Mona Vale Manners

Week 3 – Use “Please” and “Thank you.”
(begins Monday 19th October)

Mona Vale School App

Have you downloaded our school app?
If not go to the app store and search Mona Vale Public School.
Our app is now our first line of communication to parents.

Please go to the App Store and download – allow push notifications.

Use this app if you have an ANDRIOD

Use this app if you have an APPLE

Under Mona Vale Public School
School Active School Apps

Under Mona Vale Public
Leigh Kostiainen

October 15, 2015
**From the Office**

**Administration hours are Monday to Friday 8:30am – 3:15pm**

**TERM ACCOUNTS AND PERMISSION NOTES**
Term 4 accounts have been sent home. Term accounts are due by **Friday 23rd October**. Please return your **GREEN** permission note signed to your teacher immediately. If you did not receive a term account please contact the office for a reprint.

Below are the activities taking place this term.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Who</th>
<th>Cost</th>
<th>Brief Description</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td>Royal Botanic Gardens</td>
<td>Kindergarten</td>
<td>$30</td>
<td>A visit to the Botanical Gardens for a literature study of Alexanders Outing by Pamela Allen</td>
<td>Thursday 12th November, KR, KO, KG, KC, K-6C, Friday 13th November, KD, KM, KDW, KRW</td>
</tr>
<tr>
<td>West Head</td>
<td>Year 1 &amp; Year 2</td>
<td>$20</td>
<td>Study of natural shelters, aboriginal use of the environment.</td>
<td>Groups of student will go to West Head on either 26th, 27th, 28th or 29th October. Groups TBA</td>
</tr>
<tr>
<td>Swimming Scheme</td>
<td>Year 2</td>
<td>$120</td>
<td>Swimming Lessons for students of all levels and abilities. All students are expected to attend.</td>
<td>Everyday school day from Monday 16th November to Friday 27 November</td>
</tr>
<tr>
<td>Great Synagogue and Australian Museum</td>
<td>Year 3, 3/4B and Support class K-6C</td>
<td>$28</td>
<td>Tour of the Great Synagogue and viewing indigenous displays at the Australian Museum.</td>
<td>Thursday 19th November</td>
</tr>
<tr>
<td>Fizzics</td>
<td>Year 4 and support class 3-6S</td>
<td>$15</td>
<td>Students will be involved in performing experiments about force and watching experiments about heat.</td>
<td>Wednesday 7th October and Thursday 8th October</td>
</tr>
<tr>
<td>Surf School</td>
<td>Year 5 plus Support Class 3-6S</td>
<td>$44 reduced to $31 for the refund of Athletics Carnival refund.</td>
<td>Surf Education run by Surf Lifesaving Australia. Walking to Mona Vale Beach.</td>
<td>Monday 14th December and Tuesday 15th December.</td>
</tr>
<tr>
<td>Leadership Days</td>
<td>Year 5 and support class 3-6S</td>
<td>$15</td>
<td>Students will participate in Leadership activities in preparation for leadership positions in Year 6. Lunch will be provided on both days.</td>
<td>Tuesday 13th October and Wednesday 14th October.</td>
</tr>
<tr>
<td>Art Appreciation</td>
<td>Year 5</td>
<td>$15</td>
<td>Linked to our Science unit on Change and Matter, Year 5 will be creating art works with materials that change with chemical reactions and temperature. We’ll be using the wonderful world of abstract art to explore coolmorp plastic, plaster of paris, gypsum paint and crackle varnish!</td>
<td>During Term 4</td>
</tr>
<tr>
<td>Luna Park Fun Day</td>
<td>Year 6</td>
<td>$40</td>
<td>End of Year fun day at Luna Park</td>
<td>Monday 14th December</td>
</tr>
<tr>
<td>Dance Sport Refresher</td>
<td>Year 6</td>
<td>$30 reduced to $17 for the refund of the Athletics Carnival.</td>
<td>A refresher course to polish up our dancing skills for the Year 6 Farewell.</td>
<td>Three sessions during Term 4</td>
</tr>
<tr>
<td>Tiger Tennis</td>
<td>Support classes K-6C and 3-6S</td>
<td>$70</td>
<td>Tennis lessons with Tiger Tennis</td>
<td>Tuesdays during Term 4</td>
</tr>
</tbody>
</table>
**SCHOOL PHOTOS**

School photos and sibling photos have been sent home this week. If you have any issues with your orders please call AdvancedLife Photography direct on 1300 728 972.

**SCHOOL EMAILS**

Our trial of the app has been working very successfully, therefore we have not sent an email to parents for over a term, so please don’t think you have dropped off our list, we are just moving with technology.

Thanking you

Leonie Gallard
School Administration Manager

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**2015 SCHOOL TERM DATES**

Term 4: **Last day for students Wednesday 16th December**

**2016 SCHOOL TERM DATES**

Term 1: **Staff Development Day - Wednesday 27th January**
Students return - Thursday 28th January (Years 1-6)
Kindergarten Best Start Assessments – Thursday 28th,
Friday 29th January & Monday 1st February
Kindergarten starts - Tuesday 2nd February
Last day for students - Friday 8th April

Term 2: **Staff Development Day – Tuesday 26th April**
Students return – Wednesday 27th April
Last day for students – Friday 1st July

Term 3: **Staff Development Day – Monday 18th July**
Students return – Tuesday 19th July
Last day for students – Friday 23rd September

Term 4: **Students and Staff return – Monday 10th October**
Last day for students – Friday 16th December

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**Year 4 Mufti Day**

After a hard fought battle 4A were crowned our Waste Free Wednesday Winners for 2015. As a result this environmentally friendly class have won a mufti day for Year 4. This will be next Wednesday 21st October. Thank you 4A and enjoy the day Year 4!!!

Mrs McGuigan and the Leadership Team.
### Dates For Your Diary

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Monday October 19&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday October 20&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Wednesday October 21&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Thursday October 22&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Friday October 23&lt;sup&gt;rd&lt;/sup&gt;</th>
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<tbody>
<tr>
<td></td>
<td><strong>Year 6 Dancesport</strong></td>
<td><strong>Year 6 Dancesport</strong></td>
<td><strong>Kindy 2016 Orientation</strong></td>
<td><strong>Grandparents’ Day celebration &amp; book fair</strong></td>
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<tr>
<td></td>
<td>Intermediate Chess Club – lunch</td>
<td>K-6C &amp; 3-6S @ Tiger Tennis</td>
<td>Advanced Chess Club – lunch</td>
<td>Beginners Chess Club - lunch</td>
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<tr>
<th>Week 4</th>
<th>Monday October 26&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday October 27&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Wednesday October 28&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Thursday October 29&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Friday October 30&lt;sup&gt;th&lt;/sup&gt;</th>
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<tr>
<td></td>
<td><strong>Year 1 &amp; Year 2 to West Head</strong></td>
<td><strong>Year 1 &amp; Year 2 to West Head</strong></td>
<td><strong>Year 1 &amp; Year 2 to West Head</strong></td>
<td><strong>Year 1 &amp; Year 2 to West Head</strong></td>
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</tr>
<tr>
<td></td>
<td>Intermediate Chess Club – lunch</td>
<td>K-6C &amp; 3-6S @ Tiger Tennis</td>
<td>Choral Festival @ Opera House – Senior Choir @ Australis Concert</td>
<td>Music Count us In 9:30am-11am 2016 OC Open Day</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Kindy 2016 Orientation</strong></td>
<td>Beginners Chess Club - lunch</td>
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<td></td>
<td></td>
<td></td>
<td>Advanced Chess Club – lunch</td>
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<tr>
<th>Week 5</th>
<th>Monday November 2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Tuesday November 3&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>Wednesday November 4&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Thursday November 5&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Friday November 6&lt;sup&gt;th&lt;/sup&gt;</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><strong>Band Assessments</strong></td>
<td><strong>Year 6 Dancesport</strong></td>
<td><strong>Band Assessments</strong></td>
<td><strong>Eagle Tag Gala Day</strong></td>
<td></td>
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<tr>
<td></td>
<td><strong>Year 6 Dancesport</strong></td>
<td>9am-10am P&amp;C meeting</td>
<td><strong>Kindy 2016 Orientation</strong></td>
<td>Beginners Chess Club - lunch</td>
<td></td>
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<tr>
<td></td>
<td>Intermediate Chess Club – lunch</td>
<td>K-6C &amp; 3-6S @ Tiger Tennis</td>
<td>Advanced Chess Club – lunch</td>
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<tr>
<th>Week 6</th>
<th>Monday November 9&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday November 10&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Wednesday November 11&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Thursday November 12&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Friday November 13&lt;sup&gt;th&lt;/sup&gt;</th>
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<tbody>
<tr>
<td></td>
<td><strong>Year 6 Camp</strong></td>
<td><strong>Year 6 Camp</strong></td>
<td><strong>Year 6 Camp</strong></td>
<td><strong>Year 6 Camp</strong></td>
<td><strong>Kindergarten</strong> to Botanic Gardens</td>
</tr>
<tr>
<td></td>
<td>Band Assessments</td>
<td>Year 5 Mini lessons @ PHS</td>
<td>Kindy 2016 Orientation</td>
<td>Kindergarten to Botanic Gardens</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate Chess Club – lunch</td>
<td></td>
<td>Band Assessments</td>
<td>Beginners Chess Club - lunch</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Advanced Chess Club – lunch</td>
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</table>
After a month of training and trial matches, Tom was selected as the starting No.10 (a huge achievement) for the NSW PSSA U12 Rugby Union Team. The team travelled to Newcastle to compete. They were up against NT, VIC, SA and ACT in the Interstate Exchange. It was a highly successful campaign with NSW winning all 4 matches, with no points scored against them.

Tom really enjoyed his experience, he made new friends and learnt a fair bit about how to play.

We are so proud of you Tom. An amazing achievement to represent your state.

**CONGRATULATIONS** Abi Worland, Max Oldham and Jodie Lowe who were successful in gaining a position in the Regional Water Polo Team. Such amazing talent at Mona Vale. A huge achievement. We are so proud of you.

**CONGRATULATIONS** to Byron Grant who placed 10th in the State at the State Athletics Carnival yesterday in the Senior Boys Shot Put. He threw an amazing 10.8m! WOW.

**CONGRATULATIONS** to Owen McNicol who placed 4th in the the State at the State Athletics Carnival yesterday in the 200m. WOW!!!!

An amazing achievement boys. We are so proud of you.

Stay tuned for information about Prince Kamara who is running at State today.

**CONGRATULATIONS** to the Senior Boys Cricket Team who placed 3rd yesterday at the Milo Cup Cricket Finals at St Ives. A great achievement boys! Well done.

The winning Sport House for Week 2 is: **Warringah**
A recent major independent research study found that the results of students using Mathletics are up to 9% higher in external Government testing.

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>1/2B Matilda Bridge (1W)</td>
</tr>
<tr>
<td>3-6</td>
<td>6F Mikaela Felias (5ET)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>2G Xuan Vu (2G)</td>
</tr>
<tr>
<td>3-6</td>
<td>5G Summer Stubington (5G)</td>
</tr>
</tbody>
</table>
We would like to congratulate the following students for their outstanding results in the UNSW ICAS English Assessment:

Year 3  **High Distinction** – Charles Heaton-Armstrong  
*Distinction* – Jessica Ferguson, Georgia Hawken, Cameron Vos

Year 4  **High Distinction** – Beau Morrison  
*Distinction* – Tobin Carlton Van Buizen, Francis Dael, Natalie Lau

Year 5  **High Distinction** – Max De Vries, Raja Ganeshraj, Sophia Tran  

Year 6  **High Distinction** – Matthew Robinson  
*Distinction* – Chloe Bracher, Christopher Brown, Matt Cameron, Jonathon Chen, Anna Dahlstrom, Tobias Grigg, Leo Huang, Elsie Loadman, Andre Mitchell, Lara Munro, Max Oldham, Metysse Rogley, Malayika Russell, Gloria Thomas

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**UNSW ICAS Mathematics News**

We would like to congratulate the following students for their outstanding results in the UNSW ICAS Mathematics Assessment:

Year 3  **High Distinction** – Sean Haines  
*Distinction* – Kai Hampson, Charlie Heaton-Armstrong, Nihira More, Noah Shaw, Vlad Sushchev, Cameron Vos, Caitlin Walley

Year 4  **High Distinction** – Beau Morrison  
*Distinction* – Sawyer Blinco, Tobin Carlton Van Buizen, Jacob Dinter, Bastie Laird, Natalie Lau, Strath Powell

Year 5  **High Distinction** – Zac Downs, Raja Ganeshraj, Sophia Tran  

Year 6  **High Distinction** – Christopher Brown, Andre Mitchell, Max Oldham, Matthew Robinson  
*Distinction* – Chloe Bracher, Matt Cameron, Jonathon Chen, Anna Dahlstrom, Toby Grigg, Leo Huang, Jayden Hunter, Lara Munro, Toby Nguyen, Metysse Rogley, Daniel Shi, Gloria Thomas
Dear Grandparents and Friends

You are invited to Mona Vale Public School’s Grandparents’ Day
Thursday October 22nd

Grandparents/friends are welcome to visit the Library with their student/s for the Book Fair. The Library will be open from 8am.

Events:

9:15am  Performances from some of our wonderful Performing Arts groups will be showcased on the K-2 COLA.

10:00am  Visit classrooms to view student work and visit the Library.

10:45am Please enjoy morning tea provided outside the Library with your student on the Waratah Playground. (Morning tea will be provided for all Grandparents and friends by the Social and Events Committee.) You are more than welcome to bring a picnic blanket along.

Our morning will conclude at 11:15am when all students will return to normal classes.

Students are excited to showcase all their wonderful efforts this year to you. We hope you can attend our Grandparents’ Day.
It is that wonderful time of year again where MVPS is a buzz with grandparents and special friends – and we all know they need a cup of tea or coffee after a busy morning visiting classrooms, watching performances and donating and dedicating new books to the library!

Once again, the P&C Social and Events Committee is honoured to serve complimentary tea, coffee and refreshments to those visitors and so we need volunteers!

It’s great fun so grab a friend and follow the sign up instructions below. If you can help all morning, please sign up for 8:30-11:30 (there will be a chance to go and visit your children’s classrooms in that time), however if you can help for part of the morning we would be most grateful so please choose the hour that suits you between 8:30-11:30am.

**PLEASE NOTE:** There were some problems with the sign up from last week so this is a new sign up website and link. Grandparents’ Day Volunteer link is broken – please register here instead. On the [app](https://www.schoolinterviews.com.au/code?code=VSY6J), go to School Interviews tab and enter the event code **VSY6J**. Any questions email [events@mvpspca.com.au](mailto:events@mvpspca.com.au).

**Step 1:** In the MVPS SCHOOL APP go to the bottom row of tabs and click on the tab titled “Interviews”. You will see a page titled School Interviews (bit of a confusing title but it’s a third party provider).

**Step 2:** Put in the code for this event: **VSY6J**

**Step 3:** Register with your email address and follow instructions to select a shift. Once completed, you will be sent a confirmation email which also includes an option to send your shift straight to your calendar. If you need to change your shift, please follow the instructions in that email.

If you haven’t yet registered for the school app, now is a great time to do so! See the Mona Vale Mail for details.


If you have any questions about registering or about the shifts, please email me at [events@monavalepspca.com.au](mailto:events@monavalepspca.com.au)

Look forward to seeing you there!
If you have any issues with this link or any other questions, please email Tanya van der Wall on [events@monavalepspca.com.au](mailto:events@monavalepspca.com.au) or call 0411 044 490.

**Tanya van der Wall**
Dear students, parents, grandparents and teachers – everyone who orders from the school’s Scholastic Book Club.

The catalogues were put in teachers’ trays last week on Thursday to be handed out to students. This is issue 7 and the second last for this school year.

You can place your child’s order through LOOP (linked online ordering and payment) or hand the orders to me.

If you chose to pay by cash or cheque you will need to hand these orders to me.

Book Club has a mailbox in the front office so please put your order in this box.

If you chose to place your order, via LOOP over the internet, you need to log in to: www.scholastic.com.au

Due date for all orders is Friday 16th October.

Please, make sure you place your order before this date. The Book Club closes on this date and if you place your order after this date you will have to pay an extra fee (from Scholastic) to get it mailed out to your home address. Scholastic has set it up this way so as when the Book Club issue is closed the warehouse pack and make the delivery in ‘one go’ rather than in an ongoing arrival of boxes being delivered to our school.

If you place your order, over the net, please make sure you put your child’s class on the order. The ordered items will otherwise go to the wrong class! If you cannot find your child’s class just scroll down and you will find it. All classes are there and are listed from kindy to year 6.

If you have any questions, please do not hesitate to contact me.

Good luck and remember to have fun while you all read, read, read and read!

Best regards

Rita Ericsson
Book Club organiser
Uniform Shop Details

REGULAR OPENING HOURS

Mondays 2:30pm-3:00pm  
Tuesdays & Thursdays 8:30am-10:30am

Email: uniformshop@monavalepspca.com.au

Live Life Well

This week’s topic from the Live Life Well Team is:

Dairy foods are important for strong bones and teeth!

The Australian Guide to Healthy Eating recommends children eat 2-3 serves of dairy foods, such as milk, cheese or yoghurt each day. Why not try including these high-calcium containing foods:

▪ milk on cereal or a tub of yoghurt at breakfast
▪ cheese on crackers after preschool
▪ fruit smoothie as a drink
▪ custard and fruit as dessert.

Regards

Mrs Kristy Waterhouse
Classroom Teacher
**FRIDAY LUNCHES**

If your child needs to pick up a lunch early on Fridays for PSSA sport, please order SUSHI OR SANDWICHES/WRAPS/SALAD BOXES.

**VOLUNTEERS**

Thanks to all the lovely volunteers who help out in the canteen…it’s really appreciated and you all do a terrific job.

### Term 4 Roster

<table>
<thead>
<tr>
<th>Monday 19&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday 20&lt;sup&gt;th&lt;/sup&gt;</th>
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</thead>
<tbody>
<tr>
<td>Di Brian</td>
<td>Ruth Laird</td>
<td>Lisa Ratcliff</td>
<td>Tatum Moane</td>
<td>Kylie Pinwill</td>
</tr>
<tr>
<td>Michelle Tasker</td>
<td>Gi Graziano</td>
<td>Louise Crowther</td>
<td>Mel Sims</td>
<td>Helen Mijakovac</td>
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<thead>
<tr>
<th>Monday 26&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday 27&lt;sup&gt;th&lt;/sup&gt;</th>
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<th>Friday 30&lt;sup&gt;th&lt;/sup&gt;</th>
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</thead>
<tbody>
<tr>
<td>Anne Woolmer</td>
<td>Helen Mijakovac</td>
<td>Kylie Pinwill</td>
<td>Help Needed</td>
<td>Madeleine Koo</td>
</tr>
<tr>
<td></td>
<td>Jade Warner</td>
<td></td>
<td></td>
<td>Help Needed</td>
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<tr>
<th>Monday 2&lt;sup&gt;nd&lt;/sup&gt;</th>
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<th>Friday 6&lt;sup&gt;th&lt;/sup&gt;</th>
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<tbody>
<tr>
<td>Emily Wearne</td>
<td>Linda Newman</td>
<td>Helen Mijakovac</td>
<td>Kylie Pinwill</td>
<td>Sylvia Atkinson</td>
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<td>Therese Creed</td>
<td></td>
<td></td>
<td></td>
<td>Sandra Avidson</td>
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<td></td>
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<td></td>
<td>Corrina Bowman</td>
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<td>Julie Shirdon</td>
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Rebecca O’Donnell  
Canteen Coordinator  
9997 2442
Community News

NARRABEEN FAMILY SWIM CLUB

Join in with the family fun as parents and children of all standards and ages get together to swim distances from 15m to 200m.

You will find us at Narrabeen Rockpool at 1pm Saturday afternoons, join anytime from now until March.

For more information visit: nlasc.com.au or call Deb 0413 885 144.

MONA VALE GIRL GUIDES

Mona Vale Girl Guides is having a Reunion on Monday 16th of November from 6pm-8pm at Mona Vale ‘Cooinda’ Guide Hall (Kitchener Park, off Pittwater/Barrenjoey rd). Activities include the official unveiling of the new hall mural, a campfire, celebration cake, camp blanket competition (bring yours along) and a slide show of memories. Every attendee receives a free distract badge! Invited are current and ex-members, leaders and supporters from the following units:

- Mona Vale Junior Guides
- 1st Mona Vale Brownies
- 1st Newport Brownies
- 1A Mona Vale Guides
- 2nd Mona Vale Guides
- 3rd Mona Vale Guides
- Mona Vale Senior Guides
- Pittwater Panthar Ranger Guides
- Beaches Panthar Senior Guides
- 1st Pittwater Land Rangers
- Northern Beaches Olave Program

RSVP to Lauren Brincat (District Manager) on 0403 556 131 or monavalejuniorguides@hotmail.com
Are you a parent or a carer?
Are you interested in finding ways to help bring balance back into your life?
Want some strategies on how to support your anxious child?

Come to this FREE afternoon of great speakers, try out different wellbeing activities, meet local complementary health practitioners, buy a home baked cake or just take some time out for yourself.

When:
2.00 - 2.45pm: David Wilson-Dowse - Strategies for self care
2.45 - 3.30pm: Sylvia Ruocco - Strategies for supporting an anxious child
3.30 - 4.00pm: Catch up with friends or buy a home baked cake
4.00 - 5.00pm: Wellbeing “taster” sessions

Venue: Mona Vale Hall, Park Street, Mona Vale
Contact: Sue Johansson on 0435 835 963 or suej@ransw.org.au

Please note that child care will not be provided.