# Manilla Central School Newsletter

K-12 Newsletter No 13
Monday, 8th May, 2023

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### *PSSA Netball Knockout & Zone Netball Trials*

Last Friday a group of nine year 5/6 students represented MCS at the PSSA Netball Knockout Carnival held in Tamworth. Despite being knocked out by Tamworth Public, the team were able to play another friendly game against Tamworth West. The team is to be congratulated on their outstanding participation and sportsmanship. Well done everyone.

After the knockout games, Ava, Taya, Tahlia and Zari trialled for the Tamworth Zone Netball team. Congratulations to Zari who was successful in being selected, and Taya who was selected as a reserve. Zari will play with the Tamworth Zone team at the North West Trials on Friday, 19th May.

A big "thank you" today goes to Evie Hocquard, for umpiring for our MCS team. Also to Donna Perry for assisting with travel arrangements. Thanks also to the parents who came and cheered on our team. Your support is greatly appreciated!

### *TAFE Hair & Beauty*

Last week 4 senior students attended Tamworth TAFE to tour the hair and beauty sector. The girls were able to talk with TAFE students about their courses and enjoy some pampering.

## *SRC Badging Ceremony*

The primary SRC members were presented with their badges last Monday, during our morning assembly.

They were very excited to receive their badges and are looking forward to working together to make our school community a better place.

A big thank you to our school captains for badging our new leaders.

Well done everyone.
Mrs Ormiston
SRC Organiser

## *View Club Mother's Day Luncheon.*

Year 11 Hospitality catered for the ladies of the Manilla View Club for their Mother's Day luncheon.

The students prepared and served a High Tea style spread with a variety of savoury and sweet treats, as well as Hayley's punch!

They displayed professionalism and quality in their service.

MANILLA CENTRAL SCHOOL
P&C ASSOCIATION

# MOTHER'S DAY STALL

Prices range from $2 - $10

**WEDNESDAY 10TH MAY**
**PRIMARY SITE AT 2:10PM**

**THURSDAY 11TH MAY**
**PRIMARY SITE AT 11:20AM**

**(FOR PRIMARY STUDENTS WHO WERE UNABLE TO ATTEND ON WEDNESDAY)**

**FRIDAY 12TH MAY**
**SECONDARY SITE AT 1:04PM**

## *Primary Cross Country Results*

| | Girls | Boys |
|---|---|---|
| 5 Yrs - | | |
| 1. | Olivia | Riley Dewar |
| 2. | Malibu Suttn | |
| 6 Yrs - | | |
| 1 | Sienna Lawrence | Cooper Lockett |
| 2. | Rebel McLean | Nate Jobson |
| 3. | Imogen Goman | Lincoln Davis |
| 4. | Taylah Dodds | |
| 7 Yrs - | | |
| 1. | Kahlani Laird-Byrnes | Alex Pettit |
| 2. | Fabienne Marshman | Charlie Woodward |
| 3. | Layla Zaicos | Hunter Norman |
| 4. | Amity Jessup | Lex Jeffreys-Williams |
| 8/9 Yrs | | |
| 1. | Mila Marshman | Rocco White |
| 2. | Lukiah Corby | Falcon Davis |
| 3. | Tanishka Thakur | Conner Howlett |
| 4. | Mia Spence | Ethan Martin |
| 10 Yrs | | |
| 1. | Camira Sing | Parker Freeman |
| 2. | Sadie Meyers | Dylan Maxwell |
| 3. | | Brayth Norris |
| 4. | | Jayden Rigby |
| 11 Yrs | | |
| 1. | Taya Burns | Huxley Freeman |
| 2. | Nevaeh Howlett | Korbyn Bathis |
| 3, | Lucy Ellem | Troy |
| 4. | | Kyeson |
| 12/13 Yrs | | |
| 1. | Zari Keighran | Ely Wadley |
| 2, | Tahlia Russell | Jack Daley |
| 3. | Cassidy Zaicos | Joe Fogarty |
| 4. | Liliana Gray | Gaby Hajj-Teasel |

House Points

| | | |
|---|---|---|
| 1st | Zemos | 168 |
| 2nd | Adara | 163 |
| 3rd | Sirius | 139 |

Good for kids
good for life

# Breakfast for brain power!

**A healthy breakfast fuels physical activity and improves attention span, concentration, and memory - all important for learning!**

Breakfast is a great way to get essential nutrients. Some ideas for a nutritious breakfast include:

- Wholegrain cereals - Weetbix, Cheerios, Sultana Bran, porridge
- Wholegrain toast - topped with avocado, tomato or reduced-fat cheese
- Untoasted muesli topped with reduced-fat yoghurt
- Raisin toast
- Fruit and vegetable smoothies

If you are running short of time in the morning, try on-the-go options like a tub of low-fat yoghurt, cereal to munch on, overnight oats or a piece of fruit!

Even a small breakfast will help your child to reach their potential at school.

**Source**: Breakfast | Nutrition Australia | https://nutritionaustralia.org/fact-sheets/breakfast/

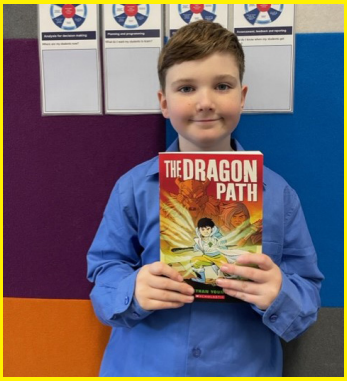
NSW GOVERNMENT

HNELHD-GoodForKids@health.nsw.gov.au
https://goodforkids.nsw.gov.au

Developed by Hunter New England LHD

# Reading Awards

Home Reader Award Winner
Week 3
Dustin Sing




50 Nights Reading Awardees

25 Nights Reading Awardees

## Stewart House

### Donation Drive 2021

**Donate $2.00 for a Chance to Win a $4,000 Family Holiday**

Each year 1,700 public school children in need go to Stewart House from many parts of NSW and the ACT. We have had many children from Manilla Central School attend Stewart House over the years. During their stay, children are provided with optometric, dental and medical treatment, emotional support, as well as lots of fun activities and outings.

This is balanced with health and education programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle.

Children attend Stewart House at no charge.

To keep the doors open for the children who depend on the Stewart House program, $4.5 million is needed to be raised per annum and every dollar raised helps change children's lives.

Disruptions to schools during 2020, 2021 & 2022 directly impacted the fundraising with donations down by almost 40%.

You can help raise this much needed money by simply donating $2.00 and go into a draw for a chance to win a $4,000 family holiday. Envelopes have previously been sent home with primary students although additional envelopes can be collected from either school office.

Simply follow the directions on the envelope and return to either school office by **Friday, 12th May** to ensure we have entries to Stewart House in time for the draw.

## *Uniforms Available*

All uniform (with the exception of hats and ties) are now sold at Lowes, however we do have some leftover stock on hand at both the Primary and Secondary sites as follows:

| *High School Campus* | *Primary Campus* |
|---|---|
| **Sport shirts - $30.00** | |
| Female XS, Female XL Mens M, | Size 6, Female XS, Mens L |
| **Track pants - $50.00** | |
| S, M, L, XL, 2ML, 3ML, 4XL | Sizes 4, 6, 12, 14, XS, S, M, L |
| **Shorts - $16.00** | |
| XL, 2XL, 3XL | S, M, L |
| **Jumpers - $30.00** | |
| | Size 4, 6 S, M |
| **Hoodies - $40.00** | |
| XS | |
| **Jackets - $30.00** | |
| XS, S, M, L | |

The Primary Campus also has clothing pool items for sale.

## PARENTS INFO EVENING

NWRCE
Northwest Regional Careers Expo
Dream · Believe · Achieve

hosted by

**Rotary Club of Tamworth First Light & TADCAN**

**Join us on**
**Tuesday, 16 May 2023**
**Front Foyer of TRECC, Greg Norman Drive, Tamworth**
**Session Times: 6pm – 8pm**
**Admission: FREE**

*learn about career pathways*

Universities, industry professionals, local employers and Training Organisations will be available for face to face discussion of potential career choices and diminish the complexity of career pathways for students and adults.

Open to all schools and their parents/ guardians/ carers

**RSVP is not mandatory**

Follow us on facebook.com/nwrce.org.au

# Manilla Central School

Puggles invites you to join him for a
Teddy Bear's Picnic
SAFE - RESPECTFUL - RESPONSIBLE

## 2024 KINDERGARTEN TEDDY BEAR'S PICNIC

The Manilla Central School family is excited to invite 2024 Kindergarten students to a Teddy Bear's Picnic at the primary campus. This session will give children an opportunity to come and experience a morning of learning adventures at **'big school'**.

## Thursday 18th May

## 9.30 -12.30pm

RSVP by Tuesday 16th May for catering purposes.

Court Street, Manilla NSW 2346
Phone: 02 67851 599
Email: manilla-c.school@det.nsw.edu.au

**Please Bring:**
Hat - Drink bottle - Teddy Bear
Picnic food will be provided.
Please phone the school to advise of food allergies and intolerances.

Missed a Newsletter?
You can find our Newsletter online at
www.manilla-c.school@det.nsw.edu.au
Or on the Skoolbag App which can be downloaded at
www.skoolbag.com.au

## *COMING EVENTS - Week 3*
### *Week A*

| | |
|---|---|
| Mon, 8 May | - |
| Tue, 9 May | Primary Gala Touch Football |
| Wed, 10 May | Primary Mother's Day Stall |
| Thu, 11 May | Band |
| Fri, 12 May | Primary Zone Cross Country |
| | Primary Mother's Day activites & Morning Tea |
| | Secondary Mother's Day Stall |

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.