



# Manly West Matters

Respect

Responsibility

Aspire



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

Wednesday 24th November 2021 Term 4 Week 8

Tel: 9948 2257

Fax: 9907 0342

## Principal's Message

### Assembly Awards

Congratulations to all our students who were awarded their Silver and Bronze Banners last week at assemblies.



Year 1



Year 2



Year 3



Year 4



Year 5



### K-6 Pedlars' Parade Tomorrow

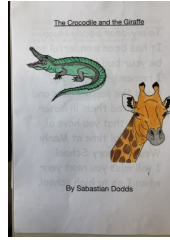
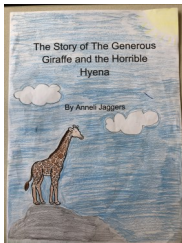
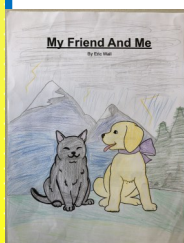


This is one of the traditional treats of Year 6, where students use their entrepreneurial skills to develop stalls and activities for K-5 students. The Annual Manly West Pedlars' Parade will be held this Thursday the 25th of November. Students will wear mufti in the colours of the Kenyan flag which is green, red and black. They will also bring a gold coin donation for Kenya Aid charity (which Manly West has supported for a number of years) as well as a small amount of coins in a purse or sealed bag for the range of exciting activities to entertain every child!

There will be games to play, prizes to win, raffles and guessing games. The raffles and guessing game prize winners will be announced via Zoom after the Pedlars' Parade at a time to be confirmed. The Pedlars' Parade will run from 9:30 am until lunchtime at 1:10 pm. Students will participate in stages to separate cohorts.

### More Examples of Year 6 Fables for Kindergarten Buddies

The Year 6 students are currently writing fables for their Kindergarten Buddies. They are exceptional. Please see some more examples below.



**Urgent Reminder** - Please return devices borrowed from school during the Home Learning Period.  
**Mrs Julie Organ**

### Diary Dates:

- Nov 25th: K-6 Pedlars' Parade - students need to bring coins in a purse and wear mufti in red, black or green.
- Dec 2nd: Yrs 3-6 Presentation Day.
- Dec 3rd: Kindergarten Graduation.
- Dec 6th: Year 1 and 2 Presentation Day; Year 6 Band Night TBC.
- Dec 8th: Band Pizza Lunch.
- Dec 9th: K-6 Reports Home; Yr 6 Graduation.
- Dec 10th: Yr 3-6 Sports Activities Day.
- Dec 13th: K-2 Athletics Day. Year 5 Activities Day.
- Dec 14th: Year 6 GABC day; K-4 Activities Day.
- Dec 16th: Last day for students and Year 6 Clap Out;
- Dec 17th: Staff Development Day/Teachers Professional Day

*Notes will be sent in coming days.*

## From the Deputy's Desk

### Presentation Day Assemblies

Due to COVID restrictions and Department of Education requirements, unfortunately we are unable to have parents at Presentation Day Assemblies this year. Each grade will be having their own Presentation Assembly, which will be live streamed for families of award recipients. Times are listed below and if your child is receiving an award, you will receive an email with the live stream details. Kindergarten graduation will be live streamed for all Kindergarten parents.

#### Thursday 2nd December

Year 3 9:20-10:15 am  
Year 4 10:25-11:20 am  
Year 5 11:40 am-1:10 pm  
Year 6 2:10-3:20 pm

#### Friday 3rd December

Kindergarten 9:20-11 am

#### Monday 6th December

Year 2 9:40-10:25 am  
Year 1 10:35-11:20 am

### ICAS

Please be aware that the cut off to apply for a refund for the cancelled ICAS Assessments in 2021 is 3rd December. Please contact ICAS if you require further information about your refund.

### Smart Watches and Mobile Phones

We are noticing an increase in the use of smart watches at school in the playground and in the classrooms. Please be aware that students are not to be using the phone call and messaging features during school hours. Smart watches may only be used as a watch during class.

Mobile phones are also not to be used at school. They must be on silent and kept in a student's bag for the duration of the day. Please contact the school office if you need to get a message to your child.



### Manly West's Mobile Phone and Smart Watch Guidelines are reproduced in full here:

*From time to time students bring mobile phones to school, or wear a smart watch. Students must speak to their teacher before going to the administration office if they need to contact parents or are unwell during the day. Parents who wish to contact their child should do so through the school office. It is expected that parents and students have made prior arrangements for pick up and drop off each day without the use of mobile phones or messaging. Mobile phones and 'connectivity' features on watches can be used by students outside the school grounds.*

*The following guidelines apply if a student brings a mobile phone or wears a smart watch to school:*

- Smart watches or mobile phones should not be used during the day without permission;*
- Students should speak to their teacher if needing to contact their parents during the day;*
- Mobile phones and smart watches may not be used in a way which is likely to disrupt the learning environment or interfere with the operation of the school;*
- Mobile phones and smart watches are brought to school at the owner's risk. The school will not accept any responsibility for loss or damage to a mobile phone or smart watch;*
- These devices may not be used in a way which is likely to threaten the safety or well-being of any person;*
- They may not be used in any way to bully, intimidate or harass other people through any SMS or text message, photographic, video or other data transfer system.*

Mrs Amber Fuller

## The PBEL for the week is **Responsibility**



Be accountable for the choices you make.



## From the Deputy's Desk

### Semester Two Progress Reports

Our school provides a summary of your child's progress with written reports twice a year. In line with advice from the NSW Department of Education, our school reports for Semester Two 2021 have been modified in recognition of student learning from home and school. If you require an additional report due to family arrangements, please ensure your child's teacher is aware of this.

### Kindergarten 2022

Yesterday we held an informal Q & A Zoom session for parents/carers of our 2022 Kindergarten students. We are holding another optional session for parents and carers from 6-6:30 pm this evening.

Zoom Details for this evening's session were emailed to parents/carers of enrolled K 2022 parents this morning.

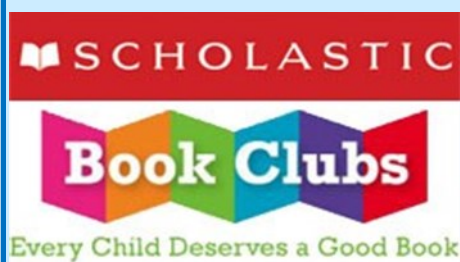
### Kindergarten 2021 to Year 1 2022 Transition Meeting for Parents Tuesday 30<sup>th</sup> November 10-11am

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 10-11 am on Tuesday 30th November. An email was sent last week to Kindergarten 2021 parents with registration details. We will resend this email to parents on Monday. To join the webinar, parents will need a Zoom account.

Information discussed in the session will be sent home for any parent who cannot attend.

**Mrs Wendy Mwanga**

## Library News



Thank you for your orders from the Scholastic Book Club. There will be many happy recipients these holidays! Your purchases have also earned heaps of new titles for all our Manly West readers, so I thank you on behalf of the entire school! The books will be arriving next week and will be delivered to your child's classroom unless you specified it to be a GIFT ORDER. Gift orders will be put aside and you will be phoned to pick it up at the front of the school.

There is one more week of borrowing before Manly West student loans will stop and need to be returned. Feeling crafty for Christmas? Borrow an art project book. Need a laugh? We have lots of hilarious stories and joke books. Interested in sport, speed or space? Come borrow from the non-fiction section. There is a book or series for each student, so remember to bring your books back to borrow only once more in Week 9!



Happy reading!  
**Mrs Ellen Swick, Teacher Librarian**

## Kitchen Garden News

Today, Year 4 are learning how to be Waste Warriors and help students to sort their waste so that it can be recycled or composted.



**Angie Penn and Beth Dowdle**



Aimee and Callum from 4F

# Tickets selling fast!



## GRADUATION

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Thursday 9th December

Year 6

*Parents\* and students invited*

<https://www.trybooking.com/BVOLE>

*follow link to purchase tickets & for more details*

Ticket Sales end 5th Dec



# Your P&C News

Welcome to this week's update from the Parents and Citizens (P&C) Association. Over the coming weeks we will be sharing information on the services available to you from the P&C, some information on committee members and also showing you how to get involved. As we continue to build the Manly West community, we would love to know how you can help the school with your expertise and passion.

## Canteen

[canteen@manlywestpandc.org.au](mailto:canteen@manlywestpandc.org.au)

### Thank you to all those who signed up last week

We are really enjoying seeing all the wonderful volunteers as the Canteen has been serving recess and after lunch sales, in addition to online lunches. We are sure the children are too!

Thank you for signing up: [SignUp - https://signup.com/go/VfhcRjo](https://signup.com/go/VfhcRjo)  
Volunteers must be fully vaccinated and should please check in at the office. We also have a form for you to sign at the Canteen. You may prefer to bring your own mask.

Can you volunteer at short notice? Stay in touch by joining our WhatsApp group using this **QR code**



### Online orders

Online orders through Flexischools continue to be processed and orders can be delivered directly to your child's classroom.

### Returns/exchanges

Students are asked to return items to the office with a copy of the invoice and a note, explaining what items need to be exchanged/refunded. Please bundle items together so they are not mixed up with other returns. There will be a box placed just outside the office entrance, near the Griffiths street gate where you can drop off any returns/exchanges. Parents are asked to not enter the office.

### Second-hand orders

If you need second-hand items, please contact us via [email](#). There is limited stock at the moment but we will see what we can do to help. We have jumpers in all sizes.

### Donations

Donations are welcome. Contact us via [email](#) if you have any items you would like to donate. Please ensure second hand items are washed and are in good condition.

### Kindergarten students 2022

We are currently selling Kindergarten packs for new students starting next year. Parents will be able to collect their orders from the front of the school near the Griffiths Street entrance. Parents are asked to phone the school office when they arrive and someone will pop out to give your order.

Uniform  
[uniform@manlywestpandc.org.au](mailto:uniform@manlywestpandc.org.au)

## Environment update

[environment@manlywestpandc.org.au](mailto:environment@manlywestpandc.org.au)

### The 7 R's of Sustainability: place Re-use and Repair above recycle.

There are lots of awesome organisations who will help you find new uses for unwanted items with recycling only undertaken as a last resort. Here are some you may not know about:

[Upparel](#) for clothing, shoes and textiles

[Ripcurl](#) for wetsuits

[Arnie's Recon](#) for all types of e-waste

[Shoes for Planet Earth](#) for usable sports shoes

[Tread Lightly](#) for unusable sports and leisure shoes

And don't forget to refer to the [Northern Beaches Council A-Z Guide](#) to reuse, recycling and disposal

Look out for more recycling tips on the Manly West Community Facebook page!

## Meet your P&C

Name | Emma Coultas

Job Title | Secretary

Email |

[secretary@manlywestpandc.org.au](mailto:secretary@manlywestpandc.org.au)



### About me

I'm originally from South Africa, grew up in Russia, and emigrated to Australia with my husband and two daughters four years ago after some time in Singapore. We've just applied to become Australian citizens, which is exciting!

I used to be a chef and have worked in restaurants and as a caterer, but since moving to Australia I've been working in the third sector and spent this past year studying to better understand the new direction I've chosen for my career.

Besides work/study and kids, I love to run and am looking forward to entering races again next year after all the cancelled races the last two years. My family and I enjoy traveling around Australia since moving here – there's so much to see!

### Me at Manly West

My older daughter started kindy at Manly West last year and has loved it so far. My younger daughter starts kindy next year. Lockdowns and homeschooling definitely made me appreciate Manly West and the wonderful teachers so much more!

### Why I joined the P&C

With the pandemic and restrictions, there hasn't been a huge amount of opportunity to get involved at school, but when we've been allowed I've enjoyed volunteering to help with reading groups, during kindy and wanted to do a little bit more.

I decided recently that I'd like to get more involved not just at Manly West but also in our community. A short time after, I saw in the newsletter that the P&C needed a secretary, which seemed like the perfect opportunity, so I volunteered.

### My role in the P&C

I have only just joined the P&C a few weeks ago and share the secretary role. We haven't had a chance to get into our tasks yet, but it's been good to meet the group and I look forward to starting properly next year.

Getting involved with your **Manly West community**

Manly West Public School has an amazing mix of students and parents from all walks of life and we would like you to share your expertise and diversity to help build our community and make a change for our children.

**We currently have a need for anyone with experience in accounting (notably MYOB) or IT to get in touch.**

Contact us using this [link](#) and we will be in touch to discuss how you can help from as little as 1 hour of your time.



BASC

[admin@mwbasccom.au](mailto:admin@mwbasccom.au)

## BASC DAY BOOKS



In the Years 3&4 room you will probably have noticed snapshots of the many exciting activities and special moments that we have each day here at BASC. However, you may also notice that we use our book to also ask the children questions, give them a voice towards the activities that we program and occasionally even suggest a breakfast or afternoon tea! We also have an area for parent & carer comments, and we invite you to share your thoughts, ideas, or suggestions in the parents' comments box.



At Club 5/6 our voicebook is either being passed around the room for the children to decorate and design or located near our sign in/ sign out table. Both the staff and the children create entries and contribute to our voicebook. The photos show the creative work that Brooklyn and Alice completed for our 'Welcome Back' page and the wonderful suggestions for Term 4 activities. We use our voicebook to gain new ideas from the children and share to friends and family the things we do at BASC through photos and comments. Our 'Fun Time in the Sunshine' page is getting us excited for summer!

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](http://www.primaryethics.com.au).



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**TEE BALL**

*Come and Try Days!*

Abbott Road Softball Fields, North Curl Curl  
Wednesday Dec 1, 4:30-6pm  
Saturday Dec 4, 10am-12pm

FREE & FUN

Register your interest now!  
[come-and-try.com](http://come-and-try.com)

**HAVE A GO**



**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](http://www.kidsupfront.com.au)  
\*We will comply with COVID restrictions

**kidsupfront**  
DRAMA ACADEMY



**Summer Holiday Clinics**

20<sup>th</sup> December 2021 – 28<sup>th</sup> January 2022

**THE FOOTBALL FACTORY**

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', 'Rabona', '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](http://thefootballfactory.com.au) | (02) 9972 7766



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 **CKOschools@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: [CKOschools@mq.edu.au](mailto:CKOschools@mq.edu.au)  
W: [mq.edu.au/ceh-clinic](http://mq.edu.au/ceh-clinic)  
CRICOS Provider 00002J



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