



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 24th March 2021 Term 1 Week 9

Tel: 9948 2257

Fax: 9907 0342

Principal's Message

Diary Dates: School Photos. See details Page 3. All students are to wear full school uniform including black shoes.

Teachers and Parent/Caregiver Interviews

Thank you to our teachers and parents and caregivers for the excellent time organisation and management of interviews over the last two weeks. Formal interviews are part of the MW formal structure of Assessment & Reporting to parents. From previous surveys, 80% of our parents believe formal interviews are very useful for understanding their child's progress.

Harmony Day

Thank you to the Harmony Day Team of teachers led by Miss Mansbridge, Mrs Vescio, Mrs Cotty and Miss Brown. Thank you also to the excellent Student Harmony Day Team led by Evie Williams 6G, Priya Davidson 6G, Alva Jordan 6G, Clara Crouch 6S, Jolie Glas 6S, Amy Bates 6M, Natalia Bevilacqua Fowler 6M, Dearn Masters 6C, Harrison Cairns 6C and Iris Mawby 6C. The students hosted the 3-6 and K-2 assembly and reminded students of the celebration of diversity and unity at Manly West PS. Details on Page 4.



School House Excursion-Year 1

Unfortunately due to the extreme weather conditions at Ryde, the Year 1 excursion was postponed on Tuesday. We are hoping to re book next term. However if we are unable to book next term, we will have to cancel and the payment of excursion will be used as credit for Semester Two Invoice.

Writing –Draw Talk Write Share/ Kindergarten and Nature

Students particularly in K-4 are working on a model by Dr Noella McKenzie called Draw Talk Write Share. It is a writing approach to inspire students to write at a much deeper level. Here are students in K Yellow who were asked to wear gum boots and wet weather gear and take advantage of playing and exploring the weather as a stimulus for their writing.



Waste Free Wednesday-Term 2

The Student Representative Council (SRC) has endorsed the new initiative by the P&C Environment Committee of Waste Free Wednesdays. This will start next term and requires students, parents and staff to support this initiative each week. Please check the poster on Page 6 which promotes sustainability practices in our school.

Attendance and Engagement

As part of our new Strategic Improvement Plan 2021-2024, we are endeavouring to improve student attendance and engagement. We regularly send out notes to parents for unexplained absences. Parents/Caregivers must write to teachers or school email to explain any absences from school. One of the areas that can be improved is with early and late arrivals. Please ensure that your children arrive on time for school at 9.20am.

Community News

Thank you to Rod Willis who is our Griffith St Crossing Supervisor. He is retiring after many years at Manly West PS at the end of this term. He has special connections to Manly West PS, as he was an ex student. If you would like to donate for a gift, please place in an envelope marked Crossing Supervisor Rod and give to the office. See Rod's note on Page 6.

Northern Beaches Council

Thank you to Nicole, Vincent, Corey, Colin and Sean—all members of the community who immediately helped us clear a fallen branch on Griffiths street today before Police and SES arrived. We have an annual tree audit and regularly have our trees trimmed. Only two weeks ago, a tree was removed and branches were trimmed off a tree in Hill St. We believe this incident today happened due to the recent weather conditions.

Mrs Julie Organ



From the Deputy's Desk



Congratulations to the following students for gaining 4 Expectation Cards to receive an Expectation Certificate:

Claudia Rung, Chloe Butcher, Arthur Tildesley,
Emma Morgans, Vivien Taylor, Charles Taudien, Thomas Hatfield x2,
Samuel Thompson and Amber Stableford



Special congratulations to Claudia Rung, Jackson Magrath and Amber Stableford for gaining a Bronze Banner.

Sport in School Australia (SISA) - Kindergarten and Years 1-4

Students have been involved in a Social Skills program provided by SISA. This offers a unique experience for students to participate in a wide range of team building and co-operative learning activities. The Social Behaviour program addresses the following key skills -

- Sharing
- Co-operation
- Trust
- Adaptability
- Visual communication
- Verbal communication and Problem solving



Year 4 students enjoying the Social Skills program.

Next Tuesday is the last SISA lesson this year for students in Years 1-4. The Kindergarten program runs throughout the year on Tuesday afternoons from 2:15 -3:15pm and extends to include fundamental movement skills, gymnastics and game skills.

Parents in the Classrooms and at Assembly

We thank parents who have been able to give their time to help in the classrooms this term. As restrictions have eased, teachers may request more parents per session to support in the classroom. A reminder that social distancing for adults is still required onsite, indoors or outdoors. Parents do not need to sign-in when entering the grounds to drop off or collect students. Sign-in is required for all other visits.

We welcome parents to join assembly if your child is receiving a banner/or hosting an assembly. Year 1 & 2 Assemblies are weekly from 12:30 -1:10 each Friday. Kindergarten will join next term. Years 3-6 Assemblies usually take place alternate Thursdays, starting at 2:20pm. The next primary assembly is in Term 2.

Currently we are not able to accommodate parent attendance at assemblies for other reasons. Thank you for your cooperation and understanding.

Easter

Our school term finishes on Thursday 1st April. Prior to this, a special bunny usually makes a visit, hopping by our Kindergarten classrooms. Students in K-2 participate in Easter craft, some creating baskets and hats. The bunny may drop a treat or two which should be consumed at home. A reminder that there is no Easter Hat Parade this year.



Buddies

Kindergarten made kites with their Year 6 buddies to complement their unit about weather. The Buddy program relates to the PDHPE syllabus and encourages student leadership and participation.



K Purple with their buddies

Mrs Wendy Mwanga

From the Deputy's Desk



Expectation Certificates

Adelaide Yiend, Rose Hurlow, Ted McGoldrick, Rhys Dundas-Gold, Ethan Keeble, Simran Kumar, Tao Philpot, Juliet Yardley, Jaye Grant, Keller Grant, Brielle Macnab, Georgie Brain, Malvi Hammond, Henry Costello, Stella Lewis, Lila Schaffler, Eva Hatfield, Giselle Da Rocha

Bronze Banners: Lila Schaffler, Olivia Parker, Tao Philpot, Ethan Keeble

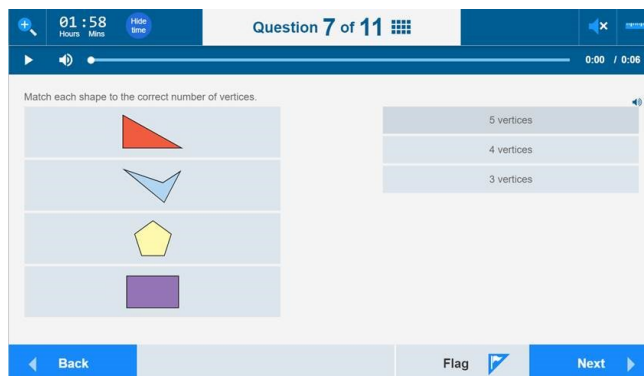


Practice online NAPLAN assessment

This week, all of Year 3 and 5 have participated in a practice online NAPLAN assessment. This is the first time students will have completed NAPLAN online, so it has been a good opportunity for them to experience all the different skills required to navigate the online platform. Students are required to click and drag, use an online ruler tool, listen to words to type the correct spelling, find answers in drop down menus and use tools in the platform such as flagging a question and tracking their progress. Encouraging students to check their work once they have completed the test is an important skill we are encouraging.

To see the types of questions being asked and skills required, please go to <https://www.nap.edu.au/online-assessment/public-demonstration-site>

Please remember to send headphones to school for your child to use if you haven't already done so.



On Thursday 25th March, Year 5 will participate in a state wide coordinated writing assessment. This will help students to feel more confident and see what will be expected when they complete the writing NAPLAN assessment online next Term. Encouraging your child to practice their typing skills in the Typing Tournament program would benefit them for this assessment

Combined Scripture Service

Next week on Thursday 1st April, we are holding a Combined Scripture Easter Service in the hall for all students attending Protestant and Catholic classes. Due to the scheduling of the Combined Service, there are no classes in Ethics. Students who attend Non - Scripture and Ethics will be supervised in classrooms by Manly West teachers. If your child attends Non-Scripture or Ethics and you wish your child to attend the Combined Service, please provide a written note to your child's class teacher.

Scripture

Thank you to parents who returned scripture notes and have advised us of any changes to scripture class preference. Now that scripture classes have well and truly begun, we would like to avoid any further disruption to classes and ask that your child remains in their current scripture class. If there are any extenuating circumstances, please call or email the school. Thank you for your cooperation.

Staff Carpark Access

We would like to remind students and parents that the staff car park is out of bounds and walking through the staff car park in the mornings and afternoons is not allowed in order to keep children safe. Students should be entering and exiting the school through the main gates. Accessing the stairs to the westerly end of the staff car park is allowed from the grassed area.

We want to ensure everyone's safety and we appreciate parent support in reminding their children to be a role model by using correct entry and exit points around the school.

Thank you.

School Photos

Advanced Life Photography will be at Manly West on Monday 29th March to take class photos and Year 1-6 individual portraits. Please pay for the photo package you would like to purchase at www.advancedlife.com.au using the code **KA7 7Q7 4AB** before Monday morning.

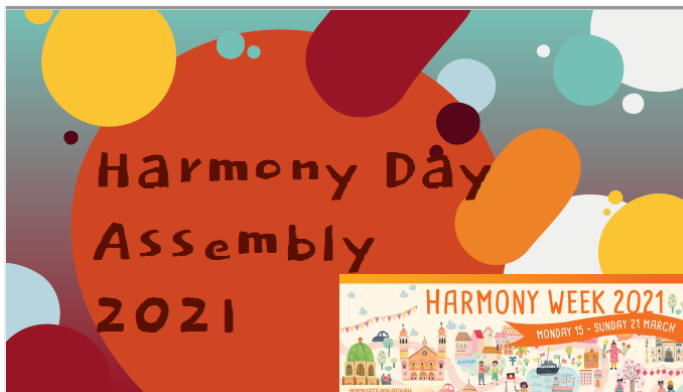
Please ensure all students are wearing full school uniform, including black shoes. Thank you.

On Tuesday 30th March, the group photos will be taken. The following groups will need to wear full school uniform again, and will be collected from class to have their photo taken.

Concert Band, Intermediate Band, Performance Band, Training Band, House captains, SRC, Library monitors, playground monitors, Sound technicians, Multicultural Officers.

Band members will wear their band uniform to school and bring their school uniform to change into after the photo. Please remember to bring your instrument. A detailed email has been sent to all band parents.

Mrs Amber Fuller



Acknowledgement of Country

Today we stand in footsteps of the Guringai Nation and the Kayami people. We thank them for keeping this land in order.

May we acknowledge the traditional owners whose cultures and customs have nurtured, and continue to nurture, this land, since men and women awoke from the great dream. We honour the presence of these ancestors who reside in the imagination of this land and whose irrepressible spirituality flows through all creation. We must remember, That no matter what, this land we call Australia, shall always remain traditional Aboriginal land.

Harmony Day Committee + Multicultural Officers

Clara, Jolie and Alva.

Deanna, Iris, Harrison and Natalia.

Amy, Priya and Evie.

Over the past 70 years, more than seven and a half million migrants have made Australia home

Harmony

Diversity within Manly West

Harmony Day at Manly West in 2021

Thank you for taking the time to celebrate Harmony Day today.

Photo Display

Thank You For Contributing to The Puzzle!

Kitchen Garden News

In the Kitchen Garden this week...

Year 3 are looking forward to getting outside after all the rain we've had this week doing garden jobs and learning about the life cycle of a plant.

A lot of children asked for the tabbouleh recipe they tasted last week.

Recipe:

Soak 1/4 cup of bulgur wheat in water until softened slightly. Drain and squeeze out excess moisture. Chop 3 bunches parsley finely and add to bowl, along with finely chopped mint, fresh tomatoes and spring onions, and juice of 2 lemons. Cover and refrigerate for few hours or overnight to allow flavour to develop. Toss with 1/4 cup olive oil to serve. Serve with Lebanese bread.

Waste-free Wednesdays are starting Term 2

Top tips to avoid food wastage; don't pack too much food, especially for younger children, and get older children involved with choosing and making their own lunch. Please also encourage your children to bring uneaten food home where it may be eaten for afternoon tea (if appropriate) or composted.

Earth Hour Saturday March 27th

Everyone can get involved. Switch off lights to show support for the planet and bring awareness to nature loss and the climate crisis.



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

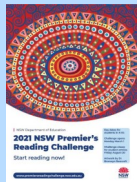
Please sign up to help look after our beautiful Kitchen Garden. We always need volunteers to help water the garden and turn the compost.

<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.

Angie Penn & Beth Dowdle

Library News



Look at the amazing readers who have already completed the **2021 Premier's Reading Challenge**. Praise and compliments go to **Andreas Mathisen Hermosilla** (4Z), **Emily Murphy** (5R) and **Jake Renshaw** (3J). Lots of books were probably read during the recent wet weather. There is plenty of time for all readers to complete the PRC by the deadline of **Friday, August 20th, 2021**. Head to <https://online.det.nsw.edu.au/prc/home.html> for all your questions answered regarding the challenge. Remember to use the same login details on the PRC site as you do to log onto your Student Portal. *How many more names will be here next week?!?!?!?*

Thank you to the following fabulous **Stage 3 Library Monitors** who have been such a great help this term:

Evie Williams, Ayden Ward, Sam Glas, Jessica Smith, Nya Hammond, Daisy Mann, Kohia Berry, Lois Austin-Raffan, Finn Veiga-Clarke, Luella Moschou, Aodhan Lloyd, Charlie Wright, Alexis Hall, Amy Bates, Layla Earl, Libby Highland, Aurnia O'Brien, Milla Behrens, Safari Estivo, Emma Kramer, Georgie Massey, Ruby Alver, Chloe Hodgkinson, Malia McGree, Emily Murphy and Alana Robinson! We will

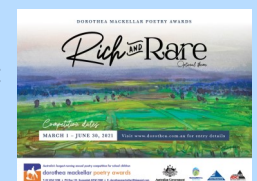
have our photographs taken wearing your badges and with your favourite book next week, Tuesday, March 30th.



Wow, so many purchases were made from this term's Scholastic Book Club! Not only are you supporting your children's foray into the reading world, but your orders also provide the library with amazing new books. Please be advised that your orders will be collated and delivered to your child before the end of the term.



World Poetry Day was March 21st, and Year 2 students are having a taste of poetry during their library lessons this week with Mrs Dowdle and I. But poetry is for everyone, and the Dorothea Mackellar Poetry Competition is another opportunity to submit your original poems for a chance to win cash, trophies and prize packs. This year, the Dorothea Mackellar Memorial Society has chosen the theme "Rich and Rare." As always, it is an *optional* theme, so please write about whatever topic sparks your poetic genius. To enter, please hand in your poem to me no later than June 18th, 2021. Best of luck to all aspiring poets who enter!



Happy reading and writing!
Mrs Ellen Swick
Teacher Librarian

MANLY WEST'S WAR ON WASTE

WE HAVE EXCITING PLANS AT MANLY WEST TO BECOME A WASTE-FREE SCHOOL!

Lots of initiatives will be rolled out in 2021. Student Waste Warriors are leading the charge but they need your support!

Each week, tips and tricks will be shared in the newsletter to help parents help Manly West be a more sustainable school.

Over HALF of the rubbish in Manly West's red bins is food waste.

Food waste in landfill breaks down to produce greenhouse gases like carbon dioxide and methane that contribute to global warming.

Food waste can go in to the school compost bins but we will encourage students to take uneaten food home so:

- Parents can see how much their children eat and adjust portions to reduce waste
- Leftovers can be eaten for afternoon tea!
- Scraps can make wonderful fertilizer in your own compost bins or worm farm



LEARN MORE ABOUT COMPOSTING IN THE MANLY WEST KITCHEN GARDEN OR JOIN ONE OF THE BRILLIANT COURSES AT KIMBRIKI
<https://kimbriki.com.au/composting-worm-farms-workshop/>

NEXT WEEK

Recycling soft plastics



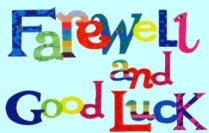
WASTE-FREE WEDNESDAYS WILL START IN TERM TWO. STUDENTS WILL BE ASKED TO BRING A ZERO-WASTE LUNCH AND THE RED BINS WILL GO 'ON HOLIDAY'.

Benefits include:

- Encouraging healthier foods
- Creating sustainable habits
- Reducing litter around the school
- Cutting waste disposal costs

Food waste, canteen bags and Return & Earn containers can be left at school. All other waste, including uneaten food, will be taken home where it can be sorted and disposed of properly.

NOW is great time to start thinking about what goes into your child's lunchbox and consider healthy, waste-free alternatives.



Farewell to Crossing Supervisor Rod Willis

At the end of Term 1 I am retiring from my permanent position as the School Crossing Supervisor on the Griffiths St crossing. I managed to finish my position as my first Kindergarten cohorts enter their final year.

I have had a long and unique association with Manly West as I was a student, commencing in 1959. My son was also a student and my wife was an Assistant Principal at Manly West for eleven years.

The opportunity to give back to such a special school community has been both satisfying and enjoyable.

I am now looking forward to the flexibility to take advantage of post-Covid travel opportunities but will be covering local school crossings on a casual basis so maybe I'll be back sometime, in which case I will look forward to seeing familiar faces again.



P&C News

Supporting our school, our students, and our school community

What's On

mums and Carers
**Mother's
Day Stall**

7 May 2021

MOTHERS' AND CARERS' DAY STALL

Friday, 7 May 2021

Under the COLA

9:30am—11:20am

Details soon!

**Volunteers needed to help coordinate the stall—
extra volunteers needed to help on the day.**

Contact our team

events@manlywestpandc.org.au



21 May 2021

KINDERGARTEN PARENTS COCKTAILS

Friday, 21 MAY 2021

7pm 'til late

Manly Golf Club

Visit the P&C website for details

[Kindergarten Parents Cocktails](#)

Volunteers needed to help coordinate this event



MANLY
WEST
P+C

**Annual
General
Meeting**

1 June 2021

P&C ANNUAL GENERAL MEETING

SAVE THE DATE!

Tuesday, 1 June 2021

Join the team that makes a difference.

New members always welcome.

Meeting details coming soon.

Visit our website for details on [What we do](#)

For more information contact Tracey via email
president@manlywestpandc.org.au



band

band@manlywestpandc.org.au

BAND PHOTOS AT SCHOOL—TUESDAY 30 MARCH

Please wear full band uniform to school (White long sleeve shirt, black pants, black socks, clean black school shoes and band tie. Uniforms can be purchased through the Uniform Shop - both new and second hand. Please also bring your instrument.

BAND ENQUIRIES

Please contact Nicole Macnicol, Manly West Bands Coordinator by email band@manlywestpandc.org.au or phone 0400401650.



uniform

uniform@manlywestpandc.org.au

BAND UNIFORM

Purchase your band uniform today via Flexischools or visit us in-store.

Band photos are next week.

Contact Ashleigh
uniform@manlywestpandc.org.au

OPENING HOURS

Monday, 29 March
8:45am—9:45am

Wednesday, 31 March
2:45pm—3:45pm

Monday, 19 April
2:30pm—4:30pm

VOLUNTEERS

March and April vacancies are still available.

Please join us.

No experience necessary.

SignUp [here](#)



canteen

canteen@manlywestpandc.org.au

WHAT'S ON THE MENU?

Recess and Snack Items

Wondering what snack items are available that do not appear on the lunch order menu?

A summary of these items will be distributed soon.
Stay tuned for information from your class parent.

VOLUNTEERS

Sign Up for Term 2

Places now open

Monday—Friday

Reserve your preferred times.

SignUp [here](#)



kitchen garden

angie.penn@unswalumni.com

VOLUNTEER

Every Friday, Sunday and Monday

Tasks are simple
training is provided

Contact Angie
angie.penn@unswalumni.com

SignUp [here](#)

WASTE-FREE WEDNESDAY'S

Starting in term 2

*Proudly supported by the
P&C Environment Sub-committee
and the Canteen*

See page x for details

www.manlywestpandc.org.au





THINK YOU HAVE
WHAT IT TAKES TO
CREATE THE NEXT
MONA LISA?

MANLY WEST 'YOUNG ARCHIE' PORTRAIT COMPETITION 2021

**Admission is for all students,
young or older... so get portraiting!**

Entries due: Week 3, Term 2

'YOUNG ARCHIE' ENTRY INFORMATION

Create a portrait artwork at home of someone who is special or important to you such as a parent or friend.

Please read the competition guidelines carefully:

Students will enter their artwork into the appropriate category:

K-2, 3-4 or 5-6.

- We prefer that the portrait is 'painted from life'. Students may also create the portrait from memory or take a photograph to use for reference.
- One artwork only per entrant.
- Must be on paper (not board).
- Must be unmounted and unframed.
- Must be no smaller than A4 (210 x 297 mm) and no bigger than A3 (420 x 297 mm).
- Can be vertical or horizontal.
- Any art materials or combination of art materials may be used (eg paint, pencil, pastels, paper collage) but the artwork must be two-dimensional.
- On the back of the artwork please include: Student's name, class, and a short paragraph about who the subject of the portrait is and why they are important or special.

Submit your entry during Week 3 of Term 2

Ms Bonnett (students in years K-2)

Ms Vasara (students in years 3-6).

Finalists and winners will be announced during Week 5 and 6 of Term 2.



Mosman Church of England Preparatory School

Football (Soccer) and Rugby Holiday Clinics

Join us these holidays to have fun and improve your Football and Rugby skills. Children will be coached by experienced Mosman Prep staff and other specialist coaches.

Football:

Brian Gignier (Teacher/Football Coordinator at Mosman Prep) has played All Age Football since he was 16, semi-professional in the UK for 5 years, played for Lane Cove FC Premiers and currently plays for Dunbar Rovers in Eastern Suburbs FC, over 20 years coaching primary years.

Rugby:

Dominic Lespierre (PE Teacher/ Rugby Coordinator at Mosman Prep) has played for Coventry RFC, South Magpies, Young Munster and Castleford Tigers in the UK, played for the Guyana national rugby sevens team - IRB 7s Series, Commonwealth Games and Pan American Games, over 5 years coaching primary age boys and currently at Mosman Rugby Club.



Where : Mosman Prep Outdoor Learning Centre
Chr Tooronga Road and Kallaroo Road, Terrey Hills.
(Transport will be provided by the Mosman Prep Coach between Mosman and Terrey Hills as required)

Time : (Coach from School)
8:00am for 8:30am departure from Mosman Prep
3:30pm pick up from Mosman Prep

Time : (Direct drop-off/pick-up at Terrey Hills)
9:00am / 2:30pm

Bring: Comfortable sports clothes, drink bottle, morning tea and lunch; sunscreen; mouthguard (Rugby) and shin pads (Football) are essential.

Who: Years 2 - 6 Boys and Girls
Non Mosman Prep students welcome.

Thursday
15 April
and
Friday 16 April
Cost: \$80/day

Don't miss out - book your spot now!

To Book: www.trybooking.com/BPSYG

MANLY ROOS JUNIOR RUGBY UNION CLUB

Register for the 2021 season @ roosrugby.com.au

1

**JUNIOR RUGBY UNION IS
PLAYED ON SUNDAYS**

Ages U10 to U14 years

Contact your Age Managers @
roosrugby.com.au



Festival of Democracy at the Parliament of NSW these April school holidays

Friday 16 April

9 am - 10.20 am
10.30 am - 11.50 am
12 pm - 1.20 pm
1.30 pm - 3 pm
(book for an 80 minute session)

Celebrate democracy in Australia's oldest Parliament with free, fun activities for children and their families from 4 to 12 years.

- Vote in an election
- Make a speech in the historic Parliamentary chamber
- Play democracy hopscotch
- Listen to storytellers
- Make craft animals and objects
- Enter the mystery object competition
- Visit the historic rooms
- Chat with Henry Parkes

This is a COVID-safe event.



FREE ENTRY (timed)
Activities 9 am to 3 pm

LOCATION
Parliament of New South Wales,
6 Macquarie Street
Opposite Martin Place

The public café will be open.

BOOKINGS ESSENTIAL



9230 2047 or
E: communityengagement@parliament.nsw.gov.au

Autumn Vacation Care

Northern Beaches Council offers quality and affordable Vacation Care right around the corner.

Our action-packed programs at Cromer, North Curl Curl, Forestville, and Manly Vale are perfect for primary school aged kids.

These holidays enjoy a visit from the animals from Taronga Zoo, science experiments, billy cart building and racing, wheelchair basketball and more. Check out the full program.

Dates: Tue 6 April - Fri 16 April | plus Mon, 19 April at Cromer

Time: 7.30am – 6pm weekdays

Cost: \$76 per day (Child Care Subsidy available)

Bookings: Book online or call 9942 2312

northernbeaches.nsw.gov.au



Tuesday 6th to Friday 16th April

Half & Full Day Workshops Available See program at www.ifulikeart.com

If u like ART is located at 1a Powells Road Brookvale

Book now!

Call 0409 569483

Email daphne.katos@bigpond.com



SCHOOL HOLIDAY SPORTS CAMPS





A FULL DAY OF ACTIVE FUN

FROM \$49 | 8AM - 6PM



MULTI SPORTS | TENNIS CAMP

☎ (02) 9938 1831 ✉ wrc@voyagertennis.com

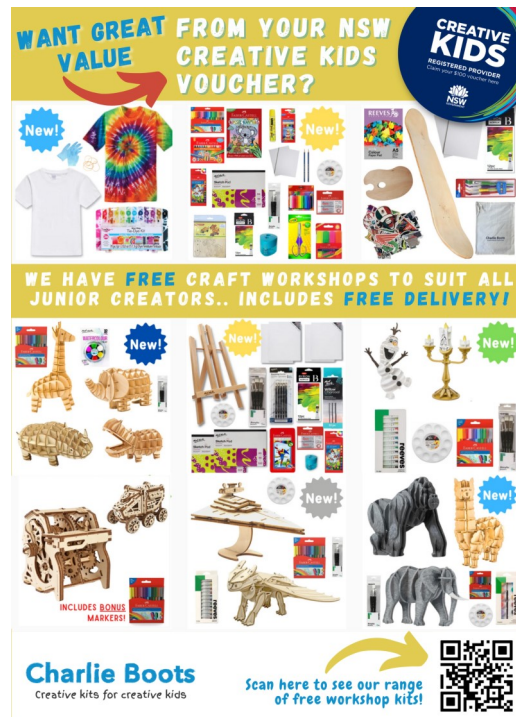
📍 Warringah Recreational Centre
Corner of Pittwater and Kentwell Rd

BOOK ONLINE AT VOYAGERTENNIS.COM/NORTH MANLY



AUTUMN HOLIDAY CAMPS

Dates: 5th - 16th April, 2021
(excluding weekends and Public holidays)
www.tinkertankrocks 1300 670 104



WANT GREAT VALUE FROM YOUR NSW CREATIVE KIDS VOUCHER?

WE HAVE FREE CRAFT WORKSHOPS TO SUIT ALL JUNIOR CREATORS.. INCLUDES FREE DELIVERY!

Charlie Boots
Creative kits for creative kids

Scan here to see our range of free workshop kits!



Manly Junior Hockey - new members welcome at all ages!

Do you want to try a new sport that's fun and exciting - that you can join at any age?
Then hockey is the sport for you!

Friendly, mixed grass comp played on Saturdays at Frank Gray, Curl Curl - no travel required! We take children from 4-18 of all abilities - beginners welcome at any age including beginner high school comp!

For more information or to register go to:
<https://www.revolutionise.com.au/manlyhockey/registration/>
or email us: manlyjuniorhockey@gmail.com

Making school parking easier



Getting your kids to and from school can be a busy and stressful time of day. No one likes waiting in long queues at the Kiss and Drop zone or battling for a spot to park.

Try this instead

- Park in nearby streets and walk a short distance to school
- Park at a nearby playground and meet other families for a play before or after school
- Arrive at school pick-up zones a few minutes after the bell to avoid the 'rush'
- You could also try car-pooling, walking, riding a bicycle or taking a bus

Benefits

- Less stress
- Reduces traffic around schools
- Improves road safety for children
- Reduces inconvenience for residents
- Models positive behaviour and healthy lifestyle choices to your children

More information, videos and tips: northernbeaches.nsw.gov.au

