<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Monday 17th June</td>
<td>ICAS Writing Test</td>
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<td>Year 1 excursion to the Aquarium</td>
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<tr>
<td>Tuesday 18th June</td>
<td>ICAS Spelling Test</td>
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<td>P and C meeting (7:30pm - 9:30pm)</td>
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<tr>
<td>Wednesday 19th June</td>
<td>School Photos (please see attachments)</td>
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<tr>
<td>Thursday 20th June</td>
<td>School Photos</td>
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<td>CAPA meeting (3pm - 4pm)</td>
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<tr>
<td>Friday 21st June</td>
<td>Northern Beaches Instrumental Festival - Pittwater HS (Performance Band) 7pm-8:30pm</td>
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<tr>
<td>Sunday 23rd June</td>
<td>Northern Beaches Instrumental Festival at Pittwater HS (Training and Concert Band)</td>
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<td>Monday 24th June</td>
<td>Junior and Senior Dance at Glen Street Dress rehearsal(12:30pm - 2:30pm)</td>
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<td>Glen St Performance- Senior Dance (5pm - 7pm)</td>
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<tr>
<td>Tuesday 25th June</td>
<td>Multicultural Public Speaking Competition Regional Finals</td>
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<td>Glen St Performance- Junior Dance (5pm - 7pm)</td>
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<td>Wednesday 26th June</td>
<td>Honour Assembly</td>
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On Monday 22\textsuperscript{nd} July 2013 there will be three performances of HERMAN AND ROSIE by the Children’s Theatre group \textit{Tony Bones Entertainment} in the School Hall to celebrate Book Week and Literacy Week.

We are especially delighted about hosting Herman and Rosie because Gus Gordon, author and illustrator of this gorgeous picture book; a story about friendship, life in the big city, and following your dreams, is the father of two children at MVPS.

HERMAN AND ROSIE will come to life on stage in a 40 minute theatrical performance with original music, song and dance and thrilling drama. Different dramatic genre covered throughout
the show include: puppetry, comedy, narrative, music theatre, pantomime, a slow motion scene and more. The audience is encouraged to interact and participate and the performance is curriculum linked with lesson plans.

We hope all the children are able to attend, the cost of $8:50 is a fraction of what it would be at the theatre. This cost will be included on your Term 3 account.

PBEL (Positive Behaviour Engaging Learners)

Any new students to Mona Vale, please feel free to hand in any certificates from your previous school to your class teacher or give them directly to Ms Morgan (3M). The PBEL Team will look at the certificates and decide where these fit into the Mona Vale P.S award system structure. This will ensure that all students at Mona Vale have an equal opportunity to achieve and aim towards the Mona Vale Medallion.

Thank you
Ms Sarah Morgan

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school.

The more stickers we collect, the more we can redeem. Please send in your Woolworths Earn & Learn Points Sheets this week and any loose Earn & Learn Points Stickers you may have. Every little bit helps. Thanks again for all your support!

Tara Sheppard

Kids Matter at Mona Vale

Resolving conflict is often a difficult skill for students to learn. It involves managing emotions, communicating with others and identifying appropriate steps to take. We have included some useful suggestions and strategies for parents and carers to assist children with resolving conflict.
Helping children resolve conflict
Suggestions for parents and carers

The skills needed for resolving conflict effectively are complex. They involve managing feelings, understanding others, communicating effectively, developing options and making decisions. Parents and carers play an important role in helping children resolve conflicts. You can also play a critical role in establishing positive guidance that teaches children the skills needed to resolve conflicts effectively.

How you can guide children’s conflict resolution:

- Set the scene for cooperation
  Show how to cooperate and respect others through your own approach. Ask children to help solve the conflict and express confidence that they can work it out cooperatively. It is very important that children approach the conflict in a positive way, and believe that they can work together to work it out.

- Help children handle emotions
  Children may need encouragement and help to stay cool in a conflict – especially if they feel they are being accused or blamed. They may feel anxious and need support to stay calm if they feel intimidated. In conflicts that are particularly heated, children may need to have time away from each other to cool down before going on to work out ways of resolving the conflict. Taking time to calm down can help children overcome the tendency to react aggressively or withdraw from the situation.

- Encourage empathy and respect for others
  Teach children to listen to and understand the needs and concerns of the other person. Help them to ask why the other person wants something and consider what it might be like to be in their shoes. Learning to understand the other person’s perspective is a critical foundation for conflict resolution and for building positive relationships.

- Practise communication skills
  Effective conflict resolution relies on clear communication of feelings and wants. This can be especially difficult when under pressure in a conflict. Learning to speak clearly and respectfully takes practice. You can help children practise what to say to initiate conflict resolution, for example: “If we talk about this, I’m sure we can sort it out.” Practising assertive ways for children to express their wants and concerns is also particularly helpful, for example: “I want you to ask before using my things.”

- Encourage creative solutions
  In conflicts people often get stuck in their own positions and can’t see other options. This is why it is so important to get the creativity going when thinking of possible solutions. The brainstorming rule, that no-one is allowed to say that something won’t work, is intended to help with getting creative. Steer children back to the point if necessary, but leave evaluation of the ideas they come up with for later. It’s okay for adults to help children think of alternative solutions if it helps them to get creative.

- When enough is enough
  Some conflicts are too big for children to work out. Sometimes children are not ready to sort them out and the conflict continues to escalate. If children’s conflicts become very intense or lead to physical aggression, then it is important for an adult to step in. When a mutual solution is not possible you can still help your child to think through the alternatives that are available to him/her and choose the best one.

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at www.kidsmatter.edu.au
**FLEXI SCHOOLS**

Uniform shop purchases can now be processed through Flexi School, allow up to 5 days for delivery to classrooms.

The uniform shop will provide an exchange or refund on unworn/unnamed garments which have tags and packaging intact.

For information please contact the Uniform Shop Supervisor, Tracey Cranston: Mob (TEXT ONLY) 0427 224 893 Or Email: tracey.cranston@det.nsw.edu.au

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**Sport**

Congratulations to our Regional cross country runners at Gosford racecourse on Thursday. You were fantastic ambassadors for your school and Zone.

Will Allan 9th  
Joel Wiles 61st  
Mitch Seymour 18th  
Alice Wensing 34th  
Jordi Maudson 42nd

Fantastic achievements in a very competitive field.
ROCK STAR
DISCO

Lots of prizes   Lucky Door   Best Dressed

Year 3-6 Students
29 June 2013 7-9PM
MVPS HALL

$12 Wristband—please bring correct change
(Ticket includes; drink, ice blocks and chips)

Wristbands will be on sale Wednesday 27 June 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 your child until ticket is purchased) and collect at 9pm promptly. 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 s_meUor@hotmail.com
(Song title, artist, your name and class) or fill out the slip below and post in Band Box in school office no later than 27 June.

<table>
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<tr>
<th>Name</th>
<th>Class</th>
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1. Title: ____________________________  Artist: ____________________________
2. Title: ____________________________  Artist: ____________________________
3. Title: ____________________________  Artist: ____________________________
Go4Fun
Healthy. Active. Happy. Kids

FREE fun program for kids to become fitter, healthier & happier

Do you have children 7 to 13 years old?
Are you worried they might be above their healthy weight?

- Go4Fun runs for 10 weeks during school term for children and their parents.
- Sessions are run twice a week for two hours after school and include games, activities.
- Tips on healthy food, label reading and portion sizes plus much more.
- Registrations for the next school term are now open. Course details are outlined below.
- To find out more or enquire about other locations, phone:

Free call 1800 780 900

SMS your name, kids name & suburb to 0409 745 645 and we will call you back.
You can also register online by visiting www.menscentral.org/go4fun

Where:

North Ryde RSL Youth Club
Magdala Rd, North Ryde

Hornsby PCYC
94 George St Hornsby

Pittwater Sports Centre
1525 Pittwater Rd, North Narrabeen

Fix Australia
319 Penshurst St, Chatswood

When:

Tuesdays and Thursdays
Starts 16th July, 4.00pm-6.00pm

Mondays and Wednesdays
Starts 22nd July, 4.30pm-6.30pm

Tuesdays and Thursdays
Starts 16th July, 4.00pm-6.00pm

Mondays and Wednesdays
Starts 15th July, 4.30pm-6.30pm
You are invited to attend the Peninsula Community of Schools Art Exhibition in celebration of the Guringai Festival

"Live Life Loudly"

Please come along and enjoy the “UNITY in our CommUNITY Art Exhibition” showcasing student work from Kindergarten to Year 12 of the Peninsula Community of Schools.

**Where:** Wheeler Heights Public School  
Veterans Parade Wheeler Heights  

**When:** Wednesday 26th June

**Time:** 5:00pm – 7:00pm (Official Welcome at 5:30pm)

**Admission:** Gold coin donation  
(Funds raised support Literacy backpacks)

Light refreshments will be available
Get riding these school holidays!

AustCycle’s program is designed to teach children between the ages of 5 and 12 the important skills of bike control and road safety so that they can confidently ride on the weekend, to school or with family and friends.

There are two courses being offered in Pittwater these school holidays, which will be delivered from July 1 to July 5, 2013.

1. **Bike Camp** - (10am until 12pm at Narrabeen North Public School)
   For children who want to learn how to:
   - Control their bike through a range of bike handling skills
   - Brake safely in different types of conditions
   - Learn and apply safety principles when riding a bike

2. **Road Safety** - (1pm until 3pm at Narrabeen North Public School)
   For children who want to learn how to:
   - Further develop their bike handling skills
   - Effectively scan and identify hazards while riding
   - Signal safely while riding in traffic
   - Correctly negotiate intersections and roundabouts

Both programs are just $25 and includes:
- 6-hours of training with two accredited AustCycle Teachers
- A participant pack that includes a certificate of recognition

Give your child the confidence and skills to ride safely by registering online on AustCycle homepage [http://www.austcycle.com.au](http://www.austcycle.com.au). There are limited spots available so register today!

For any course queries, call AustCycle on (02) 9939 5842.

This program was funded by the Australian Government