



Manly West Matters

Respect

Responsibility

Aspire



WEBSITE: <http://www.manlywest-p.schools.nsw.edu.au> EMAIL: manlywest-p.school@det.nsw.edu.au P&C www.manlywestpandc.org.au

Wednesday 17th November 2021 Term 4 Week 7

Tel: 9948 2257

Fax: 9907 0342

Principal's Message

Diary Dates:

25th November K-6 Pedlars' Parade

Remembrance Day Service

Thank you to Mrs McLean, the SRC and their teachers and students for the outstanding Remembrance Day service at our school on Thursday. The children were very respectful and learned about the history of this event. Thank you also to Harvey Matheson and Hannah Ross, who laid a wreath, representing Manly West PS at Manly Dam Remembrance Day Service. Some students in Year 2 wrote poems as well. See Page 5.



Assemblies

Congratulations to all our Gold, Silver and Bronze Banner recipients. Please see the photos on page 4 from these assemblies.



Year 6 Gold Awards



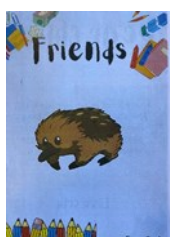
Year 3 Banner Recipients & Prefects

Reports

This semester, reports will indicate to parents both the online and face to face learning. They will demonstrate what students have achieved and also their next steps in their learning especially in Numeracy and Literacy. As you know, teachers have been working very hard with Novice to Master A-E approach for students to know what they need to do next to improve their outcomes. This will help parents also know what next steps can be focused on to support their children's learning. The reports will be sent home on Thursday 9th December.

Year 6 Fables for Kindergarten Buddies

The Year 6 students are currently writing Fables for their Kindergarten Buddies. They are exceptional.



Class Organisation

In the coming weeks, teachers will be preparing classes for 2022. We request that parents let us know in writing if families are leaving the school in 2022.

Semester 2 Accounts

Fees for Dance for Kindergarten, Year 3 & 4 and Kitchen Garden for Year 4 will be included in the Semester 2 accounts.

Urgent Reminder - Please return loaned devices from School online learning.

Student News

Congratulations to Theo Ray 6M and Sia Field 6C who have been accepted into Manly Selective HS in Year 7 2022.

Mrs Julie Organ



From the Deputy's Desk

Expectation Certificates

Javier Catril, Lexi Stokes, Ania Mork, Molly Del Bene, Zoe Hayward, Hamish Barton, Mia Barton, Olivia Murdoch-Smith, Harrison Taudien, Finlay Drumm, Valerie Pickup, Sounak Kundu, Matilda King, Savannah Galaxe-Clarke, Raphael McKay, Lucas Silver x2, Saxon Goodwin x2, Harvey Collins, Carly Neville, Ava Bird, Emmy Gooley, Sophia Luo, Patrick Yiend, Ethan Renshaw, Zac Tassone, Alanna Lange, Keller Grant, Lara Baker, Erin Day, Eli Marks, Mia Falzarano, Chloe Hodgkinson, Theo Rouhotas, Leon Del Bene, Sydney Therrien-Girard, Aimee Van Der Burg, Mikayla Gittings, Ebony Fuller, Emma Kramer, Zoe Nissen, Matilda King, Aliyah Cormack, Safari Estivo, Ella Hodgkinson, Andreas Mathisen Hermosilla and Joshua Plowman.

Bronze Banner

Leo Kozlinski, Zac Tassone



Silver Banner

Lucas Silver, Charlie Linfield, Erin Day, Eli Marks, Mia Falzarano, Ania Mork, Safari Estivo, Ella Hodgkinson, Joshua Plowman



Year 5 Silver Banner recipients



Awards

Please See page 6 for a reminder about the number of certificates required to achieve a banner.

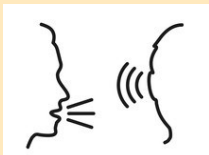
Congratulations to our Maths Olympiad and Maths Games winner. Sounak Kundu, Leo Watananguru, Owen Thwaites, Gemma Poutney and Amelia Roberts.

Presentation Assemblies

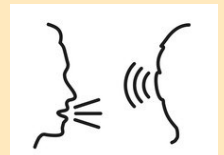
Due to COVID, we are currently in the process of making modifications to the Presentation Day Assemblies. Unfortunately, at this stage, parents are not able to be on site as per Department of Education guidelines.

Please read next week's newsletter where we will announce the details for these end of year events. Thank you for your patience and understanding.

The PBEL for the week is *Respect*



Listen and speak in a positive and polite way.



From the Deputy's Desk



Congratulations to the following students for gaining 4 Expectation Cards to receive an Expectation Certificate: Betsy Smith, Will Powell, Millie Stroud, Lochlan Baker, Mia Zanellato, Leo Murrell, Chloe Butcher, Riley de Combes, George Sewell, Chloe Egan, Annabelle Martin, Annabelle Taylor, Oliver Healy, Hunter Ashton, Liv Dreyer, Lola Rouhotas, Elliot Makepeace, Neve Scott, Lyla Deakin, Elizabeth Green, Marie West, Isla Wimpole, Toby Cavill, Hugo Collins, Sacha Millaire and Vinh Le.

Special congratulations to Callum O'Neill, Duke Sankey, Mia Zanellato, Isla Wimpole, Toby Cavill, Vinh Le, Chloe Butcher and Lochlan Baker for gaining a Bronze Banner.



Kindergarten 2022

Thank you to our K 2022 parents for your part in supporting your child's Kindergarten Orientation this morning. We look forward to welcoming your child back to school next year. Thank you also to the many staff who supported the event.

We are holding two optional Q & A Zooms for interested parents of K 2022 students. Details will be emailed to the parents of our enrolled Kindergarten 2022 students.

Tuesday 23rd November from 11:30pm -12:00pm

Wednesday 24th November from 6:00pm -6:30pm



Kindergarten 2021 to Year 1 2022 Transition Meeting for Parents Tuesday 30th November 10-11am

We invite parents of our current Kindergarten students to a transition meeting to assist you in understanding the experiences your child will engage in as they move to Stage One. Ms Jenni Milburn (current Stage One Grade Supervisor) will host a webinar from 10:00 -11:00am on Tuesday 30th November. An email will be sent tomorrow with registration details. Information discussed in the session will be sent home for any parent who cannot attend.

Band

If your child who is in Year 2-5 is interested in joining the band program, please read the information in the link below and register via the new student registration form on My School Music <https://portal.msmusic.com.au/manlywestbands> by **Thursday 18 November**.

Mrs Wendy Mwanga

Congratulations!



Remembrance Day



Remembrance Day Poems -Year 2



Lest We Forget

In Flanders Field red poppies grow.
The ANZACS fought for us and they will not go.
Our SOLDIERS were brave.
But now they will rest in their underground grave.
You served us now we will serve you.
Lest We Forget
By Harrison

Lest We Forget

In Flanders Fields the red poppies bloom.
The ANZAC soldiers now in underground tombs.
Soldiers not FORGOTTEN and never will be.
You served us now we serve you soon.
Lest We Forget
By Sonia

Remember You

We will remember you as the years go past.
You fought for us, we will fight for you,
Although we aren't ANZACS only you.
You're not lost only hiding.
You were brave through the FIERCE fighting.
You served us, we tried to serve you.
The help you gave us was through and through.
You're up above watching us as we grow.
You can't come back and that makes us sad to know.
You didn't deserve this but we all have to fall
Even though your time was not right but we can't have it all....
By Emma

4 Expectation Cards = Expectation Certificate

You can use any 4 Respect, Responsibility or Aspire Expectation Cards to make up the 4 you need to achieve an Expectation Certificate.



3 Expectation Certificates + 2 Merit Certificates = Banner

Once you achieve a Bronze Banner, you need another 3 Expectation Certificates and 2 Merit Certificates to receive a Silver Banner and then another 3 Expectation Certificates and 2 Merit Certificates to receive a Gold Banner.



K-2 students hand in certificates to Mrs Mwanga.

3-6 students hand in certificates to Mrs Fuller.

Please hand in your Bronze Banner with your certificates when you are getting a Silver Banner.

Please hand in your Silver Banner with your certificates when you are getting a Gold Banner.

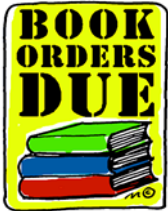
Library News



Big congratulations to **KPurple**, **1H** and **2S** who were the winners of the Library Bag Contest way back in Term 2! Thank you to all students who are responsible and remember their library bags each week and borrow lots of great books to read at home with their families. Readers are winners and winners are gridders! Competition has really heated up, and it is extremely close again this term.

Who will win for Term 4?!?!?!?!?!?

Thank you to all those students returning their library books from earlier in the year prior to the remote learning period! Please keep searching your closets, under your bed and your bookshelves to find missing library books. If they are lost forever, please email me about replacing or paying for any lost or damaged books (ellen.lo@det.nsw.edu.au). It's preferable to find the book as the saying goes, "It is better late than never!"



So that everyone's order is delivered well before the end of the term, please place your Scholastic Book Club order online with the LOOP payment system **before or by this Friday, November 19th, 2021**. Just a reminder that cash is NOT ACCEPTED, although cheques made out to Scholastic Australia are, providing they get to me by the deadline. Thank you for your orders that help our school library purchase new books for every Manly West student to enjoy!

Happy reading!
Mrs Ellen Swick
Teacher Librarian

Kitchen Garden News



*Our Kitchen Garden poppy
joined by a friendly bee.*

Today Year 4 are unearthing potatoes in the Kitchen Garden and tasking carrot top pesto made from carrots grown in the kitchen garden.

Angie Penn and Beth Dowdle

We're looking for some volunteers from our parent community who are interested in supporting the school's ethics program from next year.

Ethics classes are an alternative to non-scripture, teaching our kids to think, reason and discuss a range of ethical issues. Classes are designed to create an inclusive learning environment, where students learn to respect other points of view and come to a deeper understanding of their own beliefs.

At Manly West Public School, we have a very successful program but need more teachers to meet the demand for classes.

Teaching an ethics class involves facilitating a weekly discussion about a range of topics, including fairness, truth and intentions. You don't need any teaching experience, as you are provided with fully prepared lesson scripts and training. The time commitment is about 45 minutes per week including a class every Thursday morning and about 10 minutes to read through the script before each lesson.

If helping with our ethics program is a possibility for you or someone you know (maybe a grandparent!), contact our Ethics Coordinator, Lisa Palmer (a Manly West mum) at palmerlisa@hotmail.co.uk. For more information about the ethics program, go to www.primaryethics.com.au.

Sing*Act*Dance
Perform in a Show!

MUSEUM AFTER DARK
Summer Holiday Camps
We Give Kids Confidence
Ages 5 to 13 years

Stella Maris College - Manly
Mon 10 to Friday 14 January
Mon 17 to Friday 21 January
For full details and to BOOK online
www.kidsupfront.com.au
*We will comply with COVID restrictions

kidsupfront
DRAMA ACADEMY

Summer Holiday Clinics
20th December 2021 - 28th January 2022
New Summer School Holiday Clinics outdoors!
CLINICS FILL FAST, SO BOOK NOW!

Here at The Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that children have fun whilst they learn new skills, and that's why we've tailor made our school holiday clinics to be both fun and engaging!

- Our morning coaching clinic focuses on skill and technique development with a daily **Football Focus**. Your child will learn tricks, skills and moves surrounding this focus.
- Full days include an afternoon of fun games and activities following our coaching clinic.
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a 'Zidane Turn', 'The Socrates', 'Nabona', 'Maradona Spin', 'Cryff Cut', 'Ronaldinho Chop', or learn how to do a 'Rainbow Flick!'
- Professionally qualified & engaging FFA & AFC coaches.
- Build your child's confidence and self-belief in a nurturing, and fun environment where they can improve their skillset.
- Enhance player creativity with freedom to play joyful and expressive football.

Morning Coaching Clinic 9.00am-12.00pm | Full Days 9.00am-3.00pm
For 5-14 year olds | Book from 2 days to 10 days

Check it Out!

The Football Factory | thefootballfactory.com.au | (02) 9972 7766

Member for Manly Community Christmas Card Competition

James Griffin MP, Member for Manly invites local primary school children to enter his Christmas Card Competition for 2021.
What will you be doing this Christmas?

Student Name: _____ Surname: _____

Age: _____ School: _____

It is important that the child's Name, Age and School are completed and legible. Please use felt tip pens for the drawing inside the box.
Return to: James Griffin MP, Member for Manly, Shop 2/2 Wentworth Street, Manly 2095, by **Monday 22 November 2021**.

Parents who are interested in this program and who would like a referral from the school, please contact Mr Dudley Poole, our School Counsellor (Monday & Thursday).

Thank you
Mrs Wendy Mwanga
Learning Support Coordinator



MACQUARIE
University

Cool Kids Online

INTERNET DELIVERED CHILD AND ADOLESCENT
ANXIETY TREATMENT (AGES 7-17 YRS)

Program Tel: 02 9850 6393
E: CKOSchools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for school students who have significant anxiety disorders.

WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced therapists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.

WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, exercises, and illustrations – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced therapist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

WHAT DO WE NEED TO DO?

- Eligible families who are referred by a their school counselling team contact Cool Kids team at **02/ 9850-6393** or CKOschoools@mq.edu.au
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- If the program is suitable, you will receive a call from your allocated therapist who will provide you with a personal login. Four therapy sessions will also be scheduled.
- You and your child will work through the program with support from your therapist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

FIND OUT MORE
Centre for Emotional Health Clinic
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 0693
E: CKOschoools@mq.edu.au
W: mq.edu.au/ceh-clinic
CRICOS Provider 00002J



MACQUARIE
University

Great attendance!

“one” questions...

the answers!



**Thank you for supporting these educational talks.
More than 100 people attended this year.**

Purchase the supporting resources [here](#)

**Many thanks to the P&C for subsidising the
2021 Interrelate Talks**

**Thanks to Jo Riconni for her excellent presentation and to
Amber Fuller, MWPS Deputy Principal and Jane Allen,
P&C enrichment coordinator for attending the event to answer all
your future questions. We'd also like to thank Tracey Martin,
P&C Life Member for coordinating this year's talks.**

**Due to copyright we are unable to share these talks with non-attendees.
However, if you were registered and had technical difficulties please [contact our team](#).
Information for future sessions will be available soon
www.manlywestpandc.org.au/interrelate**



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WEST
P+C**