

Manilla Central School

Newsletter



K-12 Newsletter No 37
Monday, 20th November, 2023

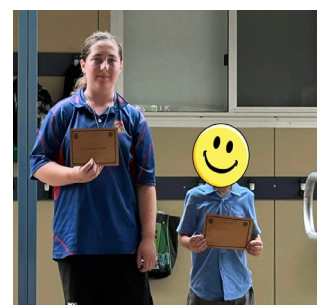
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PBL Assembly

Last Thursday was the final PBL Assembly for students in Years K-6. Congratulations to all award recipients and PBL prize draw winners. Keep up the fantastic effort, and well done for being safe, respectful and responsible learners!



Beach to Bush Surf Lifesaving Program

MCS K-6 students received a visit from two wonderful NSW Surf Lifeguards last week as part of the Beach to Bush Surf Lifesaving program. Students learnt about a range of beach and inland water safety strategies and participated in some rescue activities.



K/1 Mercury

K/1 Mercury have had a wonderful time learning with their Prac Teacher, Miss Clancy, over the last fortnight. They have made a sculpture of an echidna in art while learning about the special habitat of our special native animals in geography.

Maths has seen us learning about data and graphs. What an interesting graph our lunchbox rubbish made! We have been writing wonderful compound sentences after reading rich literature. We are all enjoying soccer skills in sport.



Library News

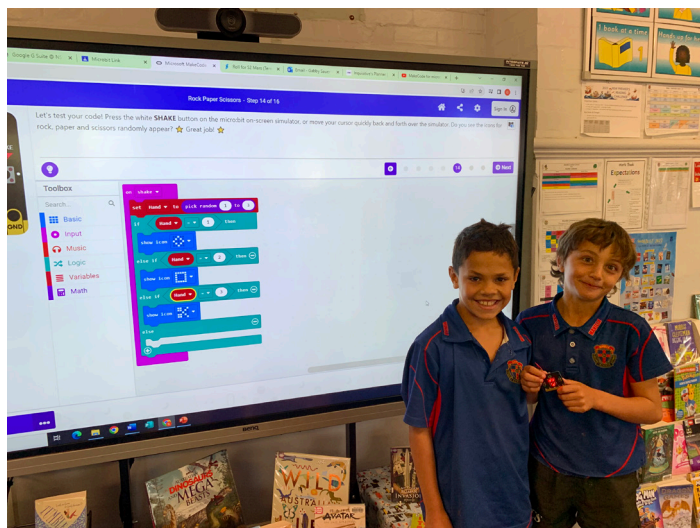
It has been another busy term in the Library. K-4 students have been busy learning about a range of Science topics as part of the Material World Units this semester.

K/1 Mercury have been exploring many different living things and non-living things, and learning about the process of how plants and animals meet our needs. S1 Venus examined a variety of materials and how they are used as part of our everyday living.

Stage 2 studied materials and their properties and how these properties can determine what they are suitable for. They also experimented with how a material's state can change when heated or cooled.

Stage 1 and 2 have continued to explore technology and coding. S1 Venus enjoyed learning to use the Makey Makey, the Micro Bit and the Dash Robot. Stage 2 students are learning how to block code and build with the Spike LEGO kit, and also completed some great activities with the Micro Bit and Dash Robot.

Gabby Sauer – Teaching Librarian



Kindy Transition Buddies

Transition students have met their Year 5 buddies. They have been enjoying activities together as well as sharing eating time each Monday as they get to know one another. Thank you to the Year 5 buddies. You model our school's PBL values of safe, respectful, responsible learners beautifully. Your presence will be such a comfort as our youngest members of the school settle in.



Stage 4 & 5 Excursions

Last week Stage 4 & 5 went on separate excursions to Camp Elim at Forster. Students engaged in basketball, ping pong, archery, stand-up paddle boarding, raft-building, canoeing, adventure tower, kayaking, board games, hiking and trips to the beach. A great time was had by both students and staff.





Busting lunchbox myths!

Marketing and health claims can make choosing everyday foods very confusing.

Did you know that whilst a muesli bar contains healthy ingredients, the added sugar and fat make it a sometimes food?

Swap from muesli bars to sunflower or pumpkin seeds, roasted fava beans, wholegrain cereal bites, reduced fat yoghurt or fresh fruit.

**SWAP
FROM**



Muesli bar

**SWAP
TO**



Wholegrain cereal bites

For more lunchbox myth busters visit: www.swapit.net.au/myths



HOME OF
MANILLA UNITED F.C.
United We Stand United For All!

ACYM

MONDAY 27TH, NOVEMBER

ALL POSITIONS DECLARED

VACANT

6PM @ MANILLA SERVICES

CLUB

PLEASE JOIN US.

 **SCHOLASTIC**

Book Club

orders are due:

29th November, 2023



Healthy doesn't = expensive

Packing everyday foods in the lunchbox can actually save you money.

Try these cost saving ideas:

- Swap from a chocolate muffin to two pikelets and save 60c per serve
- Buy vegetables and fruit that are in season
- Buy a big packet of rice crackers instead of individual serves and save 15c per serve

**SWAP
FROM**



Chocolate muffin

**SWAP
TO**



Pikelets

For more tips on saving money visit: www.swapit.net.au/savemoney

COMING EVENTS - Week 7 Week A

Mon, 20 Nov	Kindy Transition
Tue, 21 Nov	Yr 2 - 6 Intensive Swimming
	Northern School Steer Comp
Wed, 22 Nov	Yr 2 - 6 Intensive Swimming
	Northern School Steer Comp
Thu, 23 Nov	Yr 2 - 6 Intensive Swimming
	Northern School Steer Comp
Fri, 24 Nov	Yr 2 - 6 Intensive Swimming

Manilla Central School, as a service to the school community, may publicise non-school events which may be of interest. Manilla Central School does not endorse or sponsor these events and accepts no responsibility for the service provided.