Don’t Forget Moonlight Cinema Tonight  
Have a great evening!

### Mona Vale Planner

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</table>
| Monday 11\(^{th}\) November | Responsible Pet Education Program K-2  
|                    | Year 4 Buddy training                                   |
| Tuesday 12\(^{th}\) November  | Year 4 Buddy training                                   |
| Wednesday 13\(^{th}\) November | Year 4 Buddy training                                   |
| Thursday 14\(^{th}\) November | Pittwater HS Mini-lessons for Year 5                      |
| Friday 15\(^{th}\) November   | Responsible Pet Education Program K-2  
|                    | MCPSC State Finals                                      |
| Monday 18\(^{th}\) November  | Year 2 Swimming Scheme                                  |
|                    | Training Band at Warringah Mall 1pm-3pm                  |
| Tuesday 19\(^{th}\) November  | Year 2 Swimming Scheme                                  |
|                    | Band Assessments-Performance Band                        |
| Wednesday 20\(^{th}\) November| Year 2 Swimming Scheme                                  |
|                    | Year 4 Multicultural Day                                |
| Thursday 21\(^{st}\) November | Year 2 Swimming Scheme                                  |
|                    | Eagle Tag Gala Day                                       |
| Friday 22\(^{nd}\) November   | Year 2 Swimming Scheme                                  |
|                    | Mona Vale House Concert 10:30am-12:30pm                  |
Administration hours are Monday to Friday 8.30am – 3.15pm

Term 4 Accounts
Term 4 accounts are now due. If you have not received a copy of your account, please contact the office.

Please Note Year 6 Parents: the Year 6 Committee will be ordering DVD/Books and arranging catering for the Year 6 Farewell based on the number of students who have paid. If you have not already paid your account please do so immediately so you can be included in these orders/events.

Should anyone be experiencing financial difficulty please contact me. We don’t want students missing out on events due to financial stress.

All orange permission notes should now have been signed and returned to your teacher. Students are not able to attend activities without it.

Thanking you
Leonie Gallard
School Administration Manager

Creative Arts News

Training Band 2014: A reminder to all students that received the band information packs that Mrs. Shaw needs your to return the little slip saying you received the information and that you are keen to join our Training Band in 2014. Please have these slips into the striped box in the school office by next Friday 15th November.

Strings 2014: There will be a special concert on Tuesday evening 26th November from 5:30-7pm for all students interested in joining our strings program in 2014. All of Year 1 has been learning violin in class and this is a night to discuss if they would like to continue their violin studies and join a string group. All Year 1 classes will perform on this night (For fun and to show you what they have been doing in class time) and the senior string ensemble. Our choirs will also be performing some songs they have been working really hard on this year. It will finish in time for keen parents to also attend the P&C Meeting that evening.

Mona Vale House Visit: Friday 22nd November the following groups need to bring their permission notes back to their respective teachers: Senior Choir, Junior Choir, Recorder group, String group and Stage Band. We look forward to sharing time and music with the older members of our community.
Xmas Carols: Wednesday 4th December 5:30 on Waratah Street Oval

*Bring* a picnic hamper, *Bring* some money to donate to the Bush Fire Appeal that our SRC representatives will collect, *Bring* friends and family, *Bring* your cameras to take photos of all the grade items and most importantly *Bring* your voice and festive cheer and sing along to our big combined carols.

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**Pittwater High School Orientation**

Uniform Opening Hours

Tuesday and Thursday

8:15am-11:15am

Open before Orientation

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**Term 4: Last Day for students Wednesday 18th December 2013**

Staff Development Days Thursday 19th & Friday 20th December 2013

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2014

**Term 1: Staff Development Day Tuesday 28th January**

Students Return Wednesday 29th January

Last Day for students Friday 11th April
Peninsula Community of Schools (PCS)
2015 Extension Classes

A) General Achievement Test
   - Information and Application Process -

Dear Parent/Caregiver and Year 5 (2013) / Year 6 (2014) student,

On Tuesday 11\textsuperscript{th} March the Peninsula Community of Schools has arranged a General Achievement Test to select students for placement in Extension Classes in 2015 at Barrenjoey HS, Pittwater HS and Narrabeen Sports HS. The test and placement offers are being organised through the Peninsula Community of School Office. Students are only eligible for placement in the Extension Class at their local designated high school.

In addition, each school may apply separate selection criteria for an additional class that will be based on a particular area of giftedness or talent - eg. Music or Performing Arts, or Creative and Performing Arts.

Return the application form and payment to Narrabeen Sports High School. **DO NOT RETURN THIS TO YOUR CHILD’S PRIMARY SCHOOL.**

**General Achievement Test**
This is a two hour externally sourced test with a focus on English, Mathematics and Science. The test format is:
- Reading and Language (40 minutes) – 40 multiple choice questions from various stimulus material
- Mathematics (40 minutes) – 40 multiple choice questions
- Writing task (30 minutes) – 1 writing task

The test is externally marked. There will be a cost recovery charge of **$40** to sit the test - this will cover the cost of test materials, administration, external marking and test supervision.

**Location, date and time**
The test centre will be at the Narrabeen Sports High (NSHS) assembly hall on Tuesday 11\textsuperscript{th} March at 9.15am sharp. Parents and caregivers are requested to have their son/daughter at NSHS by the designated time. The test will conclude at 11.30am and students should be collected immediately after the test.
**School Selection Process**
After the test results have been received, the Peninsula Community of Schools Office will make an offer of placement to the highest ranked students to the Extension Class at their local high school. A reserve list will also be established.

**General Achievement Application Form**
Applications must be received at Narrabeen Sports High School, no later than **Friday 28th February, 2014**. Payment needs to accompany the application form and can be a money order, credit card or cheque made out to Narrabeen Sports High School.
A confirmation letter will be sent out on Monday 3rd March 2014

**Admission into the test hall on the day of test**
Only students registered (paper work received and payment) by the closing date will be allowed to undertake the test.

Yours sincerely

**Sharon Smithies**
Peninsula Community of Schools Coordinator
On behalf of the Principals of the Peninsula Community of Schools

**Key Dates for entry to Year 7 Extension Class 2015**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Application packages available in schools to Year 5 parents</td>
<td>Monday 4th November 2013</td>
</tr>
<tr>
<td>Parent completes and returns application by</td>
<td>Friday 28th February 2014</td>
</tr>
<tr>
<td>Confirmation Letters mailed by</td>
<td>Monday 3rd March 2014</td>
</tr>
<tr>
<td>Extension test date</td>
<td>Tuesday 11th March 2014</td>
</tr>
</tbody>
</table>

Lance Berry         Jane Ferris      Ian Bowsher  
Principal         Principal      Principal  
Narrabeen Sports HS         Pittwater HS      Barrenjoey HS
Peninsula Community of Schools (PCS):
2015 Year 7 Extension Classes

General Achievement Test Application Form
Tuesday 11th March 2014, 9:15 am
Narrabeen Sports HS Assembly Hall.

Current Primary School: _______________________________________

Local Area High School: _______________________________________

Name of student (1): __________________________________________

Name of student (2): __________________________________________

Residential Address: __________________________________________

_________________________________________________________________

Phone: ___________________ Mobile: _____________________________

Parent Name(s) ________________________________________________

Signature: ___________________________ Date: ____________________

#Please forward this application to the Peninsula Community of Schools
Narrabeen Sports High School,
North Narrabeen, NSW, 2101

with Money Order ($40) or Cheque made out to Narrabeen Sports High School
NO LATER THAN Friday 28th February, 2014

PAYMENT DETAILS

STUDENT Name: _______________________________________________

Please tick preferred method of payment  Cash [ ]  Cheque [ ] Payable to NSHS crossed ‘Not Negotiable’

OR

Please debit my  Visa [ ]  Mastercard [ ] $________________

Name of Cardholder: __________________________________________

Expiry Date: _______ / _______  Signature: ______________________

(Office Use Only) Authorisation No _______________________ NSHS Receipt No _____________
AUSSIE BUSH CHRISTMAS

LOTS OF PRIZES - LUCKY DOOR - BEST DRESSED

Year 3-6 Students
6 December 7-9PM
MVPS HALL
$12 Wristband – please bring correct change
(Ticket includes; drink, ice blocks and chips)

Wristbands will be on sale Thursday 5 November from 8:30am till 9am
outside the library or from 7pm at the door. Children must be escorted
to the hall no earlier than 7pm
(please stay with you child until ticket is purchased)
and collect at 9pm prompt. Children will not be allowed to leave the
school unescorted. Only open to MVPS students.
ACCESS VIA WARATAH ST CAR PARK ONLY

Please email your song request to macinj@warringah.nsw.gov.au
(Song title, artist, your name and class) or fill out the slip below and post in Band Box in school office no
later than 4 December 2013.

Name...................................................................................... Class.................................................................

1. Title............................................................................. Artist...........................................................................

2. Title............................................................................. Artist...........................................................................

3. Title............................................................................. Artist...........................................................................
Helping children cope with fears and worries

Six year old Jessica doesn’t want to go to sleep in her own bed. “You stay with me Mum”, she says. Jessica’s Mum reads another story. Her Mum gives her one more kiss and leaves.

A few minutes later, Jessica appears in the doorway. “I’m scared something might happen to the house. The roof might blow away.”

Mum: “Nothing’s going to happen to the house.”

Jessica: “But I saw it on TV.”

Jessica had not seemed to be bothered about the TV before. Now her parents realise she must have become worried after seeing TV news items about recent storms.

Noticing when children are afraid

It’s not always easy to tell when a child is frightened or worried. Obvious things that the child responds to immediately, like thunder, are easy enough to recognise. But some things are not as obvious. Children may not tell you they are scared. Often they show it through their behaviour instead.

When children are scared or worried they may:

• become clingy or demand that a parent or carer stay close to them
• have sleeping difficulties or want to sleep in their parent or carers’ bed
• lack confidence to do things they did happily before
• avoid situations that make them feel scared or anxious
• ask a parent or carer to do things for them or with them
• complain of tummy aches or headaches.

Understanding children’s fears

Children get scared for all sorts of reasons. Often their fears seem unreasonable to adults. But even what may seem illogical to adults, can be very real to children.

Some fears are very common amongst children, with different sorts of fears appearing at different ages. Preschool children are often afraid of imaginary things like monsters hiding under the bed. In early primary school children are usually more fearful of real things that might happen, like being hurt. Later fears are more typically about possible failure at school or in sport.
Helping children to cope with fears

Children need adult support in order to learn to cope with fears. They need reassurance to reduce their anxious feelings, and skills for coping so that they can gradually learn to manage fears themselves.

How parents and carers can help

- Acknowledge how your child is feeling. Naming it, (e.g. ‘feeling scared’), helps the child begin to see fear as a normal emotion that can be overcome.
- Stay cool yourself so you can model positive coping.
- Tell them how you learned to get over fears when you were their age.
- Positive self-talk can help children put fears into perspective. For example, “The storms on TV are far away from here. My house will be O.K.”
- Asking what a favourite hero might do in this situation can sometimes be helpful for encouraging children to be brave.
- Learning relaxation skills is often very helpful for dealing with fears.
- Help the child put realistic limits around the scary situation. For example, Jessica’s parents could explain that the TV pictures she saw were about something that happens rarely and only when the weather is extreme.
- Since television is a frequent trigger for children’s fears it is important to monitor television viewing to minimise exposure to things that may be frightening. It can also help to discuss scary things at the time they are seen on TV.

Learning to cope with fears and worries helps children develop confidence.

Further information on children’s fears and learning to cope is available in the KidsMatter resource pack at your school on Helping children cope with fears and worries.

The following web pages may also be of interest:

www.aboutourkids.org/aboutour/articles/fears.html

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at www.kidsmatter.edu.au
Flotsam and Jetsam

Come and see me at
Pittwater Community Arts Show
Avalon Recreation Centre
59a Old Barrenjoey Road, Avalon
Opening Night; 15th November 7pm–9pm
16th Saturday 9am–5pm
17th Sunday 9am–4pm

Affordable gifts lovingly made from re-cycled materials.
All proceeds to charity

Handmade in Mona Vale