Due to the unseasonal weather we are experiencing, children are permitted to wear their summer uniform. Please remember hats must be worn. NO HAT NO PLAY.

From the Executives

This week our Mona Vale students have shown what a talented lot they are in a wide variety of subjects. Mrs Dean accompanied 8 of our girls from years 2 – 6 to the Opera House on Tuesday evening. The Arts Unit of NSW provides students from public schools the opportunity to perform in the most prestigious venue in Australia. Our girls joined 44 other schools from around the state.

Selected Year 5 and 6 students travelled to East Hills Boys High School on Wednesday with Mrs Stevenson and Mrs Best, to compete in an event called ‘The Mind Marathon’. All our teams performed extremely well.

Our sports champions were in action at the Zone athletics carnival on Tuesday accompanied by Mrs Elsley, Miss Kelsall and Mrs Stevenson. All of our athletes performed extremely well and a number of them were successful in getting through to the Regional Carnival to be held early next month.

We are extremely proud of all of our students who have represented the school in the past week. A special thank you to the wonderful teachers who have trained, coached, mentored and accompanied these students to the events.

Father’s Day Breakfast

It was fantastic to see so many Dads at our Father’s Day Breakfast this morning. We wish Dads everywhere a very happy Father’s Day on Sunday. Special thanks to Severine Delerue and all the volunteers who helped make the morning such a success.

We acknowledge that Father’s Day this year in particular, will be a difficult time for some members of our school community. To those families we send our thoughts, support and love.

Simone Rizzuto
Assistant Principal
### Week 8

<table>
<thead>
<tr>
<th>Monday 2nd September</th>
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<tr>
<td>Tuesday 3rd September</td>
<td>P &amp; C Meeting 7:30pm</td>
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<td>Wednesday 4th September</td>
<td>Year 5 Dance Sports</td>
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<td>Thursday 5th September</td>
<td>Kindy 2014 School Tour 9:30</td>
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<td>Friday 6th September</td>
<td>Concert Band Music Festival &amp;pm</td>
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### Week 9

<table>
<thead>
<tr>
<th>Monday 9th September</th>
<th>Senior Choir at Arts Unit concert rehearsal</th>
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<tr>
<td>Tuesday 10th September</td>
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<tr>
<td>Wednesday 11th September</td>
<td>Spelling Bee Finals at Frenchs Forest PS Year 5 Dance Sports Year 2 Band recruitment evening 6pm-7pm</td>
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<tr>
<td>Thursday 12th September</td>
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<tr>
<td>Friday 13th September</td>
<td>Band Disco 7pm-9pm</td>
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</table>

### Term 3

Last Day for students, Friday 20th September 2013

### Term 4

Students return Tuesday 8th October 2013
Last day for students Wednesday 18th December 2013
Staff development Days, Thursday 19th December and Friday 20th December 2013
Dear Parents and Careers

This week we have included a link to an article from our own NSW Department of Education and Communities.


This Homework Policy: Research Scan summarises research on homework, considers strategies to maximise the benefits and examines in detail whether time spent on homework results in improved student achievement. It looks at both the Australian and the international context, by examining more than 50 national and international studies. The roles of parent involvement and socioeconomic status are also considered.

Enjoy the read.

Homework Committee

2013 Mind Marathon

60 students from Year 5 and Year 6, divided into 10 teams of 6, represented Mona Vale PS on Wednesday in the Mind Marathon at East Hills Boys Technology High School Panania. It was an amazing day!

All students were pushed right to the edge and challenged their brains whilst running through rounds of challenges including Mathematics, English, General Knowledge, Science, History and Geography as well as a building challenge using toothpicks and gummy bears!!!!!!!

All teams performed admirably with our Year 6 girls teams taking out 1st and 2nd prize. We were so proud of everyone.

Looking forward to participating again in 2014.

Mrs Stevenson and Mrs Best
Kids Matter at Mona Vale

Children need to know that having angry feelings is normal, but they need to learn how to deal with their feelings. Understanding how to deal with anger will make it easier for children to solve problems and be more relaxed around others. Please see the following list of ideas for how parents/carers can teach children to manage anger and teach them ‘cool down’ strategies.

Please refer to the attachments

BOOK CLUB

All brochures from issue number 6 have been handed out. The return date of all orders is MONDAY 2nd SEPTEMBER. Payment can be made by cash, credit card or by cheque.

Rita Ericsson
Book Club organizer

The Premier's Reading Challenge

The Premier's Reading Challenge is a NSW government initiative which aims to encourage in students a love of reading for learning and enjoyment through quality literature. In 2013, over 950 students at MVPS have just completed the PRC. These students will receive a certificate in Term 4 from the Premier celebrating their success. Their names will also be published on an Honour Roll in the Sun Herald. Well done Mona Vale School!

Thank you to the class teachers and parents for your support.
Charmayne Hodgman.
BA (Eng 1) Hons, P Grad Dip Ed (Prim), P Grad Dip Ed (Engl) Syd, P Grad Dip Lib/Info Sc UTS, MEd Lead Mgt (Res) Syd.

Assistant Principal, Teacher-Librarian

Uniform Shop

REGULAR OPENING HOURS

Monday 2:30-3:00pm
Tuesdays & Thursday 8:30-10:30am

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

SUMMER UNIFORM

Summer stock is now available for purchase.

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

Replies to enquiries will be returned during the Uniform Shop opening hours.

Tracey Cranston - Uniform Shop Supervisor.

Canteen

The school year is rolling along and it's hard to believe its September next week.

Thank you to all those lovely mums and dads, sisters (special mention to Sylvia Atkinson's sister Stella who volunteered many times during her annual holiday to Mona Vale from Canada) for your help in making Canteen life very enjoyable for Mel, Michelle and I.

The much loved slushi machine has been switched on this week due to the very warm weather we are enjoying.
Slushi's are sold at lunchtime and are $1.50 each. Flavours this week are mango or lime.

There are a few dates where extra volunteers are needed in the canteen.
If you can help out at any of these please give Mel or me a ring 9997 2442 or pop into the canteen.

4th September
18th September
14th October
16th October
30th October
13th November
27th November

Happy Father's day to all school Dads.

Keep happy and healthy.
Rebecca

Community News

Art Club

The Art Club exhibition ART INSIDE was a huge success!
Congratulations to the students for their beautiful work and to the parents for their participation and contribution - we raised $540 for Kids with Cancer!
This will go to hospitals like our local Bear Cottage - towards improving life there.
Thanks also go to Mark Tuckey for hosting the show!
More of the students work will be able to be seen at the Father's Day Breakfast, so if anyone is thinking of joining next term, come and have a look! There will also be spaces for the last 2 weeks of this term, if you would like to come and try it out!

Any enquiries for Art Club or for the school holiday activities offered by Art Club at Avalon Recreation Centre please call; Liz Macdonald 0432 956 786 theartclub@yahoo.com

**MONA VALE NIPPERS** [www.monavaleslsc.org.au](http://www.monavaleslsc.org.au)

Are you aged between 5 & 14 (must be 5 by 30.09.13)? Would you like to be involved in a surf lifesaving junior program?

If so, come and join Mona Vale Surf Club Juniors Surf Lifesaving Program. Every Sunday between October 2013 and March 2014 your child/children can learn beach, sand and surf activities in a fun and relaxed environment. It’s all about joining in, having fun and learning about beach awareness and how to respect the surf. We welcome parent involvement.

Registration days are Sunday 8th September 9am – 12noon & Sunday 15th September 9am – 12 noon at Mona Vale Surf Life Saving Club Surf Road Mona Vale. Enquiries admin@monavaleslsc.org.au

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**Pittwater Council School Holiday Activities**


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**Toys Toys Toys**

*Peninsula Senior Citizens Toy Repair Group*

We are a group of Senior Citizens who meet once a week to clean, sort and repair preloved toys, these are then distributed to charities, free of charge. We have approximately 50 charities on our list, including a Children’s Hospital in Cambodia.

*We need your help*

Our stock of toys is dwindling, don’t throw your toys out for Council cleanup, give them to us, help the environment and make needy children happy, (please NO STUFFED TOYS, we have a surplus of these).

*HOW TO DONATE YOUR TOYS:*

- Toy Repair Group has a collection box in Avalon, Mona Vale, Dee Why and Manly Libraries
- Drop off toys at our depot at Kimbriki Tip – ask the gatekeeper
- Leave at 169a Mona Vale Road, Ingleside (next to Baha’i Temple, turn at the traffic lights) on Wednesdays 7.30am to 11.30pm

For pickup of larger toys such as bikes contact:

Terry Cook 0410 597 327

or for more information contact

Mary Kitchen – peninsula.toys@gmail.com

Please help - we need your toys for disadvantaged children
Congratulations to our whole team for amazing PB’s and true sportsmanship. We were so proud of your achievements.

Ben Trbojevic - Senior - 1st Shot Put
Tom Morrison - Junior - 2nd Shot Put, 3rd 100m
Will Allan - Junior - 2nd High Jump, 4th 100m
Carl Watson - 11yrs - 3rd High Jump
Oskar Warner - Junior - 1st Long Jump
Alice Wensing - 11yrs - 3rd Long Jump
Adam Englesz - 11yrs - 2nd Shot Put
Tom Newbold - 11yrs - 3rd Shot Put
Jaime Bell - Sen - 4th 800m
Owen McNicol - 8yrs - 3rd 100m
Joey Feng - 9yrs - 2nd 100m
Jasmine Bonomi - 12yr - 1st 100m, 2nd 200m
Senior Girls relay – 4th - Alice Wensing, Jasmine Bonomi, Ella Worland, Jaime Bell
Senior Boys relay - 4th - Joel Wiles, Kai Morgan, Tom Newbold, Aidan Bennett
Junior boys relay - 4th - Will Allan, Tom Morrison, Max Loudon, Oskar Warner

Finalists

Kai Morgan 200m
Matthew Macarthur 100m
Max Loudon 100m
Jacqui Lane 100m, 200m
Will Allan 200m
Tom Newbold 200m
Alice Wensing 200m
Joel Wiles 200m
Junior girls relay- Joey Feng, Amber Rabbitts, Maddie Binding, Jacqui Lane (Caitlin Spencer in the Final)

Good luck to our Regional competitors Ben, Will, Oskar, Adam, Tom, Joey, Mikala (discus) and Jasmine on Monday 9th September at Homebush.
Kids and anger: How to help

“Hi Dylan. How was school today?” “All right,” says Dylan, but the way he throws his bag into the car says something different. Dylan gets into the car, roughly pulls off his jacket and manages to elbow his younger brother. “Can’t you be more careful Dylan?” his mother says.

No answer.

Later at home Dylan gets really angry when he finds a favourite toy missing from his shelf. Then when he is asked to turn off the television and help get things ready for dinner, he ignores his mother’s request. When she asks again, he storms off angrily into his bedroom and slams the door.


It’s easy to see that Dylan is pretty angry about something, but it’s hard to tell what it’s about. Did something happen at school? Is he worried about the soccer game coming up on the weekend?

Helping children learn to manage anger

Children’s angry behaviour is often difficult to deal with because it stirs up feelings of anger and annoyance in others. It can also frustrate parents and carers when anger is used to push them away. If you were Dylan’s mum how would you feel? Annoyed? Frustrated? Tense? Angry?

Everyone feels angry at times. Parents and carers can help children learn how to cope with anger in positive ways by teaching them to be aware of feelings, to find appropriate ways to express them, and to identify and solve the problems or frustrations that lead to angry feelings.
How parents and carers can help

Be aware of feelings
Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when you’re angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, “I’m feeling angry” or “I’m really frustrated” gives children a way to separate feeling angry from how they react.

Time to talk
Talking to Dylan about what has put him in an angry mood will help him see that feelings have causes and that solutions can be found. Once you find out what he was angry about you can help him think up better ways to handle the problem. This kind of conversation doesn’t work while he is really angry. Sometimes it must wait until later.

Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, “What makes you angry?” can be a good way of starting a conversation about anger.

Find alternatives
Getting children to think through a difficult situation helps them develop problem solving skills. Asking, “Is that what you wanted to happen?” or “What else could you have tried?” encourages children’s helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.

Have ways to calm down
When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think or doing something else like riding a bike or listening to music, are all activities that can assist in reducing strong emotions.

‘Cool down’ steps to teach children

1. Recognise that you are angry
   • Notice the body signals that mean you’re angry, such as getting hot, heart racing, tense muscles etc.
   • Give a number from 1 to 10 to show how angry you are.

2. Cool down your body
   • Breathe slowly.
   • Take time-out in a quiet place.
   • Go for a walk, do something physical.
   • Draw how you feel.

3. Use coping self-talk
   • “It’s okay. I can handle this.”

4. Try to solve the problem
   • Talk to someone who is a good listener.
   • Plan what to do next time.

Further information on helping children with anger is available in the KidsMatter resource pack in your school on Learning to manage anger.

The following web pages may also be of interest:


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

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Orders for uniform items can be placed at any time by completing this order form. Enclose order in an envelope (with payment or credit card authority) and leave at the school office, can also be emailed to tracey.cranston@det.nsw.edu.au or alternately uniform purchases can be made via flexischools. Orders will be forwarded to your child in his/her classroom as soon as possible.

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<td>Cap - one size, adjustable Velcro strap (with free sunscreen)</td>
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<td>School Badges</td>
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**UNISEX**

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**BOYS**

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**GIRLS**

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<td>Scrunchie - Winter/Summer</td>
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<tr>
<td>Swimming Cap- House (red/blue/green/yellow)</td>
<td>$3.00</td>
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<td><strong>Total from Page 1</strong></td>
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<td><strong>Total Page 2</strong></td>
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<tr>
<td><strong>Total Amount of Order</strong></td>
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</tbody>
</table>

**Child’s Name: _________________________________ Class: ________________

**Payment by Cheque/Cash**
(Please make cheques payable to MVPS Uniform Shop)

**Credit Card Payment**
Please charge this purchase to my Mastercard / Visa .

Card No. ........../........../........../.......... Expiry Date: ....../.......

Cardholder’s Name: ............................................................

Signature: ............................................................. Date: .................

Daytime Phone Number: ______________________________

**Summer Uniform Requirements:**

**Boys:**
Grey shorts, green polo shirt, grey socks, black shoes, school sloppy joe or zip jacket, school hat or cap.

**Girls:**
Summer fabric dress or summer fabric skirt worn with green polo shirt, white ankle socks, black shoes, school sloppy joe or zip jacket, school hat or cap. Head bands and scrunchies in school colours.

**Sport: Year K - 6**
White sports polo, shorts with white stripe, green skirt or green sport skort, white socks, sport shoes, microfibre jacket and track pants (optional).

For further information please contact the Uniform Shop Supervisor, Tracey Cranston,
On MOB: 0427 224 893 (TEXT ONLY). EMAIL: tracey.cranston@det.nsw.edu.au

Update 1st September 2013