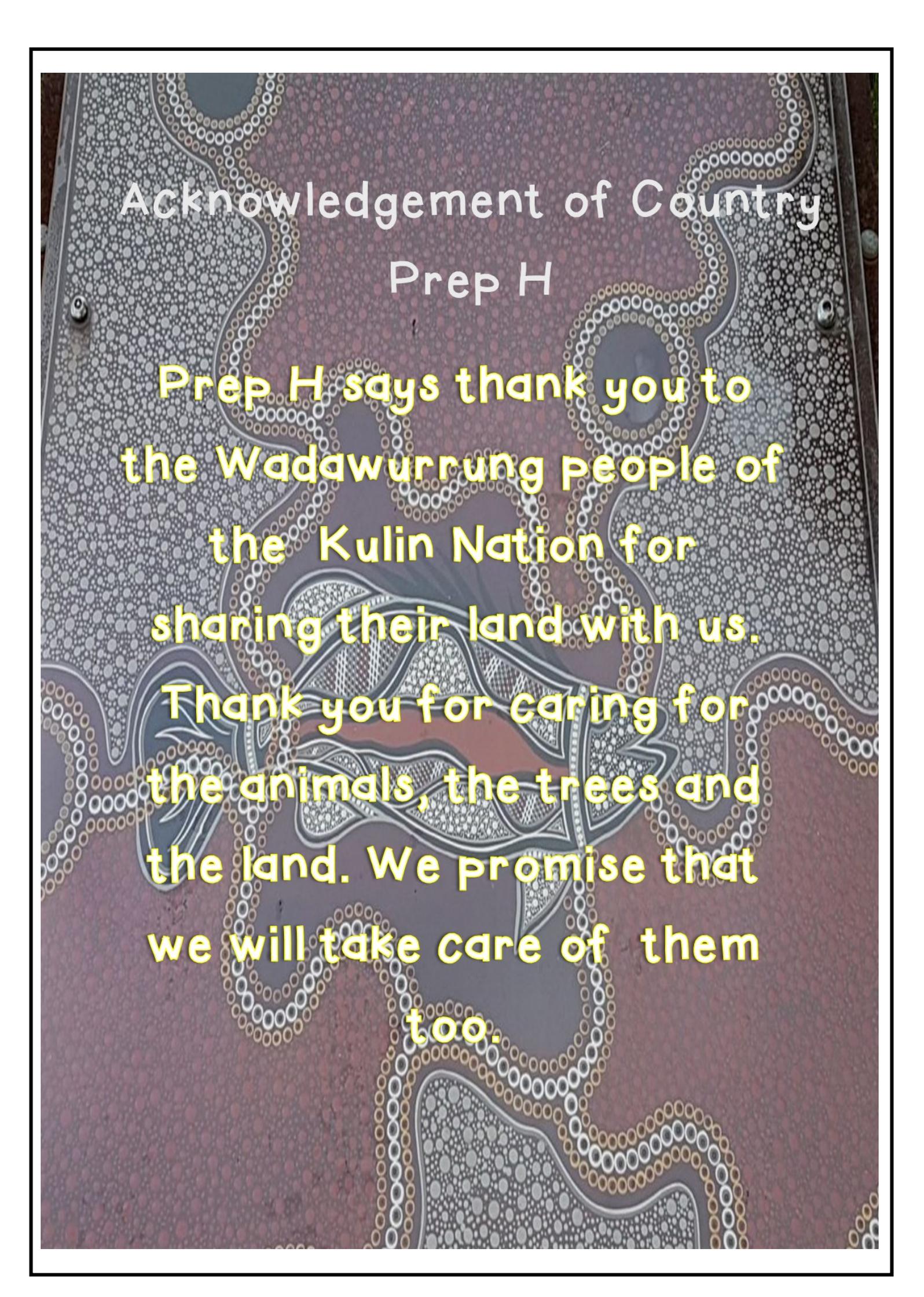
Mass Dance Seating Recommendations for Mano students.

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.





Acknowledgement of Country

Prep H

Prep H says thank you to
the Wadawurrung people of
the Kulin Nation for
sharing their land with us.

Thank you for caring for
the animals, the trees and
the land. We promise that
we will take care of them
too.

Sports News

Soccer Competition



C'MON MATILDA's!! Womens Soccer in Australia right now is HUGE and we are all enjoying watching the Matildas get through to the finals of the FIFA World Cup! Remember there 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 this 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 link below 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 be selected amongst the best colours and design. Only 2 weeks to go- so make sure you get your picture in!

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

Upcoming Sporting Events

Monday 14th August - Hockey 7's Regional Championships

Wednesday 23rd August - Districts Athletics @ Landy Field. Students have been training at school on Monday and Friday's. Please make sure to action Compass consent form and payment if not already!

TEE time with Georgia and Oliver!

Today 'Mano' wishes both Oliver and Georgia all the best at today's golf tournament in Torquay. Both Oliver and Georgia are super keen golfers and showed an enthusiasm and interest to participate in the event. We wish them the best of luck today from the 'Mano' community and know they will do us proud.

Primary students in Grades 3, 4, 5 or 6 who attend a Victorian Primary School are able to represent their schools in Golf Australia in partnership with School Sport Victoria. The event is becoming more and more popular and it is hoped the promotion of today's event will continue to grow golf as a sport

Mano Goal Kicking Challenge

It's upon us! The BIG 'Goal Kicking Challenge' of 2023, (watch previous videos below). I would love to see as many videos of creative and imaginative goals as possible. With the World Cup happening right now and the Matildas doing such an awesome job, goals can be from soccer as well as other sports.

<https://drive.google.com/drive/folders/1mfVlq0QgPxQrb-MflqaF13GddYAQMU11?usp=sharing>

This year I am keeping it simple - families and students have access to the link/folder above which you can copy or drag your video into. I encourage parents to upload the student videos. As always if there are any problems with student videos please come and speak to Mr Hambrook, I'm happy to assist!

Mr Hambrook and Mrs King will be assessing the goals based on the criteria below:

- * Creativity and imagination for the goal
- * Difficulty of the trick-shot/goal
- * Use of ICT skills and media for entertainment eg. music, props, imagery
- * Overall enjoyment and participation in the challenge with friends and family :)

Mr Hambrook



Performing Arts

Term 3 began with students exploring indigenous instruments, artists, music, and dance as part of Mano's NAIDOC week celebrations. Then they have been developing their acting skills using mime, looking at body position and the importance of facial expression. The Grade 2 students performed 'Go the Distance' from the Disney film Hercules and the Grade 1 students performed the song 'The Bare Necessities' from The Jungle Book at Assembly. All students should feel very proud of their terrific effort towards preparing for their performance.

We look forward to our Prep students performing in the coming weeks (families will be notified) with a celebration dance to commemorate their 100 days of school. Currently our Grade 3, Grade 4 and Senior Learning Communities are working towards the event 'Under the Big Top' to be held in the afternoon of 1st September. The Grade 3 and Grade 4 students will dance to open the event where our Senior Learning community will perform short acts related to 'circus' to raise money for their chosen charity. More information about this event to come.

Danielle Grant and Hollie Schuster



ENTERTAINMENT BOOKS ARE AVAILABLE TO ORDER ONLINE

Entertainment Books have gone paperless! Digital copies are available online. It is a great fundraiser for our school with 20% of every membership going directly to our school. Please head to <https://www.entertainment.com.au/orderbooks/1131v43> to order yours today.

Mano Sports Shorts

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

Student Absences & Late Arrivals

If your child arrives late to school they must be signed in by a parent/guardian and collect a 'Pass In' card at the Office. Please remember to telephone the Office and speak to either Georgia, Jacque or Jessie when your child is absent from school or if you are aware of a prior engagement. Alternatively you can submit an absence approval on the Compass app.

Positive Coping

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

It is important to "provide opportunities for your child/ren to discuss and learn different types of coping strategies.

This will increase your child/ren's ability to manage stress, control impulses overcome obstacles."

Prep	Grade 1	Grade 2
Activity – Come up with a list of five things to do to feel better when we are sad.	Activity – Discuss the following prompts with your child: When I feel lonely, I can... When I feel angry, I can... When I feel sad, I can... When I feel bored, I can...	Activity – With your child/ren, talk about: Things that make me afraid are... When I feel afraid, what are some things we do to help us manage our fears.
Grade 3	Grade 4	Grade 5/6
Activity – Try the Robot to Rag Doll technique with a family member. Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.	Activity – Talk to a family member and ask them: What is an apology? What does it feel like when someone apologises to you? What are the ingredients of a good apology?	Activity – Choose an activity to do with your child/ren: Draw a picture together Listen to some soothing music Give each other a hug Do a favourite hobby Reflect on how it made you feel to do this together.



For some other fun ideas of activities that you can do with your child/ren at home and explore positive coping strategies, check out: <https://fuse.education.vic.gov.au/Pages/funathome>

Take some time to explore together and find something you might like to try!

Mrs Forsyth



Book Week/Literacy and Numeracy Week, 21st – 25th August Theme: Read, Grow, Inspire!

This year Mano will be celebrating Literacy and Numeracy Week along with Book Week in Week 7 from 21st August to 25th August. Coming up in Book Week ...

Monday 21st – Dress up day and parade – Students are invited to get dressed up as their favourite book character or a book or a character that inspires you. Characters will be parading at Assembly on Monday morning – so come along dressed up ready. Parents are invited to come along and watch the parade.

Thursday August 24th - 2:30 – 3:30p.m. – Parent Information Session - Helping your child with Maths session –
Parents and family members are invited to join in an information session in the staffroom at 2:30p.m. with Mr Fleming and Mrs Bath . There will be a Google Survey to help us plan for numbers and resources needed for the day so stay tuned for more information in next week's newsletter.

Family Literacy Competition – in the newsletter/Compass

Students/families – guess which book inspired your teachers! Stay tuned for more details.
Prizes for each grade level will be awarded at Assembly on Monday 28th August.
Student entries due Thursday 24th August.

Whole school Lunchtime Competition – What's the book?

Five staff volunteers will be videoing themselves reading a passage from a favourite picture story book. These will be shown during lunch eating time and Grades will guess which book staff member is reading.

Grade prize for the grade to identify all 5 guest books drawn out of the hat.

Mathlete of the week

Miss Baum will be encouraging students to get on Mathletics and spend time doing Maths during the week. Certificates for students who spend time will be awarded at Assembly on 28th August.

Author visit for Grades 3 – 4 – Emma Greville

One of our own Mano parents has recently launched her newly published book, 'Raine in the Underlands'. Emma will be working with the Grade 3's and 4's for a session during the week, Including a book reading, drawing a cartoon, working in groups to create a storyboard and storytelling. Parents will be able to pre-order a signed copy of Emma Greville's new book, which will be delivered on the day at a discounted price, for those who are interested. Stay tuned for further details about this opportunity on Compass.



The following article appeared in the Geelong Independent Friday 28 July.

‘Fantastical’ adventure

Geelong author Emma Greville has released a new book that tackles problems faced by kids in primary schools under the mask of a “fantastical” adventure.

Raine in the Underlands follows the main character Raine as she embarks on a journey of self-discovery after shooting a blue flame from her finger and finding a cursed dragon in the basement.

Ms Greville said the “fun middle-grade fantasy adventure”, released on July 25, looked to help kids struggling with self-perception and confidence through a similar character.

“Eight to 12-year-olds are starting to deal with where they fit into the world, complicated friendships, and standing up for themselves,” she said.

“While the setting is fantastical, the main character Raine is a lonely kid suffering from low self-esteem who wants to find her place in the world and understand who she is.

“If kids can see a character in a work of fiction that is like them, that can really help kids feel more confident in themselves and less alone.”

Ms Greville said she first got the idea for the book close to 20 years ago after she had a “vivid dream” and has continued to work on it throughout the years.

“It’s been a real labour of love and this book is kind of like an ode to my family,” she said.

“It has been 20 years in the making. It’s quite a great sense of achievement now that it is finally out in the world, and very exciting.

“I hope that kids get the message, which is that you are enough, there is a place for you in the world, continue on with your journey, and be confident in yourself.”

By Jena Carr



Emma and her daughter after the launch of her first novel Raine into the Underlands.

RAINE

THE LOREKEEPERS: BOOK ONE

EM GREVILLE

IN THE UNDERLANDS



ISBN	9781922993465
Publication Date	25 JULY 2023
Genre	Fantasy, Adventure, Early Reader
Format	Paperback
Audience	General
Author Location	Geelong, VIC

Price available on our website

A CONVERSATION WITH THE AUTHOR

WHAT PERIOD OF A LIFE DO YOU FIND YOU WRITE ABOUT MOST OFTEN?
I love writing about and for kids. I think children are innately brave, because the world is new and exciting and still an adventure, so they're more likely to take a risk or suspend their disbelief. This means you can write about crazy or silly things, or have your main character do something brave and dangerous, and kids will get it. They are naturally on board. Whereas an adult reader might put themselves in the character's shoes and think "Oh no, I wouldn't agree to go and fight an evil sorceress, she might turn me into a frog. Someone else can do it."

HOW DID YOUR IDEA FOR RAINE IN THE UNDERLANDS COME ABOUT AND WHAT ARE YOUR PLANS FOR FUTURE BOOK/S?
I love fantasy and humour so it was natural for me to write in that vein. The characters, even though the setting is fantastical, are every day, flawed people who readers can relate to, despite their magical natures.
There are at least two more The Lorekeepers books planned, a YA ghost story is burning a hole in my brain and there's definitely an adult fantasy knocking around in my head as well.



"A colourful and fun filled fantasy of growing and learning what the world about us is for each of us... Thoroughly enjoyed this book..."

— *Travis, IndieBookReviews*

★★★★★
5 Stars

www.shawlinepublishing.com.au

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SUPPORT & INFORMATION

Parents can email for assistance at support@villageoshc.com.au or call 1300 366 437





GMHBA
HEALTHY
HEROES

GMHBA HEALTHY HEROES PARENTS EVENT

You're Invited!

Join us after school on August 14th for an afternoon of FUN, giving parents, carers and children the opportunity to participate in various activities to encourage active involvement in your family's and children's healthy choices and lifestyle.

FEATURING:



DETAILS

Who: Parents, Guardians, Carers and Children

What: A *FREE* event to participate in GMHBA Healthy Heroes activities featuring Geelong Cats AFLM and AFLW players

When: Monday 14 August 4pm-5:30pm

Where: St Mary's Football Clubrooms,
Kardinia Park, Latrobe Terrace

Why: To encourage children, parents, and carers to *LEARN, LIVE & LEAD* our key health messages

RSVP by: Wednesday 9 August

[CLICK HERE TO REGISTER](#)

*Places are limited. Confirmation of ticket will be sent after registration.



GMHBA

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Sonya Kurul

*Sales Consultant
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**Mano's before and after school care
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**Customer
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1300 366 437**

VillageOSHC



www.villageoshc.com.au

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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.