Welcome back to Term 4! It was lovely to return from my leave and see all the children looking so happy on Tuesday. Term 4 is always busy so please ensure you read your newsletter each week to keep up to date with events we have planned towards the end of the year.

**CYBER SAFETY PARENT SEMINAR NEXT WEEK!**

This week our students in Years 3-6 participated in workshops regarding cyber safety. The sessions were superbly conducted by 4 Senior Constables from Northern Beaches Local Area Command and both staff and students commented on how valuable the information was.

To further support the cyber safety of our students, we have organised a follow-up parent information evening which will be held on Wednesday 16th October (next Wednesday) at 7pm in our school hall. I would like to strongly encourage all parents to attend this presentation which will be conducted by Cyber Safety Advocate Leonie Smith and Youth Liaison Officer Senior Constable Robyn Jennings from Northern Beaches Local Area Command.

You can RSVP to this free event at [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and use the code WKM7N to reserve your place at this invaluable information evening. The flyer is attached to this email for further information.

Cyber safety is something which affects us all – come along and learn how to keep yourself and your children safe.

**UNSW/ ICAS Tests**

The International Competitions and Assessments for Schools (ICAS) specialises in large-scale assessment programs in Australia and over 20 countries globally. The papers are skills-based and results show student's relative position in the test population. The top 1% of students achieve a High Distinction and the top 3% Distinction. Mona Vale PS performed very well in the recent UNSW/ ICAS Tests.

In the Mathematics paper MVPS scored 5 High Distinctions and 44 Distinctions. Congratulations to these students who obtained:
High Distinction: Year 2 – Natalie Lau, Year 5 – Anh Ho and William Stamp, Year 6 – Ben Hepburn and Dawei Yuan

Distinction: Year 2 – Sawyer Blinco, Ava Brunker, Ruby Cale, Toby Carlton Van Buizen, Caitlin Howden and Joel Moran, Year 3 – Ethan Cooper, Brendan Holland, Amber Rabbitts, Emma Rous, David Tulk and Jacob Cuttle, Year 4 – Lara Munro, Year 5 – Lachlan Attrill, James Chen, Justin Cho, Adam Eglesz, Joshua Farr, Lorenzo Grillo, Lara Haygarth, Alexander Kraft, Jack Lamble, Jackie Lu, Alex O’Neill, James Wainwright and Kelly Xu, Year 6 – Olivia Bennett, Alexandra Birrell, Lily Chen, Claudia Choi, Henry Cross, Max Facibeni, Alexander Glanville, Lara Hather, Maia Hopf, Michael Limanuel, Alex Lu, Sophie Martin, Zain Ridzuan, Flynn Rogley, Katherine Tran, Zoe Tulk, Gabi Van Dyk and Darren Xu.

DEBATING CHAMPIONS!

Congratulations to our outstanding debating team consisting of Jaime Bell, Olivia Bennett, Amelia Warde and Katherine Tran who won the grand final and title, “Northern Sydney Regional Debating Champions,” at the regional debating camp at the end of Term 3. The team will now represent Northern Sydney Region at the State Debating Camp in November. In addition, Jaime Bell was chosen as part of the Northern Sydney Representative Team – well done!

We would also like to congratulate and acknowledge the team’s outstanding debating coach, Mrs Robyn Best, and thank her for the time she has devoted to developing the debating talents of our students at Mona Vale. Well done Mrs Best!

Leesa Martin
Deputy Principal

Bus passes for 2014

Year 2 students entering Year 3 in 2014, who already have a bus pass will need to reapply for a new pass. Please pick up a new application form from the office.

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Mona Vale Planner</th>
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<tbody>
<tr>
<td>Monday 14th October</td>
<td>Senior Choir at Arts Unit Choral Concert</td>
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<tr>
<td>Tuesday 15th October</td>
<td>Band Committee Meeting 7-8pm</td>
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<tr>
<td>Wednesday 16th October</td>
<td>Cyber Bullying Parent workshop 7pm-8:30pm</td>
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<tr>
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<td>Macquarie Uni Planetarium Visit 6:45pm-9:30pm (selected students)</td>
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<td>Friday 18th October</td>
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Friday 18th October
Leadership and Buddy Programs for 2014.

During Term 4, Years 3, 4 & 5 will be participating in training programs to develop and promote leadership, group work and communication skills. These training days will be undertaken in preparation for their 2014 roles as school leaders and buddies.

In 2014, Year 6 will be buddied with Year 2. As well as their role as a buddy, many Year 6 students will have the responsibility of specific leadership roles. Year 5 students will be buddied with Year 1 and Year 4 students, with our new arrivals, Kindergarten. In future years, students will move to their new grade, still teamed with the same buddy.

This innovative format will allow students to remain with the same buddy from Kindergarten to Year 2. Fantastic opportunities will then be available for all students to play and work with their buddies for a longer period of time during their primary years, forming strong bonds between the years and opportunities for both teachers and students to work in a collaborative way on special events and school based projects.

Dates for these training days will be published in the Mona Mail and year newsletters. Please note there will be a small fee involved to cover the cost of lunch and materials. This will appear on this term's school fees invoice.

Cherie O'Bryan
Assistant Principal
The Year 6 Mini Fete is fast approaching and we still need donations of used books, games and toys. Please go through your bedrooms and cupboards to locate those preloved goods that can be sold on our second hand items stall. Someone out there will enjoy your things just as much as you once did!

Thanks from Year 6

To all Year 6 Parents

We are urging all parents to send in photos of their child for the yearbook. So far there has been a very poor response rate. We need 2 photos: your child as a baby and doing a favourite sport/hobby. Please send to mypsyearbook@hotmail.com

The Yearbook will go for printing in the next few weeks and your child’s photos cannot be put in if we do not receive them. Also contact school to go on Year 6 mailing list if you have not already done so. That way you will not miss important information concerning Yearbook and end of year formal.

Elaine Mellor

Help needed for Year 6 Farewell

LOOKING FOR A LIGHTING/AV PERSON
The year 6 decorating committee is looking for a Lighting/AV specialist to help for the year 6 Farewell.
We require the skills of lighting/AV person to help set up lighting on Sunday 15th December or Monday 16th December for a few hours.
If you are interested please contact: Lisa Wiles – lisawiles@iprimus.com.au or call 0407 062 071
Many thanks

BOOK CLUB issue 7

Dear students and parents.
The issue #7 of the Book Club has now been handed out to the students. If your child missed out, there are extra brochures in the library.

The Book Club orders are due back to the library on Tuesday 15 October.
Payment can be made by cash, cheque or by credit card.
If you chose to pay by credit card, you then need to call Scholastic, on the number on the ‘payment slip’.
Please, write the receipt number (you get over the phone) on the space provided. You can pay with one amount and you will then receive only ONE RECEIPT NUMBER for all your orders!

Thanks everyone.
Rita Ericsson (library)
Book Club organiser
2014 Captains and Prefect Elections

In preparation for the election of the 2014 school captains and prefects, all Year 5 students will be participating in a 2 day leadership training course during which they will be given opportunities to discuss, explore and demonstrate an understanding of the necessary skills required to take on these positions.

Please see below the job description and essential criteria:

Role Description:
• Provide a positive role model, demonstrating leadership, Respect, Responsibility and Personal Best to the student body.
• An ambassador for the student body at school and in the community.
• Lead school assembly programs.
• Chair student council meetings with the assistance of the teaching staff as requested.
• Encourage students to take pride in their school.
• Assist any student in need when necessary.
• Willingly give time to help teachers and the community when requested.

Essential Criteria:
• Ability to speak confidently in public.
• Demonstrated ability to maintain high standards of work and behaviour in class and school activities.
• Demonstrated school spirit and pride by:
  1. Wearing correct school uniform at all times.
  2. Following and modelling the school rules.
  3. Willing to attend school functions at a variety of times.

The election timeline will be as follows:

Week 2: Year 5 Leadership Training Days followed by student nomination of candidates

Week 3: Year 5 students shortlist candidates to a final list of 30 nominees. (15 boys and 15 girls)

Week 5: Student nominees are notified and given 1 hour to prepare a speech on a topic decided by the school executive. Speeches will be given to 3-6 students after lunch on the same day. Students will be given a badge identifying them as a nominee and given a timetable of tasks to carry out over the following week.

Week 6: Students vote for their preferred candidates.

Week 8: Elected group of 16 meet with the Principal and a member of the executive to vote on the captains and vice captains.

Prior to Presentation Day students are notified of the result. All parents invited to attend Presentation Day. Captains and vice captains announced on the day.

Cherie O’Bryan
Assistant Principal
REGULAR OPENING HOURS

Mondays 2:30-3:00pm

Tuesdays & Thursdays 8:30-10:30am

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

KINDERGARTEN ORIENTATION

Uniform Shop will running appointment times for 2014 Kindergarten starters and will require volunteers to help out. If you have at least a 2 hour period free for dates below please email me.

Thursday 31st October 9.00am – 12 noon

Wednesday 6th November 8.30 – 12 noon

Monday 25th November 1.00-2.30 pm

Monday 2nd December 1.00-2.30pm

Tuesday 10th December 9.00-10.30 am

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 text only Tracey on Mobile 0427 224 893 or contact me via email tracey.cranston@det.nsw.edu.au

Replies to enquiries will be returned in shop opening hours.

Tracey Cranston -Uniform Shop Supervisor.

CANTEEN NEWS

Welcome back everyone. Here we are in Term 4 2013 - how time flies.

Hope you have all had a happy and healthy holiday break.

Christmas Raffle

This Term every time you volunteer for canteen your name goes into the hat for our Christmas
Raffle drawn in the last week of term. There are four prizes this year. The more times you volunteer the more chances you have to win :)

**Recess Menu**

Look out for our new recess food available to the children during their morning break. Much thought and consideration has gone into varying what's offered by the Canteen to the whole school community. We hope children will pop down to the canteen and try out the sweet and savoury muffins, fruit smoothies, crackers/vegetables and dips etc.

**Roster for October**

Here is our volunteer roster for October:

<table>
<thead>
<tr>
<th>Monday 7th</th>
<th>Tuesday 8th</th>
<th>Wednesday 9th</th>
<th>Thursday 10th</th>
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<tbody>
<tr>
<td>Julie Lamble</td>
<td>Michelle Gregory</td>
<td>Gi Graziano</td>
<td>Paula Tocquer</td>
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<td>Helena Nobs</td>
<td>Lisa Ratcliffe</td>
<td>Nic Graham</td>
<td>Narelle Reynolds</td>
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<tr>
<td>Karen Pembers</td>
<td>Ruth Laird</td>
<td>Michelle Le Creurer</td>
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<th>Monday 14th</th>
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<th>Wednesday 16th</th>
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<tr>
<td>Simone Allan</td>
<td>Sally Wells</td>
<td>Deanna James</td>
<td>Sandra</td>
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<tr>
<td>2 Volunteers needed</td>
<td>Arancha</td>
<td>Mira Mirov</td>
<td>Avadissian</td>
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<tr>
<td>Gus Worland</td>
<td>Sylvia Atkinson</td>
<td>Julie Lawther</td>
<td>Corrina Bouman</td>
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<td>Donna Radinovic</td>
<td>Gendic</td>
<td>Deanna James</td>
<td>Julie Shirdon</td>
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<td>Dushanka Gendic</td>
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<th>Wednesday 23rd</th>
<th>Thursday 24th</th>
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<tr>
<td>Vikki Kiddle</td>
<td>Lauren Gordon</td>
<td>Louise Crowther</td>
<td>Olivia Munroe</td>
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<tr>
<td>Emily Wearne</td>
<td>Jane Baber</td>
<td>Tahlia Binding</td>
<td>Bianca Barkley</td>
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<tr>
<td>Gill Sheldon</td>
<td>Volunteer needed</td>
<td>Deanna James</td>
<td>Michelle Le Creurer</td>
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<td>Linda Newman</td>
<td></td>
<td>Mira Mirov</td>
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<td>Deb Lloyd</td>
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<td>Julie Lawther</td>
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<tr>
<td>Rebecca Greenwood</td>
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<td>Deanna James</td>
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<th>Monday 28th</th>
<th>Tuesday 29th</th>
<th>Wednesday 30th</th>
<th>Thursday 31st</th>
<th>Friday 1st Nov</th>
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<tbody>
<tr>
<td>Therese Creed</td>
<td>Jo Castle</td>
<td>Claire</td>
<td>Emily Dowsett</td>
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<tr>
<td>Susan Senior</td>
<td>Lyne Charlton</td>
<td>Hammond</td>
<td>Lucy Harley</td>
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<tr>
<td>Tatum Moane</td>
<td>Volunteer needed</td>
<td>Cathie DeCock</td>
<td>Julie</td>
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<tr>
<td>Helen Majakovic</td>
<td>Robyn Stonell</td>
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<td>VanKoesveld</td>
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<td>Leigh Griffiths</td>
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<td>Jade Warner</td>
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</table>

Thanks to everyone who volunteers in the Canteen. It's a valuable contribution to school life and much appreciated. Mel, Michelle and I look forward to seeing you all this term.

Thanks Rebecca
Kids Matter at Mona Vale
Learning the skills to plan ahead and make good decisions is often difficult for children to learn and can become quite frustrating for parents. Children need to understand the importance of being responsible for their own decision making. Parents play an important role in assisting children to think through decisions and choose wisely.

Please refer to the information sheet included later in the newsletter, for suggestions on how parents/caregivers can help children make effective decisions.

---

Mona Vale Library and Berkelouw Books will present a free author talk with John Flanagan at Mona Vale Memorial Hall on Thursday 17 October at 4.30pm.

John, a former television and advertising writer, lives with his wife in Manly. He is currently writing further titles in his new Brotherband series.

The talk will run from 4.30pm to 6pm. The event is free; however bookings are essential on 9970 1600. Following the talk there will be book signings.

Media contact: Sarah Thompson, Mona Vale Library Ph: 9970 1600
Are you Cyber Savvy?

A QUARTER OF AUSTRALIAN CHILDREN HAVE REPORTED THAT THEY HAVE BEEN BULLIED ONLINE, WITH MANY MORE INADVERTENTLY COMING ACROSS ADULTS-ONLY CONTENT ON THEIR HOME COMPUTER OR MOBILE DEVICE.

Cyber Safety Advocate Leonie Smith says it’s time parents of primary and high school students had their home computers and mobile devices set up for safe online use.

Leonie has more than 16 years online experience in computing, online marketing and social media and will discuss strategies on how to keep lines of communication open with our children in regards to their online lives at this Cyber Safety Presentation.

The presentation will include:

- Updates on the latest in apps and platforms
- Safe search settings
- Dangerous apps and blogging sites
- What is cyber bullying?
- Common traps for young people
- Q&A discussion on communication strategies

Wednesday 16th October, 7:00- 8:30pm, Mona Vale Public School Hall
Mona Vale Public School presents

Moonlight Cinema

Friday 8th November 5.30pm

Celebrate the arrival of summer and enjoy a picnic, followed by a family movie.

Stalls and surprises galore!

Tickets on sale from Wednesday 16th October

Ticket price TBA
Helping kids to choose wisely

Nine year-old Zak was in a bit of a panic. “Grandma, Grandma, you have to write a note!” “Why, Zak?” his Grandma wanted to know. “Because I didn’t do my homework and I don’t want my teacher to get mad at me.”

Zak’s Grandma remembered asking him that afternoon if he had any homework. At the time he was watching his favourite TV show. He told her, “Not much. I’ll do it in a minute.”

After that Amos had called and invited Zak over. Amos had a new Nintendo game and Zak couldn’t wait to play it. He had forgotten all about his homework.

Now it was bedtime and Zak suddenly remembered that his homework wasn’t done. If only Zak would learn to think through his decisions more carefully!

It’s frustrating for parents and carers when children don’t think ahead and they are left to sort out problems at the last minute. Adults might be able to come up with a solution for the immediate crisis, but what about getting children to think things through in the first place?

Effective decision making is a skill that children can learn

To be able to make good decisions children must learn to:

• recognise when there is a choice for them to make
• understand that they are responsible for making the decision
• take others’ needs into account
• think of different possible choices or solutions and decide which is best.

Children learn skills for effective decision making when they are taught the steps and given opportunities to practise using them to solve problems. Teaching Zak these steps and reminding him to use them could have helped him make a better decision.

Being able to plan ahead and choose wisely are very important skills that help children succeed at home, at school and in life. Parents and carers can help by teaching children how to think through decisions and giving them opportunities to practise their skills.
Learning the steps

<table>
<thead>
<tr>
<th>Steps for decision making</th>
<th>Example</th>
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</thead>
<tbody>
<tr>
<td>1. What do you have to decide about?</td>
<td>• Deciding what to do after school.</td>
</tr>
</tbody>
</table>
| 2. What choices do you have? | • Go and play with friends.  
• Stay and do homework.  
• Watch my favourite TV show. |
| 3. Weigh up the pros and cons of each option and choose the best one | • Going to friend’s house is more fun than homework.  
• Watching TV is fun and relaxing.  
• I’ll get into trouble if homework doesn’t get done. |
| 4. Put your choice into action and then check how it works out | • Do homework as soon as I get home from school so that I can watch TV, or if a friend calls, I am free to go and play. |

Helping children take responsibility

Children often focus on immediate wants and don’t consider long term consequences. They need adult guidance to develop their decision making skills. Parents and carers can prompt good decision making by identifying appropriate choices for children to make and using questions to help them think through the steps.

To learn to use decision making skills children need to be shown how to use the steps and be given opportunities to practise them. Practice and experience are necessary for building skills.

It is important to remember that children’s thinking skills develop gradually and so does their capacity for making decisions. Children do not learn to make good decisions overnight. They need to start with simple things.

Further information on helping children learn decision making skills is available in the KidsMatter resource pack at your school on Helping children make decisions and solve problems.

The following web pages may also be of interest:

- www.familyrelationships.org/sydney/content/File/probsolv.pdf

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at www.kidsmatter.edu.au
NEWPORT PUBLIC SCHOOL
FETE 2013

SATURDAY 19TH OCTOBER
9AM - 2PM
STUART ST NEWPORT

rides
haunted house
kindifarm
cake & jam stalls
showbags

2nd hand clothes & books
*entertainment*
trash & treasure
food stalls
live radio broadcast all day
+ monster skate park & parkour

PROUDLY SPONSORED BY
LJ Hooker Newport
Winning Appliances since 1906
Saturday Mornings from 9.15am at North Narrabeen Ocean Pool
Season starts: 12 October 2013
Season finishes: 12 April 2013

FAMILY FRIENDLY SWIMMING CLUB

- All Ages
- Handicap Races- 33m, 50m, 100m & 200m
- Relay & Medley Races
- Parents can swim with young kids
- Twilight swim- Thursday evening 400m
- BBQ each week after swimming
- Encouragement awards for the kids
- Christmas Party’s & Australia Day Celebrations

For more information please contact:
Email- narrabeenswimclub@hotmail.com
Phone- 0427 281 200
www.facebook.com.au
Or just turn up on the 12 October at 9.15am
Fun for all the Family

All ages—4 years to adults
All standards—15m, 25m, and 50m Handicap Races
Parent and Child Relay Races
Parents can be in the water with small kids
BBQ’s down at Poolside during the Season
Fun and Friendly Competition
Twilight Meets and Novelty Races
Come along and Enjoy the fun

Sponsored by

Avalon Bilgola Amateur Swimming Club Inc.

Saturday Mornings 8:45am
Mid Oct to End of March
Bilgola Beach Rock Pool

Address: PO Box 282, Newport
Email: info@avalonbilgolaswimming.asn.au
Web: www.avalonbilgolaswimming.asn.au

President: Richard Vander Reyden
Secretary: David Hawkins

Registration Fee:
$30 per swimmer

Season Starts:
12th October, 2013
8:45am
Season Finishes:
29th March, 2014

Johnson Bros Mitre 10 Yellow Brick Road Mona Vale G Brothers Mona Vale Unique Kids
Silicon Beach Computers Scratch and Ding King DMC Swim Chill Bar Avalon
Learn Music on keyboard in 2014 at Mona Vale PS

* 45 minute weekly lesson - small group
* Instrument not required initially
* Music material provided
* Competitive rate - $25 per session
* Limited vacancies
* Convenient at-school venue

Call 9411 3122 to express interest before Fri 1 Nov

www.learnmusicatschool.com.au

Violin Incl. Piano (VIP) Music est. 1984  Tel: 9411 3122 (during school term)

before Fri 1 Nov