Relieving Principal’s Report

Thank you to students, staff and parents for their efforts last week managing the return to school with the challenge of the storm. We were fortunate that we did not lose power so could operate as normal. We would like to recognise the hard work of Mr Phil Perks, our GA, who worked in the rain and high winds to ensure our playground was safe. We would also like to thank Theresa Smuts, our head cleaner, who often works beyond her designated hours to support the school. Mr Phil Perks and Theresa Smuts quickly cleared and cleaned the grounds of debris once the storm had passed.

Our School Plan

The School Plan 2015 - 2017 is now available on our school website. You can view this through accessing the 'Our School' tab. Thank you to staff, students and parents for their contributions to our School Plan and to our Principal, Julie Organ, for leading us all in these three strategic directions.

- Quality Teaching
- Build leadership and staff and student capacity
- Transparent Whole School Culture

100th Anniversary of the ANZACS

Thank you to the many students who represented Manly West with excellence in the services held last week commemorating the 100th Anniversary of the ANZACS. Joseph Dar and Caroline Kassel represented Manly West at the ANZAC Memorial Service at Hyde Park which was run in conjunction with the RSL and the Department of Education. Our prefects led our school service with pride. Congratulations to William Todd for playing the Last Post and Reveille. The choir sang 'Always Remember' beautifully at both the 3-6 and K-2 assemblies.

The Performance Band were selected to play at an ANZAC Eve Service at Manly Beach on Friday afternoon after school with distinguished guests, including our premier, Mr Mike Baird. Tom Wood and Charlotte Scott represented Manly West at the 100 Years 100 Boats ANZAC Beach Memorial at Collaroy Beach on Saturday. This was a spectacle as 100 surf club boats re-enacted the landing at ANZAC Cove at midday to align with dawn in Gallipoli. They were met by representatives from 100 schools who presented them with wreaths which were taken to sea. The school was presented with a pine sapling, a genetic descendant from the pine trees destroyed during the Battle of Lone Pine at Gallipoli in 1915. Mrs Adrienne Bruce presented this to students at Monday’s assembly.

Thank you to the many parents who transported students to the venues, to those who donated flowers and to Mrs Helen Simpson for creating our wreaths. Thanks to Ms Penny Coucill and Ms Virginia Esparraga for their leadership of our outstanding Performance Band and choir. A special thanks also to Mrs Sue McLean for giving many hours of her personal time organising students to attend the many services and for all she has contributed to Manly West to make the 100th Anniversary of the ANZACS memorable.

Road Safety Week

As part of Road Safety Week at Manly West, Constable Prince (father of Dion), spoke at Monday’s 2-6 Assembly. Constable Prince spoke about use of the 'Kiss and Drop' Zone, entering a parent's car that is parked by the kerb, not double parked, safe use of the pedestrian crossing and wearing a helmet when riding a bike, scooter or skateboard. Teachers are also discussing road safety in class. If using the school's drop off and pick up area please observe the new signage and drive to the top of the zone.

Cross Country

The Cross Country ran smoothly at school today with just a sprinkling of rain. It is always wonderful to witness the sportsmanship and school spirit at Manly West. Congratulations to all students, whether participating or cheering, to staff and parents for their support and to our organisers, Mrs Christy McMaster, Mr Steve Byrne and Mr Jimmy Richards.

Student Achievements

Congratulations to the following boys who were selected to attend the Manly Zone Rugby Union Selection Trials - Jesse Michniewicz, Zane Browne, Jonah Wildash, Tom Wood, Jonathan Ryan, Angus Pepar and Sebastian Bush.

Mrs Wendy Mwanga
From the Deputy’s Desk....... 

ANZAC Centenary (1915-2015)

Congratulations to our school captains and prefects for hosting a truly memorable ANZAC ceremony on Friday. Parents and our special guest Lieutenant Colonel Jacqueline Costello from HMAS Penguin were most appreciative of the professionalism and conduct of all students.

Special thanks to our choir for performing ‘Always Remember’ beautifully and to William Todd for his moving rendition of the Last Post and Reveille. Thank you Mrs McLean for coordinating the ceremony and for the wonderful arrangement of photos for the slideshows.

Congratulations to Penny and the Performance Band for being invited to perform at the ANZAC Eve Sunset Ceremony.

This was a special moment listening to our talented students perform as the sun was setting at Manly Beach.

Project Penguin

Throughout Term 2, Year 5 students at Manly West will be involved in a community awareness campaign, Project Penguin. All students will participate in a variety of educational excursion days, including visits to Manly Wharf, Collins Flat and Taronga Zoo. Over the coming weeks Year 5 students will work in small groups with Year 9 students from Mackellar Girls and Balgowlah Boys to raise community awareness of how to help save the Little Penguins of Manly. Their task will be to design a way to inform the community about the plight of the Little Penguins in the Manly area, communicate how important it is to help save the colony and describe what can be done to help. The secondary students will act as mentors, in conjunction with Taronga Zoo staff and environmental experts. Students will showcase their work at the Project Penguin Expo later this term.

Mothers’ and Carers’ Day Stall

As part of the schools P&C fund raising initiatives for 2015 they will be holding a Mothers’ and Carers’ Day Stall on Tuesday 5th May. Children will have the opportunity to purchase a range of $5.00 and $10.00 gifts. More information about gift options can be found in the newsletter. Thank you to Jody Phillips and her team of helpers for organising the gifts and coordinating the stall on the day.

NAPLAN Testing

Students in Years 3 and 5 throughout Australia will be sitting the NAPLAN tests on the 12th, 13th and 14th of May. Friday 15th May has been set aside as a ‘catch up’ day if children miss any of the tests through illness. The NAPLAN tests cannot be completed after Friday 15th May.

Peer Leadership Program (PLP)

The Manly West Peer leadership program is student led and it empowers students to create positive change in their school environment. Each week Year 6 students have the opportunity to refine and build upon their leadership skills, gain new knowledge, develop new attitudes, and gain experiential practice in their role as leaders. Jonah, Willem and Taj are this week’s PLP’s.

Mrs Adrienne Bruce
Canteen News

Canteen News......The cooler months are a great time to volunteer in the canteen with all those ovens pumping away you can pretend you’re in warmer climes while enjoying a coffee and a freshly baked Anzac biscuit......luxury!! We have quite a few days with consistent Vacancies some Mondays, Tuesdays, Wednesdays and Thursdays which makes it harder for everyone and limits our abilities to provide a full menu to all your hungry children. If we don’t have the necessary numbers of volunteers to serve, it just might be your child who doesn’t make it to the front of the queue in time!

Everyday we require a minimum of 2 volunteers for the morning shift (9/9.30 until 12) and 2 for the lunch shift (12 ‘til 2) with Fridays being our busiest day we require more help. It’s also very helpful to have extra volunteers just at service time; morning tea-time 11.20 ’til 11.40 or lunchtime 1.20 ’til 2. Being in the canteen also gives you the chance to connect with other parents and hear some extraordinary stories.....even some with some basis in fact!! Brighten up your dinner party conversation with a shift in the canteen! Grab a friend or come alone and get in touch by calling us on 9948 2257, email mwcanteen@gmail.com or just walk in the door.

Thanks, Isobel.

Canteen Roster for week 3, Group 1

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<tr>
<th>Monday 4th May</th>
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<td>Emma King AM</td>
<td>Marie-Claire Johnston AM</td>
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<td>Kirsten Rock AM</td>
<td>Shannon Kearnes AM</td>
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<td>Tanya Fenn PM</td>
<td>Lucy Lopez PM</td>
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<td>Jane Barnes PM</td>
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| Deb Beverley AM | Tiane Olive AM |
| Sarah Edwards PM | Helen Yardley AM |
| Jules Cooray PM | Sue O’Brien PM |

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<th>Thursday 7th May</th>
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<th>Friday 8th May</th>
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<td>Wendy Dar AM</td>
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<td>Maggie Faulder AM</td>
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<td>Jodie Adams AM</td>
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<td>Em Pepar AM</td>
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<td>Jodi Stacker PM</td>
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<td>Jacqui Lidiccoat PM</td>
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<td>Caoimhe Hokins PM</td>
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Uniform Shop

Opening Hours
Monday 27th April - 2:45-4:00pm
Thurs 7th May - 8:45-10:00am
Mon 11th May - 2:45-4:00pm
Thurs 21st May - 8:45-10:00am

Band News

ANZAC Day Anniversary
Congratulations to the Performance Band for its wonderful contribution to the Going Down of the Sun ceremony at Manly Beach last Friday night. It was a great honour to be asked to play for such an occasion and the band members were a credit to Manly West.

Performance Band recording of audition video for Town Hall/Opera House concerts
This will take place at rehearsal TOMORROW on Thursday, 30 April - please be there in plenty of time to start filming as soon as possible. Wear FULL BAND UNIFORM to rehearsal (so bring your school one in a bag to change back into).

Band Camp Notes and Payment
Very excited about camp in a month. Notes and payment need to be returned as soon as possible, and parents need to fill in the online medical form provided by Narrabeen Sports. We will email out another set of notes and log-on details to Band parents in case they have gone astray during the break. There will be an extra note too seeking parental permission to travel by bus to and from the Camp.

Congratulations
To the following students for receiving an Expectation Certificate:
Victoria Quinn
Ellie Quinn
Chloe McLeod
Louis Rounslay
Bonny Adams
Alyssa Aulburn
Maddie Nicol
Tahlia Williams
Amelia Crouch
Elle Warn
Daniella Phillips
Rafael Harvey
Hugo Jones
Rosie Quinn
Alice Yardley

Stewart House

Please make sure you return your envelope to school by Friday 8th May. Thank you.
**LIBRARY NEWS**

A huge round of applause for the students who have completed the 2015 Premier’s Reading Challenge: **Sophie Kassell** (3B), **Claire Foy** (5S), **Amelie Adams** (3B), **Sophia Zervas** (3/4R), **Zaliah Dayeian** (5S), **Grace Pearson** (5S), **Winona Wrigley** (5S), **Isabella Bucknell** (5S), **Alicai King** (4B), **Emma Kha** (5A), **Alelya Nicolson** (5S), **Austin Holley** (3B), **Lachlan Holley** (KYellow), **Rachel Fletcher** (4F), **Daniella Phillips** (4W), **Ellie Quinn** (4W) and **Will Matheson** (3/4R)!

You still have a lot of time to do your reading and fill in your personal reading logs before or by **Friday, August 21st**, so keep on reading for the challenge. YOU CAN DO IT!!!


Beginning **Friday, May 1st** until Sunday **May 3rd**, Lifeline is holding a used Book Fair nearby at Balgowlah Boys High School. Go grab some terrific books at bargain prices and help a great cause at the same time!

Happy reading!

**Ellen Swick**  
Teacher Librarian

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**Diary Dates**

**Friday 1st May**  
Round 1 Winter PSSA

**Tuesday 5th May**  
Mothers’ & Carers’ Stall

**Tuesday 12th May**  
Parent Reading Workshop 9.30-10.30

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**Harbord Diggers Chess Club**

Junior chess coaching sessions are available at Harbord Diggers Club, 80 Evans St, Freshwater, for 8 weekly sessions in Term 2. These sessions commence on Monday **4th May** from 5:30 -7pm in the Harbord Room on Level 1 of the club. It is a pre-requisite that children have a knowledge of the moves and rules of the game. The coach is Lev Aptekar, an education graduate and professional coach for 15 years in his native Kiev, USSR. Lev became a NZ co-champion and represented NZ at the 1980 Chess Olympiad in Malta. The fee for the term is $40 per child. Enquiries are welcome to Lev Aptekar, the Chess Coach on 0478 521 829 or Tom Accola, the Club Secretary on 0404 001 814. Enrolment forms are available through Mrs Simpson at the front office.
A copy of Lieutenant Colonel Jacqueline Costello’s speech

Good morning Manly West, my name is LTCOL Jacquie Costello and I’m the CO of the ADF Centre for Mental Health; I am also a Manly West mum. I am an Army Psychologist and simply, it's my job to look after the hearts and minds of our soldiers when they come home from war.

Today, as we commemorate Anzac Day, I'd like to talk to you about the Army values, they were very important to the soldiers who fought in the Great War and are just as important today to Australian soldiers currently serving on operations in countries like Iraq and Afghanistan.

I know you all understand what values are, Manly West has three - "Respect, Responsibility and Aspire" - well the Army has four - "Courage, Initiative, Respect and Teamwork".

Courage is certainly about being brave on the battlefield, however it also relates to showing courage in the face of any kind of problem; it's about never giving up, pushing yourself a little bit harder when things become difficult and if you are knocked down, it's about getting straight back up again and moving on. In the Army courage is not only about being physically brave, it's also about making the right decision even when that can be difficult to do, it's about doing the right thing when that's not always easy, in the Army we call this moral courage and our soldiers show it every time they face their fears in combat. You too can show moral courage, when you help out the kid who is being picked on, or own up to having done the wrong thing. In this way there is a strong link between having moral courage and the Manly West value of responsibility.

Initiative is about exploring new ways to improve the Army and our service to the nation; but more importantly initiative is about thinking for yourself, having your own thoughts and ideas and the confidence to explore how your ideas might improve the world around you. It's about not just accepting that things are the way they are because they have always been that way, but looking inside yourself for the answers and taking the initiative to make a change for the better. Our soldiers are well known for their initiative particularly in finding new ways to be a little more comfortable on operations a long way from home. Initiative might be thinking of new ways to improve your classroom, or a new way to help out at home. If you combine the Manly West value of aspire with initiative, a small idea can grow to be a strong and positive force.

Respect is the value that underpins everything we do in the Army. Respect is about accepting people for who they are, not judging people by their appearance or their background or the ways in which they may be different to you. Through the value of respect, the Army gives everyone a fair and equal chance to do their best. In the Army at the highest level, we show respect for those who have given their lives in the service of our nation but just as importantly in our everyday lives we respect that everyone is unique and everyone's contribution is important. Just like in the Army, at Manly West it's important to show respect for yourselves, your mates, your community and your history.

Lastly, teamwork is certainly about working together to achieve our mission however it's also about doing the little things for your mates, your team, your family, your class and your community. The things that you may not always feel like doing, like waiting your turn in the canteen line, the things you may think you shouldn't have to do, like picking up school yard rubbish, the things you may find boring, or too easy or too hard, showing teamwork is about putting your own personal feelings aside for the greater benefit of the team. In the Army we call it sacrifice, and the personal rewards can be great.

Boys and girls, on Anzac Day we remember the fallen, those soldiers who never came home from the war. I hope now that you know a little bit more about Army values that you will also understand why they were there and do your best in the future to live the values that they died so tragically for. In Army psychology we have a little phrase that I think may help you to achieve this and I challenge you all to give it a go - we call it "Keep Your Mates Safe".
TRIVIA NIGHT
Hello Parents,
Planning is already well underway for the 2015 Manly West Trivia Night and this year we have a bigger venue to accommodate everyone who wants to be a part of the social event of the year.
If last year's ticket sales are anything to go by, start planning your teams now, and get in quick when tickets go on sale on Friday 1 May.

The details for this year's event are:

Date: Saturday 20 June (book the babysitters now)
Time: 6pm – late
Venue: The Great Hall at "The Castle" (ICMS/St Patricks), 151 Darley Road, Manly
Teams: Tables of 10
Capacity: 200 (20 tables of 10)
Ticket Price: $70 per person (includes a 2 course buffet meal, $20 donation per person towards School Fundraising, Trivia and DJ so you can dance the night away)
The theme this year is fitting with the castle like venue, which is books: storybooks, fables, fiction and more... so pick your favourite book and all come as the characters. Have a good think about it and be creative. There will be prizes for best dressed team and best themed table.
Please also note that the trivia itself will be mostly general trivia, with some local knowledge and general book stuff thrown in!
Once again there will be a cash bar for drinks (at reasonable prices), a raffle... and if we get enough great prizes, a silent auction.
On the subject of prizes, if anyone can donate any prizes/auction items or know of anyone who can help out, please email Sarah Bickford (sarah_bickford@hotmail.com). This is a fundraising event for our kids' school amenities and every cent raised goes back into making Manly West the best for our kids!
So pop on your thinking caps, get creative and we look forward to you joining us for a really fun night!

WANTED
FOR MANLY WEST CARNIVAL - Saturday October 24th, 11am-5pm
PROFESSIONAL FACE PAINTERS
We need professional and fast face painters (up to 4) to cope with the high demand for face painting at our carnival in spring. If you have these skills or know of someone who may be able to help please get in touch with Kirsten Highnam at Thighnam@bigpond.net.au. We will pay a daily rate or if you would like to offer your services at a discount (as all profits go to school fundraising) we would be very grateful.

Trivia Night 2015 - Call for donations!
Rumours will have reached you by now that a fabulous night of trivia, dressing up and merry-making is planned for Saturday 20th June in the Great Hall at St. Patrick's. Parents will socialise, eat, drink, laugh and dance but must also raise as much as possible for the children of Manly West. A big silent auction is planned to add to the fun and a dazzling array of prizes is needed.

Please can you all have a think about what you could offer. A few ideas to inspire you:

Do you own a business? Can you offer goods or services? Perhaps a consultation, or a voucher, or a lovely item from your shop. Maybe your employers can be persuaded to contribute. It will be an opportunity to raise awareness of the business.

Are you an artist? Perhaps you have a painting or a sculpture that party guests will fight over. Or if you are crafty, what about something you have made from timber or clay or fabric? If it is beautiful, the bidding will be fierce.

Do you own a holiday home? Could you offer a week or weekend stay? It could be off-season or for specified dates. People love buying holidays at auction nights. Maybe a relative with a second home at the beach or in the bush is happy to support the school - please ask them! Boats are great too. Can you provide a day's fishing or an afternoon of harbour sailing?

Do you have valuable skills? Everyone does! Maybe you can babysit, or cook for a dinner party, or spring clean, or weed a garden, or take photographs or teach a language. The list is endless.....

One last idea - do you have any tickets for shows or sporting events that you can't use? Please send them to us to sell!

No donation will be too little - smaller items can be packaged together. Large items will be auctioned by the MC to really get the competitive spirit fired! If you can't attend the party, you can still donate a prize and contribute to the fundraising.

Please send your donations and ideas to sarah_bickford@hotmail.com Thank you!
Parent Reading Workshop - What parents can do at home to help their child with reading.

Reading in our modern world is more important than ever as good reading skills provide a solid foundation for learning. On Tuesday 12 May at 9.30-10.30am Mrs Horne our Learning Support Teacher will be conducting a parent workshop focusing on:
using three little words (Pause, Prompt and Praise) to help your child to read and developing practical tips to help children enjoy learning to read.
Please email Mrs Horne by Thursday 7 May if attending - jill.horne@det.nsw.edu.au
In the subject line please write Parent Reading Workshop, and in the body of the email please write your name, child’s name and grade (eg Year 1 2015).
Cool Kids
Child Anxiety Program

Cool Kids is designed for children in primary school aged 8-12 years. This program focuses on teaching children and parents better ways to manage anxiety. Cool Kids will run for 8 weeks with a follow up group session. Families will be interviewed prior to group commencing.

The program aims to:
- Build skills
- Reduce distress
- Promote confidence and
- Face fears

Where: Naremburn Family Centre, 40 Merriamburn Ave, Naremburn.
When: Tuesday 4:00pm–6:00pm
28th July – 19th September 2015
Follow up group: Tuesday 4:00pm–6:00pm, 6th Oct 2015
Total Cost: $90 for one child and one adult

Bookings are essential as spaces are limited. To enquire or register for the course please contact the Counseling team on 9429 8700.

Circle of Security
Parenting Program

This is an 8-week program suitable for parents of children aged 0-5, which will:
- Assist you in understanding your child’s needs and behaviour
- Help your child manage their emotions
- Develop skills to build a positive relationship with your child to develop their confidence and sense of worth

Where: Brookvale Family Centre, Unit 98/44 Wattle Road, Brookvale 2100
When: Wednesday 6:00pm–8:00pm 22/07/2015 – 09/09/2015
Total Cost: $30
Facilitators: Charlie Rummans and Jacque Stone

Bookings are essential and a phone interview is required. To enquire or register for the course please contact us on 9429 8700 or email: naremburnfamilycentre@dtbs.org.au
Please note children are not able to attend, and childcare is not provided.

Small changes, big differences.

FREE Triple P
Group Work Program
For parents of children aged 2-9

Triple P is a parenting program for all families that provides practical answers to everyday questions. The group program gives you the opportunity to develop skills, gain support from other parents, and view video demonstrations of core parenting skills. Most of all, this program gives you the chance to practice these skills. The program includes telephone support from the presenters.

The group work program involves the first 4 weeks at Brookvale Family Centre, followed by a 1 week phone call session. The final week is back at the Family Centre, where parents/caregivers receive a summary of what they have learnt throughout the program. It will also be an opportunity for reflection, to share experiences and ask final questions.

DATE: Thursday, 30th July – 2nd September 2015
TIME: 10.00 – 12.00 Midday
VENUE: Brookvale Family Centre
50/44 Wattle Street
Brookvale 2100

BOOKINGS ARE ESSENTIAL AND PHONE INTERVIEW REQUIRED.
Please call 9429 8101 or email brookvlefamcent@dtbs.org.au
Facilitators: Susan and Veronika
Please note children are unable to attend, and childcare is not provided.

Positive Parenting Program
Free seminar, refreshments provided.

This program consists of 3 seminars held over 3 weeks designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children’s health, development and wellbeing. This program is aimed at parents of children aged 0-10 yrs.

SEMINAR 1:
The Power of Positive Parenting
Tuesday 13th August 6pm - 7.30pm
SEMINAR 2:
Raising Competent, Confident Children
Tuesday 20th August 6pm - 7.30pm
SEMINAR 3:
Raising Resilient Children
Tuesday 25th August 6pm - 7.30pm

Triple P Seminars address general parenting issues, why children tend to behave in certain ways under certain influences, and what the best responses are to dealing with these effectively with techniques such as assertion, non-controversial and deflection, recognition and managing situations that might not work, staying calm such as criticism, being concrete, difficulty with separation and problems mixing with other children.

Location:
Crows Nest Centre
2 Ernest Place
Crows Nest 2065
Bookings are essential! To make a booking call CatholicCare on 9429 8700
Or email: naremburnfamilycentre@dtbs.org.au
*Please note children are unable to attend and childcare is not provided.*
Manly West is very excited to announce that we will be holding our Mothers' and Carers' Day Stall again this year on Tuesday 5th May as part of the P&C fund raising initiatives for 2015.

All students from K-6 will have the opportunity to purchase some lovely gifts throughout the day.

This year we have a variety of items that will either be $5 or $10. Children are invited to purchase as many gifts for their mothers, grandmothers and other carers as they would like.

A brochure with photos of the options available to purchase will be shown to the children in the classroom in the week before the stall.

Children are asked to bring cash only to school on the day of the stall. Small denominations would be greatly appreciated.

Please note that that this is a P&C optional fund raising activity. Whilst your contribution would be greatly appreciated, there is no requirement for the children to purchase anything. A note will be sent home to be filled out by children who are not participating so that we are aware in advance. Please ONLY send the note back if you DO NOT wish your child to participate.

We would love your assistance!
If you are able to spare one hour or two between 8am and 4pm on Tuesday 5th May, can you please email clarepeterkey@gmail.com. We would also love to see some wonderful fathers on the day to help out with the Mothers’ and Carers’ Day stall if you can spare some time.