



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 February 2021 Term 1 Week 4

Tel: 9948 2257

Fax: 9907 0342

Principal's Message

Diary Dates:

Thursday 18th Feb Prefect Photos

Monday 22nd Feb Year 5 and 6 Information evenings –see below.

Tuesday 23rd Feb at 5.30pm Year 3L in 3L classroom.

Year 5 and 6 Students

There are a number of Open Days for High Schools this term. Please try to take up the opportunities to visit to support a successful transition for your child. The High School talk at **5pm** on Monday 22nd February in the hall will be presented by Mrs Christine Del Gallo from NBSC Mackellar Girls Campus and Mr Paul Sheather from NBSC Balgowlah Boys Campus. The Parent Information Evening will then be presented by classroom teachers in their classrooms at **5.45pm**.

Please see the notice on **Page 5** for opportunities for High Potential and Gifted Students through the Academic Placement tests for Year 7 2022. These applications will close this Friday 19th Feb.

Years 3 and 4 students

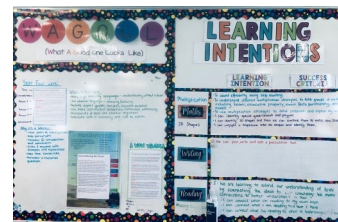
Thank you to all the parents who attended the Year 3 and 4 Information Evening last night. Mrs Johnson and Mrs Jones are leading the Year 3 and 4 grades. There will be a new Creative and Critical Thinking initiative led by Mrs Sara Lind this semester.

Visible Learning/Assessment Capable Students

Visible Learning is used in all classrooms K-6. Visible Learning gives students opportunities and strategies to articulate their learning. Teachers use Learning Intentions, Success Criteria and give feedback to students so that our students know what they are learning, where they are going next and what steps they need to do to reach the next level.

Visible Learners can become assessment capable students when they:

- Articulate what they are learning.
- Explain the next steps in their learning.
- Set learning goals.
- See errors as opportunities for further learning.
- Know what to do when they are challenged.
- Seek feedback from teachers and peers.



Sound Waves

At Manly West, we utilise the Sound Waves spelling program across our school in Years 1-6. Throughout this program, students work through the 44 phonemes of our Australian English with all students learning the same sound each week.

The spelling progresses in difficulty as a student's knowledge deepens from Years 1 to 6. Each sound that a word is made up of however, can be spelled very differently. Sound Waves teaches letter-sound correspondence in a systematic and structured way by developing students' knowledge of how letters or clusters of letters represent the sounds of speech. For example, when we say the long 'e' sound, it can be spelled in various ways such as: e, e_e, ee, ea, y, ie, ei. Throughout the program, students progress from simple/common spelling combinations such as using the long 'e' sound in **flee**, **dream**, **evening**, **these**, to more complex spelling such as **accompany**, **mischief**, **diesel**, **conceive**, **deceit**. Students learn that although words have the same sound, they are often spelled very differently. We encourage students to use their spelling knowledge of letter-sound combinations to progress their spelling.

Did you know?

- In our Australian English, we have 44 phonemes (sounds) with 24 consonant sounds and 20 vowel sounds.
 - Sounds can vary based on dialect
 - Only 4 words in Australian English cannot be decoded by sounds.
- (Source: Five from Five)

Minimising the risk of COVID-19 in schools



Parents and carers are reminded not to send children to school if they are unwell, even if they have the mildest flu-like symptoms, in accordance with advice from NSW Health.

NSW Health requires schools to exclude students with even mild symptoms of COVID-19 and encourage immediate testing. Students need to provide a copy of a negative COVID-19 test result and be symptom-free before being permitted to return to school. Find more information about COVID-19 symptoms [here](#).

Student News

Congratulations to Azzurra Ottaviani 4Z and Willow Conway 6S who successfully auditioned into the Sydney North Region Dance Ensemble. We hope you enjoy your time in the group!



Mrs Julie Organ

From the Deputy's Desk

Photos

Reminder: Kindergarten students and students new to Manly West will have their individual portraits taken next Thursday the 25th of February.

These will be available for purchase along with class photos later in the term. Photo envelopes will be sent home on Monday the 8th of March.

Summer PSSA Sport and Home Sport

Summer PSSA and Summer Home Sport will start this Friday 19th February.

Positive Behaviour for Learning

We always encourage our students to have high expectations. At Manly West, our expectations are Respect, Responsibility and Aspire. Teachers refer to these expectations in the classroom, the playground and specific areas. Having a discussion about these with your child encourages these at home as well.

Expectations

Respect

- Listen and speak in a polite and positive way
- Share friends, space and equipment
- Accept and celebrate difference
- Allow others to learn
- Care for people, school, property and the environment

Responsibility

- Be a positive role model
- Do what is right even if it is difficult
- Be prepared and punctual
- Be accountable for the choices you make

Aspire

- Be proud of everyone's achievements
- Be resilient and bounce back
- Accept opportunities and challenges
- Actively take part in your learning

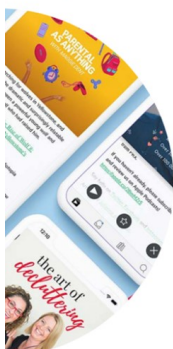
Parenting podcasts

Looking for something to listen to in the car, on the bus or whilst out for walk?

The Department of Education have a list of suggested parenting podcasts that may be of interest.

Top parenting podcasts

Whether you're doing late night nursing or chores around the house these school holidays, why not have some industry-leading voices in the background?



From child psychologists to mums-of-many to new dads doing a deep dive discussion, here are 17 insightful and relatable parenting podcasts to make any parent or carer feel less alone. Happy listening!

Australian podcasts

Babytalk (ABC) Babies don't come with instruction manuals but that just means that there's a lot to learn. This podcast will share insights and offer advice about living with your baby.

Parental As Anything (ABC) Join one of Australia's favourite parenting authors and educators Maggie Dent, to get tips and answers to your real-world parenting dilemmas.

DadPod with Charlie Clausen and Osher Günsberg DadPod is a weekly podcast documenting the new Dad adventures of Charlie Clausen and Australian TV host, Osher Günsberg.

The Art of Decluttering This weekly podcast shares tips and tricks for decluttering and organising your home. The hosts help take control of the clutter and reclaim your home as a peaceful retreat, where you can relax and regroup and raise your family.

The Modern Mommy Doc Podcast The Modern Mommy Doc Podcast helps mums say "no" to unrealistic expectations for a balanced life, and say "yes" to what really matters.

Everyday Motherhood Grab your pile of laundry and listen to this podcast for advice on how to care for yourself while mothering and walk away with a play idea to connect with your kids.

Spot Family Podcast If you have a family, are a teacher, health professional or are even remotely interested in child development, health, or learning, this is the podcast for you. Cutting through the snake oil with deep dives into the science behind supporting you and your child.

Happy Families The Happy Families podcast with Dr Justin Coulson is for parents who want all the answers but don't have any time. Each short, easily digestible episode sees Dr Justin address a specific topic, offer his expert advice and provide simple strategies to make families happier.

International podcasts

Spawmed Parenting Podcast Liz Gumbinner and Kristen Chase are parents to six kids between them. They, and their guests, offer candid parenting culture discussions, non-judgemental tips, and a good dose of humor.

Little Sprigs On this podcast, you'll find a mix of interviews and recordings focusing on early childhood education, communication and mindfulness.

Mom and Dad Are Fighting Jamilah Lemieux and Dan Kois share their triumphs and failures while offering advice on parenting kids from toddler to teens.

The One in a Million Baby This podcast by New Zealander Tessa Prebble tells the stories of the children and their parents who find themselves in that one-in-a-thousand, or one-in-ten-thousand, or even one-in-a-million position of having a child with special needs and how they've come to cope.

The Mom Hour Co-hosts Meagan Francis and Sarah Powers have eight kids between them, little to grown. This weekly podcast offers practical tips and encouragement for mums who want to enjoy motherhood more, and cut back on comparison, worry, and stress.

Unruffled Each episode addresses a reader's parenting issue through the lens of host, Janet Lansbury's respectful parenting philosophy. Janet is a respected parenting adviser, author, and consultant whose work informs, inspires, and supports caregivers of infants and toddlers across the globe to create relationships of respect, trust, and love.

Turning This Car Around This is a podcast about parenthood from three dads, Lex Friedman, John Moltz and Jon Armstrong.

The Modern Dads Podcast The stories of modern dads. Men who are not only involved in their children's lives, but active and engaged in the decisions, the drudgery, the pain, and the joys of parenthood. Each episode discusses the issues modern dads face as they try to navigate work, parenthood, relationships, and play.

Not all of these podcasts will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.

Mrs Amber Fuller

From the Deputy's Desk

Safety Alert

For Child Protection reasons, we ask that parents and carers do not enter the children's toilets. Should your child require assistance, please use the toilets in the Main Office block.

Playground Equipment

The playground equipment is currently open only during class time with teacher supervision. Teachers ensure that children sanitise before and after using the equipment. We ask that parents do not allow their children to play on the equipment before or after school. Unfortunately, there have been a couple of accidents during these periods.

Birthday Treats

Currently we are not permitting birthday treats and sharing of food. This includes treats from home, the school or the canteen. This policy is in place until further notice due to COVID-19 guidelines.

Kindergarten Introduction to the Canteen

Kindergarten children will have their special introduction to the canteen in the first week of March. After this visit, they may start using the canteen.

Literacy Groups in Action

Kindergarten students rotate in groups implementing the five aspects of Literacy. Pictured right are proud Kindergarten students dazzling us with their knowledge of phonemic awareness.



Medical Needs



Please ensure the school is aware of any medical needs your child may have. It is the responsibility of parents to provide updated health plans, action plans and medicine to the school and this is tied to your child's enrolment. Please note, Anaphylaxis Action Plans need to be in colour, on the most recent form provided by ASCIA (currently 2020), dated 2020/2021 by a doctor and include a colour photo of your child.

Thank you to parents who have already visited the office with an updated Health Plan and Action Plan this year. Please also ensure that your child's medication is current.

If you have not yet visited the office to provide your child's health care plan, action plan and check that their medication is current, please do so as soon as possible. Some forms were sent home at the end of 2020, as they were due to expire.

Please also note, should you wish the school to administer medication at school you are required to complete the following form.

https://manlywest-p.schools.nsw.gov.au/content/dam/doe/sws/schools/m/manlywest-p/localcontent/parentrequest_formedication2018.pdf

At times, parents request that medication is carried with their child and is self-administered. This is arranged with Principal approval. If you would like the Principal to consider this request, please complete the above form. All these forms are available on our school website under the 'Supporting our Students' tab - 'Student Health and Safety'.

<https://manlywest-p.schools.nsw.gov.au/supporting-our-students/student-health-and-safety.html>

Health Care Plan link:

https://manlywest-p.schools.nsw.gov.au/content/dam/doe/sws/schools/m/manlywest-p/localcontent/ind_health_plan_master.pdf

Anaphylaxis Action Plan link:

https://manlywest-p.schools.nsw.gov.au/content/dam/doe/sws/schools/m/manlywest-p/school-notes/ASCIA_Action_Plan_Anaphylaxis_2020.pdf

Mild to Moderate Allergy Action Plan link:

https://manlywest-p.schools.nsw.gov.au/content/dam/doe/sws/schools/m/manlywest-p/school-notes/2020/ASCIA_Allergy_Action_Plan_2020.pdf

Asthma Care Plan link:

https://asthma.org.au/wp-content/uploads/About_Asthma/Schools/AACPED2018-Care-Plan-for-Schools-A4_2019.pdf

A reminder regarding Arrival and Dismissal

Parents and carers of Kindergarten students may accompany their child onto school grounds. Students in Years 1-6 enter the grounds independently. We ask that parents say goodbye at the gate. In line with COVID Guidelines, we ask that all parents leave the grounds / pathways bordering the school promptly.

Dismissal

- 3:10 Years 4 – 6 leave the grounds independently.
- 3:15 Year 2 leave the grounds from the grass at the front of school, Griffiths Street.
- 3:15 Year 1 leaves the grounds via the Boyle St Driveway.
1S and 1T are dismissed from the fenced area in the bush garden behind Boyle St block.
1C, 1P and 1H are dismissed from the Boyle St Driveway.
- 3:20 Year 3 leave the school independently.
- 3:20 Kindergarten are dismissed on grounds.
KO and KY near the 'Big Tree'
KB, KG, KP and KR from the lower basketball court.

For safety reasons, we prefer Kindergarten students to be collected by an adult on grounds. If you wish an older sibling to collect your child and meet you or an after school care provider off site, please indicate this in writing to your child's class teacher.

Students who attend BASC or Band (Years 3-6) stay in the care of their teachers until 3:20.

Assemblies

Assembly starts next week. If your child has 4 Expectation Cards to receive an Expectation Certificate or 3 Expectation Certificates and 2 Merit certificates to receive a banner, please take these to:

Mrs Amber Fuller –Years 3-6

Mrs Wendy Mwanga – Kindergarten, Year 1 & Year 2

Primary Assembly takes place alternate Thursdays starting at 2:20.

The Year One and Two Assembly occurs weekly on Fridays at 12:30. Kindergarten students will join this assembly next term.

MANLY WEST AWARDS FLOW CHART



Respect, Responsibility, Aspire Cards – (Classroom Teachers give out 3 a week in class)
Students collect 4 to receive an Expectation Certificate



Students collect 5 Certificates
This can be made up on 2 Merit Certificates from assembly dated from 2014 combined with Expectation Certificates



BRONZE BANNER



Dance Auditions @ Manly West 2021.



The process of Dance auditions will commence this week (Week Four) and in Week Five. An EOI was recorded at lunch on Monday this week. The actual group will be announced in Week Five after auditions.

Due to Covid-19 the Regional Dance Festival will look very different this year. The festival is only accepting **two** dance groups from each school, with a new maximum number of 20 students per group. Every group member who performs in the festival will pay a fee of \$20 (additional costuming and bus costs are not included in this). Each group will perform only twice at the Glen Street Theatre, one performance will be live and the other will be on video.

There will be a Senior Girls Groups, which will be open for girls from only Year 5 & 6 and a Boys Group in which boys from Years 5-6 (initially) are invited to audition.

We are also considering having a Junior Group, which will hopefully perform at the Manly West School Expo, in late Term Two.

The Dance committee and I are looking forward to seeing all the talented and interested dancers at the auditions. All students are responsible for listening to the time and locations for each audition. No special footwear is required.

Becky Wilson



OPPORTUNITIES FOR HIGH POTENTIAL AND GIFTED STUDENTS

Year 7 High Potential & Gifted Education Academic Placement Test 2022 Intake

Placement in the Year 7 High Potential & Gifted Education classes at NBSC Balgowlah Boys, NBSC Cromer and NBSC Mackellar Girls Campuses is subject to the child's eligibility to attend the school, submission of an application form and based on supporting evidence including the results achieved in the NBSC Academic Placement Test.

Please Note: Students eligible to enrol at NBSC Cromer Campus will be required to sit for the Peninsula Community of Schools (PCS) external academic test.

Placement at NBSC Manly Campus is based on a student's performance in the NSW Selective Schools Test.

APPLICATION FORMS: Download from the Northern Beaches Secondary College website - <http://www.nbsc.schools.nsw.edu.au/> - go to Curriculum Opportunities/Year 7 High Potential & Gifted Education Academic Programs. These are also available on each campus website.

CLOSING DATE FOR APPLICATIONS

Friday 19 February, 2021 by 4.00pm

Students are required to sit the test at the NBSC Campus designated as their local school
(Refer to *NSW Public School Finder* to confirm designated local school)

NBSC Balgowlah Boys Campus - 27 Marengo St, Balgowlah

NBSC Cromer Campus - 120 South Creek Rd, Cromer

NBSC Mackellar Girls Campus - 11 Campbell Pde, Manly Vale

HP&GE ACADEMIC PLACEMENT TEST DATE: Thursday 18 March 2021 at 9.00am

Further information regarding the Academic Placement Test, please contact:

NBSC Administration Centre	Sandra Bonello	T: 9939 6942
NBSC Balgowlah Boys Campus	Melinda Smith	T: 9949 4200
NBSC Cromer Campus	Jane Dean	T: 9981 1155
NBSC Mackellar Girls Campus	Wendy Mailey	T: 9949 2083

Other High Potential & Gifted Education Programs offered at NBSC

For information regarding other talented programs, visit the relevant campus websites:
NBSC Balgowlah Boys Campus <https://nbscbalgb-h.schools.nsw.gov.au/> (Talented Music Program)
NBSC Cromer Campus <https://nbsccromer-h.schools.nsw.gov.au/> (Talented Music Program)
NBSC Mackellar Girls Campus <https://nbscmgirls-h.schools.nsw.gov.au/> (Talented Athlete, Dance, Music and Visual Art Programs)

NOTE: Enrolment into High Potential & Gifted Education programs is subject to the child's eligibility to attend the school and the school's ability to accommodate the child.



2 MARCH 2021 4:00PM - 6:00PM

At Narrabeen Sports High School we care about your child's education as much as you do. We create a well balanced learning environment for all our students. We invite you to experience the vibrancy of our school community at our Open Night.

Open Night highlights:

Guided tours of our school's facilities

Meet our Teachers and Student Leaders

Music and Dance performances

Faculty teaching and learning displays

Sports Academy Program Enrolment information available

Light refreshments provided by our senior Hospitality students

Please RSVP to: <http://bit.ly/OpenNight2021> by Friday 26 February 2021

For more information, please contact the Narrabeen Sports High School office or visit the website.



NARRABEEN SPORTS HIGH SCHOOL

Kitchen Garden News

In the Kitchen Garden this week...

Year 3

Year 3 are learning how to make compost this week. They will be building layers of green waste (any fruit or vegetable scrap) and brown waste (ripped up cardboard, newspaper and coffee husks).

Year 3 are also tasting kale chips from kale grown in the garden.

Waste-free Wednesdays will start Term 2

Here are some lunch ideas from the SAKG Foundation that can be prepared in advance and frozen for school day lunches.

<https://www.kitchengardenfoundation.org.au/top-ten-tasty-tips-for-dairy-in-lunchboxes>

There are also lots of good ideas in our own Manly West Kitchen Garden cookbook *Thrive*, available via Flexischools, only \$30.

Composting and worm farming course

To help you on your waste reduction journey, learn how to compost or worm farm in this course at Kimbriki Ecohouse.

Saturday 31st July, 1pm-3pm – Composting and Worms Family Workshop NB Residents only – \$50 per family

<https://kimbriki.com.au/eco-house-and-garden/learn/>

Volunteer to help

Please sign up to help look after our beautiful Kitchen Garden. We always need volunteers to help water the garden and turn the compost.

<https://www.manlywestpandc.org.au/kitchen-garden>

If you would like to bring kitchen scraps to school to add to the school compost bins you must be signed up at least twice per term.

Regards,

Angie Penn and Beth Dowdle



Library News

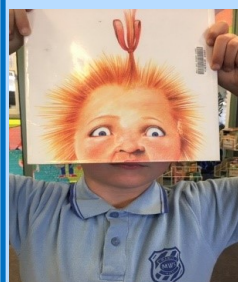


Almost all **Kindergarten** classes have visited the library and soon they will get to bring home a book to read and share with their families! Please ensure your child has a bag to use so the books are protected from dripping water bottles, sticky lunchboxes, smashed fruit and other foods. It can be a Manly West one from the Uniform Shop or a different one that is large and sturdy enough to hold a picture book. The Library Bag Contest has begun for those in **Years 1 and 2**, so remember to bring your library bags in to help your class win it!

Stage 2 children earn house points for bringing in their library bags and **Stage 3 students** receive house points for their borrowing efforts. But the best part of borrowing is all the stories, information, emotions and enjoyment you get from **READING!**

This is the final reminder if you are in **Year 5 or 6** and interested in becoming a Library Monitor to help at second half lunchtime, the completed Expression of Interest sheet is due to me **before or by this Friday, February 19th, 2021**. Several students have already

turned theirs in, and we will work out a schedule as soon as we know who has gotten into the different teams, lunchtime activities and/or dance groups.



Join us for some **BOOK FACE FUN!** We all know you can't judge a book by its cover, but you can be clever with the front and back covers in so many ways with different camera angles, use of perspective and tapping into your imagination. This photo is from *The Ugliest Dog in the World* by Bruce Whatley – a great story about people's descriptions of a pet with a message that beauty is in the eye of the beholder. If you find a book that fits your face or body, bring it to my attention and we'll take a snap to include in the newsletter. I know how creative you are, so check each week for some Book Face Fun!

Happy Reading!
Mrs Ellen Swick
Teacher Librarian



MANLY ROOS JUNIOR RUGBY UNION CLUB

Est. 1962, Keirle Park, Manly, Australia



MANLY ROOS
NORTHERN BEACHES
LAND-ROVER
HARRIS FARM MARKETS

Pick up the ball and run with it, TRY RUGBY

All boys and girls are welcome to
the Manly Roos 'TRY RUGBY' day
and free sausage sizzle.
3pm, Sunday February 21st
Keirle Park Clubhouse, Pittwater Road, Manly

2021 registrations are now open: roosrugby.com.au