**Bounce Back**

Bounce back is a program that was introduced into Manly Village several years ago as part of our Personal Development programs. The program uses a number of ideas and concepts to help children develop resilience, confidence and social skills. Many classes have been discussing Bounce Back this term. I have included the acronym below so that you can spend some time talking to children about these ideas. They can be of great help when children are feeling sad or disappointed.

- **B**: Bad times don’t last. Things always get better.
- **O**: Other people can help if you talk to them. Get a reality check.
- **U**: Unhelpful thinking makes you feel more upset.
- **N**: Nobody is perfect – not you and not others.
- **C**: Concentrate on the positives (no matter how small) and use laughter.

**Blame fairly** – how much of what happened was because of you, because of others and because of bad luck or circumstances?

**Accept** the things you can’t change (but try to change what you can first).

**Catastrophising exaggerates uncomfortable feelings.** Don’t believe the worst possible picture.

**Keep things in perspective.** It’s only part of your life.

**Invoice Payments**

Thank you to parents who have already paid their semester one invoices. We accept credit card, cheque or cash for payments, but do not currently accept payment by direct bank deposit. An online parent payment is currently being trialled in some schools and is planned to be rolled out to other NSW schools once the trial is completed.

**Bike Racks**

It’s fabulous to have so many children riding to school. It has become a very popular way of getting to school so we really do need to be consistent with the use of our bike racks. All students need to use the next available rack, without leaving any gaps. If all students do this, there are enough parking spaces for everyone.
The bike rack area is also a one way area, so children need to come in near the bus shelters and go out through the end between A and B blocks. It is essential that every child riding a bicycle wears a helmet. This is a legal requirement and facilitates their safety if they do have a fall.

Swimming Carnival
It was wonderful to see so many parents supporting their children and school by coming along to the swimming carnival. Many thanks to those who assisted with various roles on the day. A huge thank you to Miss Renwick, who did a superb job organising the event.

Parent Helpers Working With Children Check
We are very fortunate at Manly Village to have so many parents who assist in so many different ways at our fabulous school.

We are currently updating our records to ensure all helpers have completed the necessary paper work to work with children. With the newsletter today, we are attaching two forms. The first is the Working with Children Check – Declaration for Volunteers and Contractors. The second is a Working with Children Identity Form (100 point check), which outlines the forms of identity that need to be brought into the office. If you generously volunteer your time to help us out in classrooms, the canteen, on excursions, with the band etc, these forms need to be completed. Most parents of children in Years 1 and above have completed the previous version, which now needs to be updated. Once the form is completed it should remain valid until either your children leave the school or there is an updated version released.

All parents assisting in classrooms and in the school, are also asked to sign in and collect a badge from the office while they are at school.

As well as emailing these forms to you with the newsletter today, we will also keep a pile in the office and will have these available on our web page www.manlyvillage.schools.nsw.edu.au for you to print. These procedures are time consuming but are mandatory requirements which are intended to keep children safe. Please support us with the substantial administration at our end by ensuring these are returned at your earliest convenience.

Congratulations
Congratulations to the Year 3 team members from Manly Village who won the U8 Division 2 Summer Futsal final last week with a score of 6 to 5. The boys were: Ignacio, Finn, Koby, Benjiro, Harry, Max and Tom. Well done!

Thank you P & C
On behalf of our staff, I would like to thank our P&C for their very generous and thoughtful Christmas gift. Last Friday night our school staff enjoyed a great dinner and night out courtesy of the P&C.

Leonie Black
Dear Band Parents,

Wow this week is off to a busy start with all the bands starting rehearsals. Thanks so much for all arriving at 8.00 am for an 8.10 start. We really appreciate your help in getting the kids to band at that time as it does take time to set up the room.

Each week we will have one parent helper rostered on to assist me and Anne in getting the kids started - this is particularly important for Training Band. This parent will be responsible for directing students into the Green Room, encouraging students to leave their cases in the hall, assist with set-up (particularly Bass Guitar students with cables, leads, Amps), mark the roll, and assist with pack-away. Vicki will put together a roster shortly.

Today I had a lot of kids to settle and it would speed up the setup process if this could be assisted by the parent helper.

If you are not the parent helper for that week, please avoid coming into the room as it gets too congested.

**Dates for the Diary**

**Thursday 3 April.** Concert Band - 7.00pm Performance at Pittwater High School. This will be a concert with other selected Public School bands and a performance by The Northern Beaches Symphonic Wind Ensemble. Arrive at 6.30pm for a 7.00 pm start. This is a compulsory event.

**Note:** Senior Band will have the opportunity to perform at this event in Term 4.

**Wednesday 7 May** The Army Big Band Performance at school. This is for all students from years 2 -6 to participate. Venue: The School Hall.

**Thursday 22 May** For Concert Band and a selection of Senior band students - The Northern Beaches Eisteddfod. Brimson Centre, St Augustines College Brookvale College, Time TBA.

**Wednesday 28 and Thursday 29 May** - Band Camp at Camp Kedron. More Information on this will be sent out soon. All Band Students attend.

**Term 1 Assembly Concerts, Senior Band and Training Band - dates TBC**

Please encourage your children to try to practise for half an hour each day am or pm at hours that suit the family and neighbours. We ask that tutors rehearse the band music, book music then whatever tutor music is best suited to your child's individual needs.

Kind Regards
Elizabeth Flynn
LIBRARY NEWS

Please ensure that all students have a labelled library bag for borrowing. All students will be participating in the Premier’s Reading Challenge.

Scholastic Book Fair

Advance notice that our annual Scholastic Book Fair will arrive on **Tuesday 11 March** for one week. If you are interested in helping out either from 8.45am-9.15am or 3.15pm-4pm on a Tuesday, Wednesday, Thursday or Friday, please contact Karina Hankinson or 0419 910 420 or karinaah_69@hotmail.com

Thank you

Christine Neill
Teacher Librarian

Attention Stage 3 (Year 5 and Year 6) Choir

Choir practice will begin Thursday 6 March at 8:15am in Miss Piper's room. Please be prompt.

Choir practices will continue throughout Term 1, Term 2 and Term 3 to prepare for our choir performance in Term 3.

Please note: If there are more than 30 students who are willing to participate in choir this year, there will mandatory auditions.

Yours musically,
Miss Piper

BEACH BITES
CANTEEN ROSTER

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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>26/2</strong></td>
<td><strong>Ariane &amp; Charlotte B</strong></td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>27/2</strong></td>
<td><strong>Kate W &amp; Sherene A</strong></td>
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<td><strong>Friday</strong></td>
<td><strong>28/2</strong></td>
<td><strong>Bronwyn</strong></td>
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<td><strong>Cherie</strong></td>
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<td><strong>4/3</strong></td>
<td><strong>Help needed</strong></td>
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<td><strong>5/3</strong></td>
<td><strong>Leigh</strong></td>
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<td><strong>Thursday</strong></td>
<td><strong>6/3</strong></td>
<td><strong>Ulla</strong></td>
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<td><strong>Friday</strong></td>
<td><strong>7/3</strong></td>
<td><strong>Poli</strong></td>
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Notes of interest:

- All volunteers, please wear closed shoes.
- Please be sure to change your class on Flexischools orders to ensure speedy delivery.

**VOLUNTEERS ARE NEEDED URGENTLY!!**

Contact Lori on 0410 179 301 or stop by the canteen and add your name to the schedule if you can help.

SWIMMING CARNIVAL

Congratulations to everyone who participated in the Swimming Carnival on Friday. It was wonderful to see how many children were willing to participate in so many of the events! The sportsmanship and encouragement amongst the children was terrific! A big thanks goes to all of the parents who volunteered and to the teachers for doing a fabulous job which allowed the carnival to run smoothly.

The ribbons will be handed out on Wednesday morning at the 3-6 lines. Children who are going to be representing the school at the zone carnival will need to get their permission note and money back to the office promptly.

Kylie Renwick
Carnival Organiser
### MERIT AWARDS

These will be awarded to the students at the assembly on **Wednesday 5 March 2014**

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<thead>
<tr>
<th>Class</th>
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<tr>
<td>3C</td>
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<td>4P</td>
<td>Alek Lacasad</td>
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<td>Jakob Ornild</td>
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<td>4R</td>
<td>Noah Liden</td>
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<td>Paige Morris</td>
<td>6M</td>
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<td>5G</td>
<td>Joey Steggall</td>
<td>6M</td>
<td>Stephany Nostrant</td>
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### CHESS CLUB

Manly Village Chess Club is starting next **Thursday 27 February 2014**. It will be held in the library this year and start at **8.15am**. Children are asked to wait to be collected under the COLA outside the library.

This year we will have a **$5.00** joining fee for each student to cover the costs associated with our club. The club is open to **Year 2 children and upwards**. For your child to be eligible to join the club they must know the basics of the game.

Please fill in the form below and bring it and the joining fee to our club meeting.

$\ast\$5.00 joining fee is enclosed

Parent/carer’s name ………………………………………

Signature ………………………………………

Chris Peachey
Chess Coordinator
At the upcoming AGM to be held on Monday 10 March all executive and sub committee positions are declared vacant and elections are conducted for these positions by our principal. Executive positions are: President, Vice President - Fund Raising, Vice President - Communications, Treasurer and Secretary.

Sub-Committee positions are: Canteen Coordinator, Markets Committee, Y2 Fundraising Committee, Grounds Committee, Social Committee, Uniform Committee, Band Treasurer, Loyalty Programs and Sponsorships Committee, Class Parent Representative Co-ordinator, Banking Co-ordinator, School Magazine Coordinator, Shade Committee and Assistant Treasurer.

Please come along to the meeting to volunteer for one of these important positions or contact the P&C by email mvpspandc@gmail.com

The full 2014 AGM agenda and the February meeting minutes can be found by following the Quick Links on the P&C blog http://www.mvpspandc.com/

Don’t forget to hang around after school this Friday for the Welcome Back BBQ from 3.15pm till 4.30pm. It is a wonderful social tradition providing an opportunity to meet new parents and children while enjoying yummy food and raising money for our school. Hope to see you all there!

Community News

**Boys Hip Hop Classes** - for ages 5-12. Free trial class. Great for coordination, exercise and confidence. Contact Rochelle Jones from Synergy Performance Studios 0411 400 605 or email rj@rjsps.com.au

**Auditions for Rock Band classes** - at Balgowlah Heights Public School. Auditions commence at 10.15am. Please have 1 or 2 pieces to audition. Please phone 1300 168 742 or email www.themusicbus.com.au

**Autism Support** - Conducted by Autism Community Network, at Encores Annex on the ground floor, Manly Warringah Rugby Leagues Club, Cnr. Federal Parade & Pittwater Road, Brookvale, third Thursday of the month from 7.30—9.30pm. Contact info@autismcommunity.org.au or visit www.autismcommunity.org.au for support options.