Dear Parents

Our Commitment; Excellence, Innovation, Community

Parking around the school at drop off and pick up time remains a problem. We still have parents entering staff car parks to drop students, putting our students at risk. Recently I have had reported to me that a white ISUZU Ute has been parking on the footpath at Emma Street entrance. This is not only dangerous but illegal. The P&C are looking at strategies to alleviate the congestion around our school at these times, in the interim I again ask that parents refrain from entering staff car parks.

Community

I have just met with Damon Bauder, a Year 6 student in 6B, who has shaved his head in support of the World’s Greatest Shave. I thanked Damon for his involvement, courage and leadership in finding a solution for cancer. Damon is a wonderful example of our students’ commitment to community.

Excellence

Congratulations to Charli Hammond who will represent us at the State Swimming Carnival. Charli is not only an outstanding swimmer but also an outstanding student. Well done and good luck at State.

Fund Raising Car Raffle 2013

The response from the community to the P&C Car Raffle has been wonderful, with many families requesting additional raffle tickets to sell. I have indicated that any family who sells ten books will go in the draw for the huge Panasonic LCD television and we have many prizes for students and classes.

The funds raised will go towards the upgrade of our Emma Street and Year 1 playground equipment. My thanks to Mrs Katy Wiseman and her team for undertaking the organisation of this initiative. The raffle will be drawn on Monday 8th April. Good luck and thank you for your support.

Innovation

Bring Your Own Device BYOD

A quality education requires us to blend excellent teachers, quality resources and a commitment to innovate. The next phase of our ICT development will be making Mona Vale a BYOD school,
where students can bring their own mobile device and use it as part of teacher designed learning sequences. The BYOD phenomenon has just started globally and we will be at the forefront of its development in Australia and globally. A move to BYOD will need careful planning and implementation. I have asked Miss MJ Peel, our Assistant Principal, to lead a working party that will look at the issues around implementation and build a plan for deployment. The working party will consult with the community and shape our version of BYOD around the needs of our students and the input from our staff and parents. Ms Peel will call for expressions of interest to be on the BYOD Committee shortly, if you are interested please apply.

As a school community we have committed to twenty first century, technology enabled learning. Technology is an enabler and supports students in their learning. When used appropriately, it is a valuable tool in enhancing student outcomes and student engagement. Mona Vale has invested heavily in technology to support learning, with new Panasonic interactive white boards going into classrooms, digital devices such as iPods and cameras being purchased to support specialist learning programs, additional computers into our ICT Labs and the use of iPads by executive staff to improve administration. Last year the school committed in excess of two hundred thousand dollars to upgrade our core infrastructure.
I look forward to working with the community to deliver quality education in a technology enabled world.

**Kids Matter at Mona Vale**

We are building a culture at Mona Vale where students come first, where student success drives our planning and our actions. Our school has many programs and initiatives that focus on ensuring our students are happy, well-adjusted and feel included and valued. I recently attended a meeting to look at strategies to ensure not only the academic success of our students but also their wellbeing. Academic success is underpinned by happy, resilient students who are both physically and mentally healthy.

**Kids Matter** will be a new feature in our Mona Vale Mail and will focus on programs, initiatives or information that will support our school community in caring, nurturing and supporting our students.

Today I have chosen to raise the issue of ‘Perfectionist Parenting’ with the title: “**Grounding the Black Hawk Squadron.**”
The term ‘helicopter parent’ is not new; you know them as the parents who hover over every detail of their child’s life and respond immediately if things do not go their child’s way. They try to solve all of their child’s issues for them, instead of allowing the child to develop resiliency by working through problems themselves, with our support. While every parent rightly wants their child to be successful, it’s **how** we support and encourage that success that research is now telling us is the critical determinant.

The [Centre for Emotional Health](https://www.centreforemotionalhealth.org.au) at Macquarie University has just published a research article titled “The Effects of Perfectionist Parenting and its Impact on Childhood Anxieties” and it concludes that parents demanding perfection are helping no-one. The study showed that, regardless of students’ anxiety levels in the first place, children performed better in a homework exercise if the parenting behaviour was more relaxed.

Professor Jennifer Hudson, leading researcher for the report published in the *Journal of Experimental Child Psychology* says, “Perfection parenting can cause significant stress and anxiety in children,” and, “as parents we all want to help and support our children as much as possible but it has to be the right type of support".
The report goes on to say, “The fact is we all make mistakes. It’s an important part of how we learn, and if parents don’t allow their children to make mistakes, they’re not going to learn and they’re going to be anxious and stressed.”

If you see a little of yourself in that Black Hawk, that’s ok. We wouldn’t be parents if we didn’t want the best for our children. What I’m raising with the community is the level of hovering and the amount we hover. As a school, and with parents as our partners, we will create and sustain an environment where students are encouraged to succeed, where mistakes and social challenges are seen as part of the learning process and where emotional and physical health will underpin our academic achievements.

Greg Jones  BA Macq  MA Ed Macq
Principal

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**The New Curriculum**

In NSW, the Board of Studies has worked closely with teachers and key education stakeholders to develop new syllabuses for Kindergarten to Year 10. Throughout 2013 the teachers will be trained in implementing the new syllabuses and familiarise themselves with the support materials. At Mona Vale, during our teacher professional learning sessions, teachers are being trained in the English syllabus. Teachers have been given an additional staff development day in Term 2 to plan and program. **Please note Term 2, 29th and 30th April are staff development days.**

Implementation of the new syllabuses will begin in 2014.

There will be a parent forum on Wednesday 10th April at 9:15am regarding the English syllabus. We look forward to seeing you there to discuss the new curriculum.

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**K-2 Science Day**
Our K-2 Science day proved to be a great success. A few of our staff were fortunate enough to have been able to walk around and see exciting and interesting activities going on. All the students were engaged and actively involved in the lessons. The school was buzzing with excitement and enthusiasm. Thank you to all the teachers who provided such interesting and worthwhile activities.

**Year 4 Roar and Snore Excursion**
Our Year 4 students were lucky enough to have spent a wonderful night at Taronga Zoo. The students spent the day viewing the different animals and watching demonstrations conducted by the zoo keepers. At night, they were exposed to all the noises that surrounded them from the different animals. What an experience that must have been! A very big thank you to all the teachers and support teachers who gave up their time with their own families to accompany the students on their excursion.

**Academic Placement Tests and High School Placement**
During the last couple of weeks some of our Year 6 students have been busy completing tests to gain a placement into the different High Schools. We are very proud of how our students conducted themselves during these test situations. A friendly reminder that the **Expression of Interest for placement in Year 7 2014 is due today.**

**Parent Teacher Interviews for Kindergarten**
This week our Kindergarten parents have attended their first Parent Teacher interviews. I’m glad to report that I have only seen happy, smiling parents, which is no doubt a good sign.

**Harmony Day**

Yesterday the school looked extremely colourful with students dressed in orange and rainbow colours to celebrate Harmony Day. Harmony Day is a day of cultural respect where everyone feels that they belong in the community. We are very fortunate to have a school community that is accepting of others and who cooperate with each other.

**Grandparent’s Day and Easter Hat Parade**
Just a reminder that Grandparents and Parents are invited to join us on Thursday 28th March on the Waratah Street oval for our Easter Hat Parade followed by a picnic. It will be lovely to meet all those special people in the children’s lives. We look forward to meeting you all.

**Shirlee-Ann Curtis**
Relieving Deputy Principal
A Message from Mrs Crick

To the girls and boys of Mona Vale school and their families.........

Thank you for the magnificent farewell you gave me on Thursday and for your beautiful gift, card and song. I will treasure the memory of that wonderful morning forever.

I loved coming back to a Mona Vale K-6 assembly, and am very humbled by the lovely words spoken by girls and boys representing their grades, words of appreciation of me. Thank you. It was fantastic to see so many young children speaking confidently into a microphone in front of 900 of their peers and a large audience of their teachers and parents. Thank you especially to Mrs Stevenson and Mrs Chapman and all those who helped them to arrange the special assembly. Congratulations to the 2013 school captains, Sophie and Ben, all the prefects who made all the announcements, and the team who assisted them. Mona Vale students always do assemblies well and it was great to see the tradition handed over so successfully to a new team of student leaders this year.

The pieces played by the Performance Band hold special memories for me, and I really appreciate that the band leaders, James Hill and Jacqui Shaw, were able to bring the band up to a standard to perform so well, with so many pieces, so early in the band year. Congratulations band members – your hard work and practice shone through in today’s performance and I loved it.

I especially loved the song – Don Nobis Dominie, sung by the choir accompanied by the band and eventually sung by the whole school. It was so lovely to hear it brought tears to my eyes. I loved it when you sang the same song at Presentation Day last year, but today you perfected it, bringing in the beautiful accompaniment, played with such control of volume for a big band, and with a new choir. Thank you for such a beautiful sound. Please keep up the whole school singing, as our voices are always with us and help us to have fun when we need it.

The unique song you composed for me, to a tune special to me as a teacher, was also very moving. You certainly have been practising singing and learning the words! What a wonderful choir you will have this year! Thank you for the lovely words and sentiments. I treasure the copy of the words (lyrics) and music in the book of cards you gave me.

I read through the book of cards as soon as I could, and will continue to read the messages and look at the pictures you drew for weeks to come. Your special messages and illustrations mean a great deal to me and will give me many happy memories of you in the future as I can read them over and over. Thank you for your great messages. I have many very happy memories of you all at Mona Vale. I have watched you grow and change every day. I hope that all the things we have done together have helped you in some small way.
I thank the whole school community for the beautiful painting of Mona Vale Beach. It is magnificent, and now has pride of place in my lounge room. It will always be there to bring back all those happy memories of Mona Vale School I have gleaned over the past eighteen years. Thank you for such a very thoughtful gift – I will cherish it always. And, as promised at the assembly, watch out for me walking along the beach some time!

It is with very happy memories I leave Mona Vale School and I wish you all the very best for the future. Thank you for such a wonderful farewell. Live – love – laugh – listen – learn.

With much love and best wishes, from

Mrs Crick

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**Mona Vale Planner**

**Week 9**

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<tr>
<th>Date</th>
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<tr>
<td>Monday 25th March</td>
<td>Year 3 and K-6LC Imax excursion</td>
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<td>Tuesday 26th March</td>
<td>Combined Easter Service for Scripture</td>
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<td>Wednesday 27th March</td>
<td>Northern Beaches Chess tournament</td>
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<td>Thursday 28th March</td>
<td>Grandfriend’s Day and Easter Hat parade 11.30am</td>
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<tr>
<td>Friday 29th March</td>
<td>Good Friday</td>
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**Week 10**

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<td>Monday 1st April</td>
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<td>Tuesday 2nd April</td>
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<td>Wednesday 3rd April</td>
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<tr>
<td>Thursday 4th April</td>
<td>Support Classes at Nippers</td>
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<td>Friday 5th April</td>
<td>Band Camp 5-7th</td>
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</table>
Administration hours are Monday to Friday 8.30am – 3.15pm

Stewart House Donation Drive
Envelopes have been distributed to students. If you wish to donate $2 and enter the draw to win a holiday please return your envelope to the office before the end of this term.

Term Accounts
Please settle any outstanding accounts. Next term PSSA accounts must be paid in advance or students will not be able to play PSSA.

Raffle Tickets
Please return all raffle tickets sold or unsold on Monday. Thank you to all the students and parents who have been selling tickets. Good luck to all!

School Website
The website has been updated with the new Uniform Shop Winter 2013 price list. It also has dates for Kindergarten 2014 tours. Enrolments for Kindergarten 2014 will be accepted after 29 April.

Thanking you
Leonie Gallard
School Administration Manager

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2013 School Term Dates

**Term 1:** Students Break up – Friday April 12, 2013

**Term 2:** Staff Development Days - Monday April 29 & Tuesday April 30
- Students Return - Wednesday May 1, 2013
- Students Break Up - Friday June 28, 2013

**Term 3:** Staff Development Day - Monday July 15, 2013
- Students Return - Tuesday July 16, 2013
- Students Break up - Friday September 20, 2013

**Term 4:** Students and Staff return Tuesday October 8, 2013
- Last day for students - Wednesday December 18, 2013
- Staff Development Days - Thursday Dec 19 & Friday Dec 20, 2013
Hello, fellow parents and friends of the school,

It’s my privilege to be the 2013 MVPS P&C President. My aim is to help the school be a better place for our kids. As Greg noted in his kind announcement last week, my first child just started Kindy this year, and my next child will soon follow at MVPS. My wife and I have been in the area for about 8 years, and feel very fortunate to be in such a wonderful environment.

Perhaps you had the same question as me (those who have been at the school a while please indulge me): What does the P&C actually do, and of most relevance how do they help our school? The answer - as I have discovered myself - is a lot!

The MVPS P&C is a not for profit incorporation run by volunteers and currently employing up to 6 staff. The P&C is responsible for running the School Canteen, Band Programs, Uniform shop and Chess Club to name a few of the more visible services. And of course we assist the school with the running of numerous school and social events. Moreover we provide financial donations to the school to assist with procurement of various resources as agreed with the School.

This year the Car Raffle is our only fundraiser…..What a great idea: $2 for a chance to get a car! I am keen to win myself. I don’t mind telling you starting school has highlighted our current one car family policy might need a revision.

This is a good time to say thanks to the outgoing 2012 P&C team, and President Louise Anderson for her dedication and foresight. The awesome celebrations of the School Centenary last year an enduring credit to you all! Thank you P&C 2012 team for your tireless dedication to this event and all the other innumerable things done every day - which I am getting a glimpse of - which keeps the P&C running and supporting the school.

I would love to hear from you about how you think the P&C can better help the school. Myself, and the rest of the P&C team can be contacted on our group email address of monavalepspandc@yahoogroups.com.au

PS. We welcome new volunteers in the P&C, there is always plenty to do and we have a range of flexible options in how people can help. If you’re thinking about it, then I encourage you to give it a go

The P&C like the school believes in the “let us all participate” philosophy.

Best Regards
Mark Welch
President, MVPS P&C Association (Inc)
My direct email: mark.welch@nab.com.au
Band News

Band Camp news
Only 2 weeks to go until Band Camp and the students are getting excited! The Cabin list will be available on the Band Notice Board outside the hall early next week.

Band Camp Booklets will be distributed to band students at rehearsals early next week. Please take the time to read this booklet as it contains the program for band camp along with the parent roster. We have had a fantastic response from parents offering to assist at band camp. Thank you.

Students wishing to participate in the "Band's Got Talent" show on Saturday evening at camp, should have submitted their registration form to their conductor by today. Registration forms were handed out during band rehearsals this week.

Band Camp Photography: Mrs Mel Stevenson and members of the band committee will be taking photos of our wonderful band students during band camp. These photos will be part of a slideshow which will be shown at the Showcase Concert on Sunday 7th April. These photos may also be displayed on the Band Notice Board outside the school hall.

If you DO NOT wish your child to be photographed at band camp please advise the Band Committee, by email, before April 1st.

There are still a number of outstanding band camp fees. If you have not paid, please ensure you do so over the weekend to ensure your child’s position at band camp.

We still have an unidentified EFT payment that was made on 21st February for $275.00. Please email us with your details if this was your payment.

Remaining Term 1 Dates
Tuesday 2nd April: Band fees due
Monday 8th April: Concert Band will be performing at the Term 1 Honour Assembly.
Tuesday 9th April: Performance Band will be performing in a concert at Pittwater High School. Concert details and times will be provided next week.
Friday 12th April: Primary Disco at the MVPS hall. We still need more parent helpers from Performance Band to assist with this disco. Please email the band committee if you are able to help.

Term 2: Dates for the diary
Monday 20th May: Northern Beaches Eisteddfod at St Augustines College. This year we will be entering all three bands. Times tbc.
Friday 21st of June/Sunday 23rd June: Northern Beaches Music Festival at Pittwater High School. Date and time for each band tbc.
MVPS Band Committee
monavaleband@gmail.com.au
The school canteen **desperately NEEDS YOUR help** to step up to the challenge to take on one of the shifts listed below.  
The school canteen makes 70% of morning tea and lunches from fresh ingredients. We are proud of what we can offer the children. All the profits are donated back to the P&C and the school. Your children LOVE TO SEE you in the canteen.  
A shift is 4 hours once a month with lunch and refreshments provided. You get to see the school working from a different angle and most of all friendships are formed.

**Monday – we need two helpers**

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**Monday – we need one helper**

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**Tuesday – we need 1 helper**

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**Tuesday – we need 1 helper**

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**Tuesday – we need 1 helper**

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Price Increases

We will shortly be looking at pricing in the canteen and will be undertaking a review of pricing which will, owing in increases from suppliers, lead to some price increases in the canteen at the start of Term 2.

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<th>Monday 25th March</th>
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<th>Thurs 28th March</th>
<th>Good Friday</th>
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<tr>
<td>Vikkie Kiddle</td>
<td>Linda Newman</td>
<td>Laura Gordon</td>
<td>Claire Hammond</td>
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<td>Emily Wearne</td>
<td>Deborah Lloyd</td>
<td>Julie Ridnell</td>
<td>Cathie De Cock</td>
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<td>Rebecca Greenwood</td>
<td>Jane Baber</td>
<td>Robyn Stonell</td>
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<th>Friday 5th April</th>
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<td>Helen Mijakovac</td>
<td>Jo Castle</td>
<td>Michael Asbridge</td>
<td>Emily Dowsett</td>
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<tr>
<td>Rita Valentino</td>
<td>Danielle Rabbitts</td>
<td>Paula Rosenwax</td>
<td>Lucy Harley</td>
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<td></td>
<td>Tina Harris</td>
<td>Elaine Mellor</td>
<td>Julie VanKoesveld</td>
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Thanks everyone 😊

Rebecca ODonnell

Uniform shop

REGULAR OPENING HOURS

Mondays 2:30-3:00pm (Terms 1, 2, 4)

Tuesdays & Thursdays 8:30-10:30am (Terms 1 – 4)

(When making purchases by cash please keep notes in small denominations)
VOLUNTEERS

The Uniform shop is in need of more volunteers to help out over the winter changeover period, if you can spare an hour or two on Tuesday and Thursday mornings please pop in or contact Tracey Cranston via email tracey.cranston@det.nsw.edu.au

WINTER UNIFORM

Winter uniform is worn in Terms 2 and 3. Uniform changeover will start in Week 1 of Term 2 with winter uniform being worn by week 3. Uniform shop is now fully stocked.

For sale

- Boys Grey ONE Size - 3 pack socks $5.00
- Girls Long Winter Pants $20
- Sport Skort Size 8, 10 AND 12 $15.00
- Netball Skirts $15

ROSTER

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<td>Jenny Dael</td>
<td>Kylie Webb</td>
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<th>Thursday 4&lt;sup&gt;th&lt;/sup&gt; April</th>
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<tr>
<td>Michelle Gregory</td>
<td>Kylie Webb</td>
<td>Kylie Webb</td>
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Profits made during the year in the uniform shop are given back to the P&C to support initiatives within the school.

Volunteers are always needed so if you can spare a couple of hours once or twice a month please contact Tracey via email tracey.cranston@det.nsw.edu.au

 Replies to enquiries will be returned in shop opening hours.

Tracey Cranston -Uniform Shop Supervisor

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Chess News

The Chess Club now has 71 enrolled and paid up members.

In the past few weeks & due to high numbers we have broken up the senior group from two groups to three and hired another coach, Alex Papp who is instructing in Robyn Best's room Monday lunchtimes.
Five junior boys have been invited to play up with the seniors.

The committee is discussing moving to twice yearly invoices (rather than 4 per year) & a fee increase for siblings – currently it's $55 for the first child, $35 for the second and $10 for the third.

The first internal individual tournament run by senior coach Miro Nowak attracted 34 entries & was a huge success. At least one possibly two will be run per year for MVPS students.

On March 27 MVPS will host the annual Northern Beaches Primary Schools Chess Challenge for up to 80 teams, 10 from MVPS.

Lisa is preparing a draft parents code of conduct for future enrolment forms, final wording to be approved by the committee and principal Greg Jones.

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**CONGRATULATIONS**

It was my pleasure to accompany the Pittwater Zone team to the Regional Swimming Carnival on Monday.

The Mona Vale PS competitors did themselves proud. I was so proud of their achievements. Well done to all our competitors.

Justin Cho 15th IM, 17th Backstroke  
Abby Laing 11th 50 Free  
Beau Morrisson 6th 50 Free  
James Euers 20th 50 Free  
Brandon Bartlem 18th 50 Free  
Flynn Rogley 20th 50 Free, 11th 100m  
Adam Eglezs 7th Breaststroke  
John Cuttle 7th Butterfly  
Ella Worland 19th 100m  
Jenna Powell 15th Breaststroke  
Mona Vale Sen girls relay (Ella Worland, Alice Wensing, Charli Hammond and Jenna Powell) 6th

Charli Hammond 3rd Breaststroke, 3rd Backstroke- 
Congratulations Charli! We are so proud of you. Charli now proceeds to State in both events. All the very best of luck.

Congratulations also goes to Milan Subotic, Jordi Maudson, Kiara Szann and Gabi Van Dyk who were successful in gaining a position in the Pittwater Zone Football teams. These students will now progress to the Regional trials in April. Fantastic news! We are so proud of you. A huge congratulations to Aidan Bennett who was successful in his Regional cricket trial. He will now be competing as a part of the Sydney North team at State. WOW! So proud. Well done Aidan.
Attention year 4 girls
We are looking for two girls to join our Year 4 (10 years) netball team with Peninsula Netball club. Training is on Monday afternoons at 4pm at Avalon, play starts in April and the games will be every Saturday at Curl Curl at 10.20am. This is a great opportunity to learn netball. Please phone Jo Zontsich on 0408 466 101 if you are interested. Experience not necessary just enthusiasm!

Single with Children
A non-profit social group run by the Single Parent Family Association

ARE YOU A SINGLE PARENT?

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)

It’s a great way to meet and get to know people in your area.
To find out more and get a FREE copy of our social calendar, contact us today.

Call 1300 300 496
Or visit our website:
www.singlewithchildren.com.au
Australia's First Coloured Commemorative Coin!

LIMITED EDITION

For a $10 donation
the $2 Poppy Coin will come with a Certificate of Donation

Australia’s first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this ground breaking $2 coin is simply an outstanding keepsake for every Australian.

The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.

All funds raised go to support our vital RSL programs helping thousands of Veterans’ and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 3, 65 Constitution Avenue CAMPBELL ACT

Phone orders can also be made through the National Office at 02 6248 7199.

Please note there will be a minimum postal charge of $5 per coin.

www.rsl.org.au