

Manilla Central School



Newsletter



K-12 Newsletter No 19
Monday, 24th June, 2024

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Stage 5 Anti Bullying camp 2024

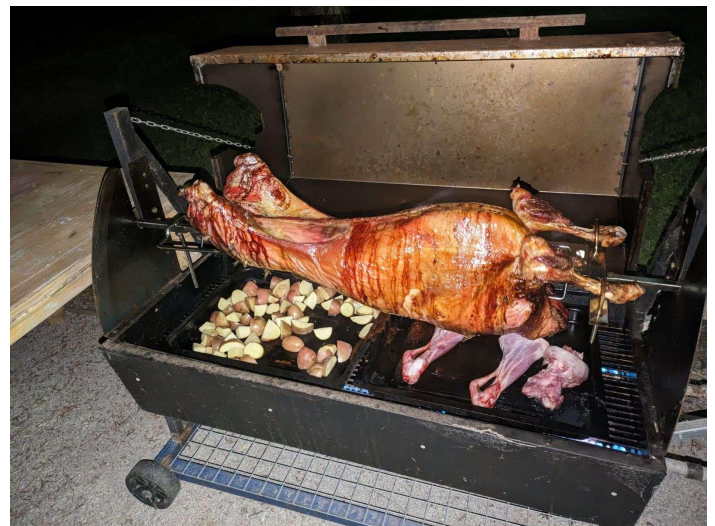
Last week, the Years 9 and 10 boys attended an “Anti bullying camp” at Oakhampton, Split Rock Dam. The group of boys armed with warm sleeping bags, hiking shoes and a ‘can do’ attitude arrived happy and excited to be in an outdoor learning environment. They learnt various life skills like catering for large numbers, managing their time and communicating with the wider community over the two-day camp.

Thank you to all the presenters, mentors and helpers that attended including Fiona from Headspace, Gavin Heywood, Angus Faulks, Darrel Mole, Todd Northey and Adam Brooks. The boys enjoyed hiking, fishing, cooking a full lamb on the spit roast, fire management and games between the more serious presentations about building resilience and managing bullying. Some of the comments made by the boys included:

“It was great to spend time and connect through activities and learning many different life skills, while learning respect for others, sharing heart felt feelings”. The boys had a fantastic time setting a high standard for the girls to follow next week. They open heartedly filled their “toolbox” will skills and knowledge that will help them throughout life. From a teacher’s perspective it was one of those proud moments of “look at these young men from Manilla Central School shine!”.

Thanks to all involved including Mr Van Doesburg, Miss Shultz, Mr Mole and the staff of MCS for covering the teaching load at school. Looking forward to the Girls Antibullying camp next week.

Mr Connors



News from S1 Bravo

Time really does fly when you're having fun, because S1 Bravo finds it hard to realise that the first semester is almost over!

Students have acquired the skill of appreciating quality literature in English. In addition to identifying features specific to a text's purpose and audience, they have talked about the significance of descriptive language. Examining picture books and crafting original stories has been a pleasure for students.

Students are taking the times tables challenge very seriously and are improving in recalling the 2x, 10x and 3x tables with speed and accuracy. They are gaining confidence in their ability to use mathematical language and are learning how to approach problems by employing the most effective solution.

S1 Bravo look forward to creative arts each week where they express themselves in different forms, such as singing, painting, and drawing. Students have developed their understanding of the elements of art this term and created pieces of work with attention to detail. In music, S1 Bravo are learning to keep the beat through body percussion and instruments.

Well done S1Bravo on a successful term of learning!



Nutrition Snippet

WINTER WARMERS

Soups and curries are a great way to eat more veg!



Try these recipes

- [Red lentil soup](#)
- [Sweet potato and lentil curry](#)
- [Veggie pasta soup](#)

For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Basketball

A big congratulations to our basketball teams! Both our 7/8 and 9/10 boys' teams are through to the grand final this week. Also a big shout out to our girls' team on a great season. Bring on next week.



No SkoolBag

Our school is no longer using SkoolBag, we have moved over to the Sentral Parent Portal. If you haven't received your login details please contact the office & provide them with your email address & we can send it through.

9/10 Science

9/10sciE made beaded models of neurons today as part of their Control and Coordination study of the Nervous system. The girls are taking home some cute key rings for pencil cases or bags.



From the Hen House

Thanks Miss Eagles for organising these beautiful girls for us. They are very fancy! Our lonesome chicken is very happy to have company again. Now to find names...



Home Reading Awards

Sam Cocking
25 & 50 Nights of
Reading

Lucus Dodds &
Nixon Turner
25 Night of Reading



Primary Boys' Softball

A good day for some softball in Tamworth last Friday. We got out batted by Kooty and went down by 2 in a nail-biter to Tamworth PS. We were just finding our groove and ready for our last game when we found out that we won on default, as the team we were to play, left early!

Play of the day went to Huntah. He hit an awesome ball that went well into the outfield. The hit brought himself and 3 runners home!

Lots of encouraging words towards each other was heard with great sportsmanship all round. Well done boys. It is a pleasure to take you out to represent our fabulous school.

Mrs O



Primary Girls' Softball

Last Tuesday the Manilla Central Girls' Softball team attended the Tamworth Zone Softball Gala Day. The girls faced up against a very strong Kootingal team in their first game. After finishing the allotted innings 9-9 all, the game went to a tie breaker, which Manilla won in a thriller 3-2! The second game of the day was against Narrabri Public. After a slow start the girls got themselves back into the game but were not quite able to catch Narrabri, losing 11-9. The final game of the day was a very social affair against Tamworth South. The game finished at 5-5, with Manilla claiming the victory on the basis of more outs over the course of the game.

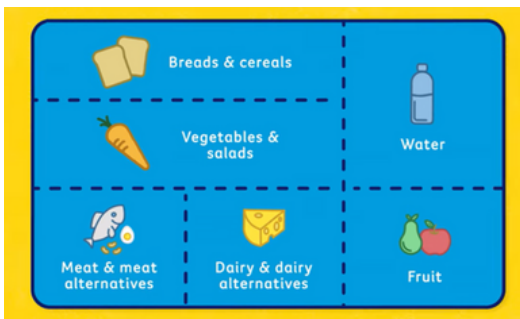
All in all, the day was an enjoyable experience for all of the players. They played well as a team and supported each other in every game. They also learned a bit more about some of the rules of softball. Look out 2025 Gala Day!



Nutrition Snippet

BUILD A LUNCH BOX

A healthy lunch box contains foods from the 5 food groups.



Try our [interactive lunch box builder!](#)

It's a fun online tool that will help you and your kids plan and pack a healthy lunch box with foods they like.

For this and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

JUNE 26TH 27TH & 28TH

ZERO & REWARDS CARDS HOLDERS

20% OFF EVERYTHING*



SHOP INSTORE OR ONLINE

SCHOOLWEAR



ZERO AND REWARDS CARD HOLDERS
USE YOUR CARD AT CHECKOUT

ZERO CARD BENEFITS

NO INTEREST EVER

5% INSTANT SAVINGS

5% REWARDS POINTS

SHOP NOW PAY LATER

TAMWORTH TOUCH FUTURE TITANS SCHOOL HOLIDAY CLINICS

\$50 for one day
\$70 for both days

9am - 12pm

Tuesday 9th & Wednesday 10th July

Register Now!



FOR MORE INFORMATION EMAIL
tamworthtouch@bigpond.com

Includes-

- Touch skills & drills
- Shirt
- Fruit & Water



MANILLA CENTRAL SCHOOL P & C

FIREWOOD RAFFLE



WIN A BOX TRAILER LOAD OF FIREWOOD!

**TICKETS AVAILABLE FOR PURCHASE AT
MANILLA RSL OR AT THE PRIMARY &
SECONDARY SCHOOL OFFICES
(TICKET BOOKS WILL ALSO BE SENT
HOME WITH STUDENTS, ASK OFFICE IF
YOU WOULD LIKE EXTRA BOOKS)**



DRAWN TUES, 2ND JULY AT 4:30PM

WOOD KINDLY DONATED BY ALLINAM CONSTRUCTIONS

A MAN WAS SEVERELY HURT AS A PILE OF BOOKS FELL ON HIM IN THE LIBRARY. APPARENTLY, HE ONLY HAS HIS SHELF TO BLAME.



TAMWORTH
COACH 2 COPE: PARENTS & CARERS
WEDNESDAY 26TH JUNE 5.30PM - 7PM
Tamworth Services Club



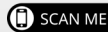
Presented by Dr Stephen Spencer:

- ✔ A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges.
- ✔ Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.
- ✔ Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.
- ✔ Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Free: funded by HNECCPHN

Register Now:

<https://events.humanitix.com/coach-2-cope-families-and-carers-by-dr-stephen-spencer-phd>



www.eeyouth.org.au EEY is a registered charity ABN: 13784730514



I'M CLOSE FRIENDS WITH 25 LETTERS OF THE ALPHABET, I DON'T KNOW Y.



midseason entry

It's not too late to join NAB AFL Auskick.
 Try it out - 5 weeks for \$55!
 Registration includes full Auskick pack (ball, beanie/hat, shirt, pump, footy cards)



TAMWORTH AUSKICK CENTRE

Tuesday's at No. 1 Oval
 Kable Ave, Tamworth
 4.30pm - 5.30pm

play.afl/auskick

CHOOSE YOUR

FOOTY ADVENTURE

Tamworth Holiday Program

Ages: 5-7
 When: 15th and 16th July
 Time: 10am - 1pm
 Location: Tamworth No.1
 Cost: \$50
 Registration includes a FOOTY!

Register HERE

Ages: 8-12
 When: 15th and 16th July
 Time: 10am - 1pm
 Location: Tamworth No.1
 Cost: \$50
 Registration includes a FOOTY!

Register HERE

[VISIT PLAY.AFL](http://play.afl)

