

MANNING VALLEY ANGLICAN COLLEGE

NEWSLETTER

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www.mvacollege.nsw.edu.au

"Let us give thanks to the God and Father of our Lord Jesus Christ. For in our union with Christ, he has blessed us by giving us every spiritual blessing in the heavenly world" **Ephesians Chapter 1 Verse 3**

SPORT NEWS

PRIMARY ATHLETICS: The Primary Athletics Team to compete at HRIS on Thursday, 11 August has been chosen and notes have gone home. Training sessions have been organised and parents and students will be informed of these in the coming week. I encourage all students to make use of these training sessions, they will certainly benefit the competitors and the College at HRIS.

SECONDARY ATHLETICS: The Secondary Athletics Team to compete at HRIS on Tuesday, 25 July has been chosen and notes have gone home. Training sessions will be conducted during weekly sport. Students are encouraged to change their sport for the upcoming weeks and take advantage of these valuable sessions.

CROSS COUNTRY: Best wishes also to Jonty Green – 11 Years Boys who will compete at the NSW CIS Championships on June 15 at Eastern Creek. Results in the next newsletter and on the Facebook site.

MATCHES AGAINST TAREE CHRISTIAN: Congratulations to all our Primary Football and Netball teams that played Taree Christian at TCC on Friday, 2 June. Unfortunately the home games were due to be played last Friday but the wet weather saw a postponement. These games will go ahead in the near future.

HRIS 15 BOYS FOOTBALL: Congratulations to Braithwaite Waites and Tim Walker who have been selected in the HRIS 15 Boys Football team. This team will compete at the AICES Championships in Sydney on Wednesday, 21 June. Congratulations boys and best wishes at AICES.

ACHIEVEMENTS: At MVAC we like to celebrate in the achievements of our students. Some of these achievements happened in outside of school sports that we are not aware of. If you child is performing at a regional or over level we would like to celebrate with them. Please feel free to email me with the details.

UPCOMING EVENTS

21 June AICES Football – Valentine Park, Sydney
25 July HRIS Secondary Athletics – Newcastle
10 August HRIS Primary Athletics - Newcastle

Mr Andrew Jones K-12 Sports Co-ordinator

Important Dates

16 June	ICAS Writing
19 June	School Photographs
21 June	End-of-Term Awards Assemblies
22 June	Year 11 & 12 Immunisations
23 June	Foundation Day & Term 2 Ends
17 July	Term 3 Commences
21 July	NAIDOC Day
25 July	HRIS Secondary Athletics
26 July	HRIS Cultural Festival
28 July	MVAC-SCAS Challenge
1 August	ICAS English
2 August	HRIS Secondary 15's Football
2-4 August	School Musical
8 August	Jump Rope For Heart
10 August	HRIS Primary Athletics
15 August	ICAS Mathematics
17 August	HRIS Debating
18-28 August	Year 12 Trial HSC Examinations
21-23 August	Year 7-10 Camp
23 August	Book Fair/Grandparents Day
28 Aug-1 Sept	HICES Gifted & Talented Camp
9 September	Spring Fair

Cool Kids – Helping students to deal with their anxiety

You are invited to attend an Information Session about this new initiative at MVAC. An **Information Session will be held in the MVAC Hall, commencing at 5:30pm on Tuesday 18 July (Week 1, Term 3)**. The Program will commence for Secondary students the following week for students who have signed up with their parent/carer permission. A version of this Program will be run for Primary students from the start of Term 4.

All parents and carers are invited to attend the Information Session on 18 July.

About the Cool Kids Program

The Cool Kids program has been running at Macquarie University since 1993. It is a structured, skills-based program that teaches children (including teenagers) and their parents how to better manage the child's anxiety. It involves the participation of both children and their parents, and focuses on teaching clear and practical skills. The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. After completing the Program, there are marked increases in school attendance, academic achievement, confidence, number of friends and involvement in extra-curricular activities and decreases in worry, shyness, fear and family distress.

Topics covered in the Program include:

- Learning about feelings and anxiety
- Learning to think more realistically
- Parenting an anxious child
- Fighting fear by facing fear (stepladders)
- Learning other coping skills such as building assertiveness or learning to solve problems

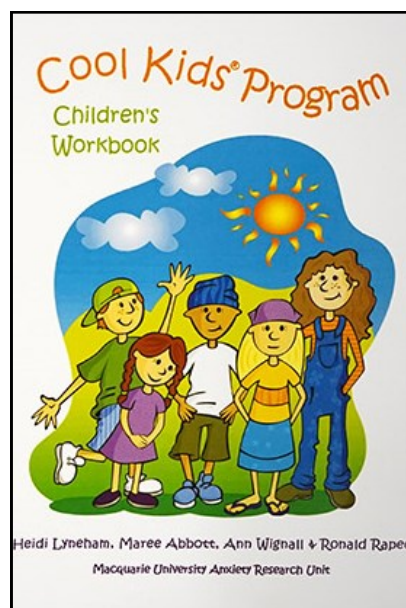
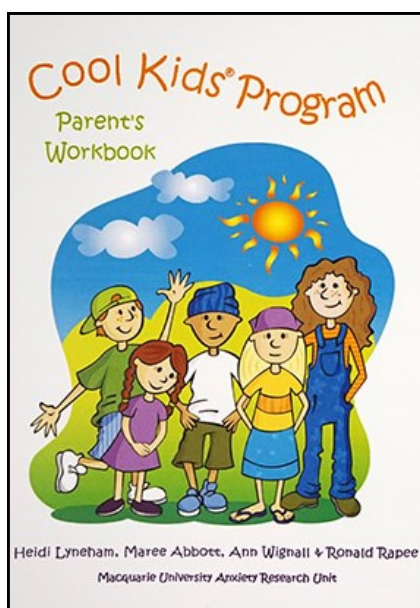
The Cool Kids program is designed to target children aged 7 to 17 years. There are slightly different versions for younger ("Cool Kids" is for 7 to 12 years) and older ("Chilled" is for 13-17 years) children.

Cool Kids at MVAC

The Cool Kids program will be run at MVAC by Mr Peter Sanders and Mr Eamonn Lawless. Both Peter and Eamonn have completed the online training which was run by Macquarie University, and they have submitted assessment tasks to qualify to lead and support the Cool Kids program.

Ten sessions will be held during school time, and there will be two additional sessions run with parents and students attending, one at the start of the program and one part-way through the ten sessions.

For more information and to enrol your child into the Secondary and Primary Cool Kids Programmes, please join us as we launch Cool Kids at 5:30pm on Tuesday 18th July.



SCHOOL PHOTOGRAPHS

School Photographs will be taken on Monday, 19 June. Envelopes need to be returned to the office as soon as possible. Students are to be in FULL winter school uniform. This includes long pants for boys and ties. It is particularly important that all students be in the correct uniform all of the time, but in particular on photo day.

END OF TERM AWARD ASSEMBLIES

The End of Term Award Assemblies will be held on Wednesday, 21 June. Primary will commence at 9.05am and Secondary at 10.10am. If your child is receiving an award you will receive an email on Monday, 19 June. Please feel free to come along and celebrate in the successes of our students throughout the term.

AFTERNOON MESSAGES can be given to students immediately after lunch. Please be aware that the school administration area is a very busy time at the end of the school day and it is very difficult to get a message to students who have already departed their classrooms for the day to stand in bus lines or parent pickup. If you need to get a message to your child regarding alternative travel arrangements, please contact the school administration prior to 1.30pm. Thank you for your assistance with this.

Flexischools

Flexischools is the fast, convenient and secure way to order and pay for canteen orders from home or on your mobile.

Register for Flexischools or manage your account by visiting www.flexischools.com.au. Once you have submitted your email address an email will be sent to you detailing how to complete your registration.

MVAC on Facebook

Manning Valley Anglican College is on Facebook! Join us at www.facebook.com/mvacollege to enjoy photos, video, news and announcements from the College.



Reminder: Download the Skoolbag App

Search 'MVAC' on the App Store (iOS devices), Google Play Store (Android Devices) or App Store (Windows Phones) and look for our logo (shown right).



Remember to set or update your year groups to get the most relevant and up-to-date information for parents.



HATRICK

FOOTBALL. FRIENDS. FUN.

Hatrick Holiday Clinics - June 2017 School Holiday Clinics!

Our football clinics are designed for highly energetic young children (aged 7-12) looking to improve their skills whilst also making new friends in a fun, friendly and supportive environment.

Our qualified coaches are experienced and have worked with Central Coast football academies as well as the Central Coast Mariners holiday clinics and school programs over the last five years.

Your child will engage in 6 hours of action packed fun, learning new skills and participating in a different range of football related activities and at the same time, being active throughout the holidays. Activities such as the 'Celebration Station', the Mini World Cup and the infamous penalty shootout will all be in full swing.

Details:

Location: Manning Valley Anglican College

Dates: 26 & 27 June 2017 (first week of holidays)

Hours: 9am-3pm

Cost: 1 day - \$40 / 2 days - \$75

Participants: Year 1 to Year 6

There will be allocated morning and afternoon snack breaks as well as an extended lunch break so we advise children to pack some lunch. Please ensure your child brings a water bottle with them as it can be filled up with water provided on the day. We look forward to seeing you all very soon.

Manning Valley Anglican College

SPRING FAIR

Join us on the
Second Saturday in September
10:00am - 2:00pm

Featuring:

Performances by students | Art auction | Face painting & crazy hair stall |
Hundreds Wheel | Jumping castle | Trackless train | Dunk the Teacher | Novelty activities &
games

With:

BBQ & Drinks | Fairy floss & slushies | Second hand toys | Second hand books | Second hand
clothes | Bric-a-brac

We are seeking the following donations of the following items.

Glass jars of various sizes with lids

Novelty Prizes

Second Hand Books, Clothes, Toys & General Items

Hamper items for Silent Auction

We look forward to seeing you at Spring Fair!

FUN, FOOD & FAITH

Saint Luke's Anglican Church

6 WEST STREET, COOPERNOOK

3:30 pm, SATURDAY, 17th June, 2017



Phone: Father Steve Niland – 0408 496 262

or speak to Mr. Anderson