Next Week’s Mona Vale Manners

Week 8 – Look at people when they are speaking to you. Have ‘eye contact’.
   (begins Monday 16th March)

Up & Coming Events – Week 8 & 9

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Monday March 16th</th>
<th>Tuesday March 17th</th>
<th>Wednesday March 18th</th>
<th>Thursday March 19th</th>
<th>Friday March 20th</th>
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<tr>
<td></td>
<td>Year 6 Interrelate</td>
<td>Regional Swimming Carnival</td>
<td>Chess Tournament</td>
<td>Support Classes at Nippers</td>
<td>Harmony Day on Saturday 21st</td>
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<td></td>
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<td>Parent Teacher Interviews</td>
<td>Harmony Day acknowledgement at K-6 assembly</td>
<td>Parent Teacher Interviews</td>
<td>K-2 need to bring in their Easter Hat materials</td>
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<td></td>
<td></td>
<td>7:30pm P&amp;C Meeting</td>
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<tr>
<th>Week 9</th>
<th>Monday March 23rd</th>
<th>Tuesday March 24th</th>
<th>Wednesday March 25th</th>
<th>Thursday March 26th</th>
<th>Friday March 27th</th>
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<tr>
<td></td>
<td>Year 6 Interrelate</td>
<td>State Swimming Carnival</td>
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From The Office

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

PARENT TEACHER INTERVIEWS
Parent Teacher interviews will be held next week on Tuesday 17th March and Thursday 19th March. If you have not booked your appointment as yet, please go to www.schoolinterviews.com.au and enter event code JY54V.

SCHOOL APP
The school in conjunction with the P&C has developed an app for smart phones and mobile devices to help you keep in touch with MVPS. I encourage all parents to go to their app store and download the app.

TERM ACCOUNTS NOW DUE
Please note all Term 1 accounts are now due, thank you to all the parents who have settled their accounts.

RAFFLE MANIA
Raffle tickets have gone home to students in K-2 this week, Year 3-6 will be sent home early next week. The office will have additional tickets for keen sellers next week.

ANZAC DAY AT DEE WHY BEACH
Dee Why RSL are looking for 100 school students (preferably Years 3-6) to participate in the Dawn Service on Dee Why Beach, Saturday 25th April at 5:30am – 6:30am.

Each student will be provided with a commemorative t-shirt and will be required to place a small wooden cross on the beach. The crosses will then be sent overseas and placed next to Australian War graves as a unique sign of support and thanks.

If your child is interested in participating in this event, please email the school with your contact details on monavale-p.school@det.nsw.edu.au. We are required to send a list of interested students to Dee Why RSL by Friday 20th March.

Thanking you

Mrs Leonie Gallard
School Administration Manager
This week’s topic from the Live Life Well Team is:

Lunchbox Snack Foods

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
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<tbody>
<tr>
<td>fruit loaf</td>
<td>muesli bars and dried fruit bars</td>
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<tr>
<td>plain popcorn</td>
<td>potato crisps / chips and corn chips</td>
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<tr>
<td>plain or fruit yoghurt</td>
<td>lollies and confectionary</td>
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<tr>
<td>cheese and crackers</td>
<td>chocolate</td>
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<tr>
<td>fresh fruit or canned fruit</td>
<td>cordial</td>
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<tr>
<td>dried fruit and cheese cubes</td>
<td>soft drink</td>
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<tr>
<td>wholemeal biscuits or crackers</td>
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<tr>
<td>vegetable sticks and dip or salsa</td>
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<tr>
<td>corn or rice cakes with or without spreads</td>
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<tr>
<td>celery, cherry tomatoes and carrot sticks</td>
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</table>

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.

Regards

Mrs Kristy Waterhouse
Classroom Teacher

Grapes are great for Crunch&Sip®!

Sweet, easy to eat and full of nutritious goodness, grapes are a perfect snack for Crunch&Sip®.

For a cool treat, why not try freezing grapes? Delicious!
With the Easter Bunny heading our way very soon, Mona Vale students are preparing for one of their favourite events of the year, K-2 Easter Hat Parade.

As K-2 students are going to be making their hats at school, we ask that they bring in a small collection of materials suitable to decorate their hats. Feathers, glitter, stickers, printed images, little eggs, chickens, bunnies, bilbies. (No real ones please!!) These items should be sent to school in a labelled container or bag.

Please make sure your child’s name and class is clearly visible and they can identify their own materials. Decorations need to be at school by Friday 20th March (Week 8) to ensure all students have their materials ready for their hat making time with their buddy.

We look forward to seeing lots of family members on Thursday 2nd April.

A special event for grandparents has been planned for later in the year. Thursday Oct 22nd will be Grandparents Day at MVPS.

Hat Parade on K-2 COLA at 9:30am.
Some seating will be available on the K-2 COLA.

Regards

Miss Ashlee Green
Classroom Teacher
PSSA WINTER TRIALS

The winter PSSA sports for Term 2 and Term 3 will be the following:

Junior and Senior Girls Netball and Soccer
Junior and Senior Boys Rugby League and Soccer

Trials will be starting at lunchtimes from next week (Week 8) and finalised during Friday sport time in Week 9.

Students will be notified by the coaches at recess lines as to when they are required to bring their sports uniform/shoes/equipment the day prior to the trial.

CONGRATULATIONS to Sam Watt who trialled successfully at the recent combined Zone Trials for Cricket. He will now be a part of the Sydney North Cricket team. A huge honour Sam.

We are so proud!

Special mention to Oskar Warner who made it to the top 8 cricketers in the Pittwater Zone Trial.

Regards

Mrs Mel Stevenson
Classroom Teacher
Uniform Shop News

REGULAR OPENING HOURS

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

DATES TO REMEMBER

From 16th March the Uniform Shop will be stocking the winter uniform. Many of the Kindergarten children will not have their winter uniform yet so we will be opening extra days to cater for this:

Wednesday 25th March 8:30am-10:30am
Wednesday 1st April 1:30pm-3:30pm
Wednesday 22nd April 8:30am-10:30am
Wednesday 29th April 8:30am-10:30am

HATS

Hats are always available to purchase from the school canteen for $15 each.

Orders for uniforms can be placed at any time by completing an order form which is available on the website. Enclose your order in an envelope (with payment or credit card authority) and leave in the grey box at the school office. Uniform purchases can also be processed via Flexischools. Orders will be forwarded to your child in his/her class as soon as possible.

Week 8 Roster

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<tr>
<td>Robbie Brown</td>
<td>Tanya Van der Wall</td>
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<td>Volunteers Needed</td>
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Volunteers are always needed so if you can spare a couple of hours once or twice a month please text Kylie on Mobile 0427 224 893.

Profits made during the year in the uniform shop are given back to the P&C to support initiatives.

Regards

Kylie Webb
Uniform Shop Supervisor
Thank you to all of you who volunteer your time in the canteen. It’s great to see everyone and your time to help the canteen run smoothly is really appreciated.

Look out for new gluten free items on flexi-schools: Vaalia yogurt – vanilla, passionfruit and strawberry flavours – it’s pro-biotic, gluten free yogurt $1.80. The children have been taste testing at recess.

It’s always tricky introducing a new product to flexi-schools. The yogurts have been very popular but this week there have been no orders for gluten free bread. I have taken gluten free bread off flexi-schools. It may re-appear down the track.

**Nachos is back** - Due to popular demand the Nachos is back on Wednesdays replacing Shepherd's Pie.

**New Drinks**
*Nudie & Soda* 200ml 50% fruit juice, no preservatives, colours, concentrates or artificial colours. Three flavours: orange, mango and passionfruit or apple and more apple or coconut water with apple raspberry & cranberry. Price $2.00.

These drinks are replacing the OKF sparkling water cans which will be phased out over the next few weeks.

**Change Classes on Flexischools**
Remember to change your child’s class name and year before ordering your lunch. We have had a few problems with missing or lost lunches as the meals have been taken to last year’s classroom.

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| Sylvia Atkinson  
Sarah Thornewaite  
Dimity Sawyer | Sandra Dwyer  
Donna Radinovic  
Dusanka Gendic  
Kirstee Humphreys | Sylvia Atkinson  
Jack Pfeiffer  
Craig Raikuna | Sylvia Atkinson  
Louise Crowther  
Hannah Jones  
Jamila Bojkovska | Jennelle Stocken  
Gay McCorby  
**HELP NEEDED** |

Regards

**Mrs Rebecca O'Donnell**  
Canteen Coordinator  
9997 2442
Dear Students and Parents

The second Scholastic Book Club issue has gone out to all the students. The Book Club is a fun way for the students to buy their own books and read, read and read!

Congratulations to Tracy Solomon who placed the first LOOP order using the new system for 2015!

A voucher is coming your way!

The new system LOOP (Linked Online Ordering & Payment platforms for parents) was new to us all in the school's first issue of the Scholastic Book Club.

If you do any ordering from the Book Club you can pay by either cash or cheques and all those orders need to be handed in to me, the Book Club organiser. If you chose to pay by credit card you can use the new system, LOOP, or give the order to me if you do not want to try the LOOP. If you do chose to use the new system, LOOP, you can do it all online and there is no need to hand the order in to me.

To know more on how it works there is a video (from Scholastic) on www.youtube.com how to make orders and pay on line.

To make your orders online all you need to do is to log in to www.scholastic.com.au/LOOP. This is when you pay with your credit card.

Due date for return of all orders is Monday 16th March. Please, make sure you hand in your order before this date.

When you do the ordering, online, make sure you put your child's right class on the order. They will otherwise go to the wrong class.

There is now a mailbox in the front office where you or the students can put their orders.

Any questions please do not hesitate do contact me.

Good luck and remember to read, read, read!

Best regards

Rita Ericsson
Book Club Organiser
At our P&C AGM some weeks back we presented a financially strong position. This is very pleasing, even more so is seeing most P&C positions filled by volunteer parents just like you. Parents, who I am sure, have more to do than time to do it in, but nonetheless who see the need and feel like they can make a positive difference to this School by contributing in this way. The 2015 team is listed below. Thank you to all our new and returning volunteers. Of course we are always keen for more help so now would be great time to get on a Committee to just see what happens without feeling like you have to be responsible for it all. With over a 1000 kids that’s a lot of parents out there…and many hands make light work!

Thanks and Goodbye

Firstly, a big thanks to Harris Anasson who we farewell after two years as P&C Secretary. You have worked very diligently Harris in a role that doesn’t always get its just credit. Thank you on behalf of the whole team for doing a brilliant job, you are a joy to work with. I am very grateful for your wise counsel which has helped me personally in this role.

Also, we farewell Sarah Saunders who has held one of the P&C Vice President positions for the last two years. Thanks Sarah for all your help both on the P&C Executive and with the Events committee. You have stepped up on more than one occasion to help out which shows your strength of character and generous nature.

Your brain child of the Business Registry is almost complete!

And finally, although not a volunteer, I would like to acknowledge Rebecca O’Donnell our Canteen Supervisor of many years who is moving on. Rebecca was recently offered a great opportunity in a different field and although we are very sad to see her leave, we are also very happy for her personally.

Rebecca has been a tower of strength as the supervisor and has routinely gone beyond her paid role in keeping the Canteen running so smoothly. It is a credit to her passion, dedication and capability that this enormously complex operation runs smoothly day by day.

Thank you Rebecca, all the very best from all of us! You leave a legacy of a community of people who you have been positively impacted by you, from the teachers at the school, to the countless kids who have experienced for the first time ordering in the canteen, to making volunteer parents so welcome and trained so they can participate in the school in this special way.
With the massive success of the *Moonlight Cinema Welcome Event* now behind us – thanks again to the indomitable and ever professional Tanya. We look forward as a new team to realising our goals of P&C Committee Service Delivery Excellence, Embedding Sustainable P&C operations, and increasing Parent participation in the P&C.

Thank you for giving me the privilege of being your P&C President again this year. As always please feel free to contact me if you have any questions about the MVPS P&C.

Best Regards

**Mr Mark Welch**  
*President, MVPS Parents and Citizens Association.*  
(m) 0400326119  
(e) president@monavalepspca.com.au
Ski and Snowboard Racing

Skiers and Snowboarders are invited to participate in the NSW Interschool Ski and Snowboard races held at Perisher on Thursday July 2\textsuperscript{nd} and Friday July 3\textsuperscript{rd} 2015. This is during the first week of the school holidays.

Skiers and Snowboarders of all levels who can safely ski down a slope unassisted can participate. There are 3 disciplines available for skiers Alpine, Skier X and Moguls.

Snowboarders can enter the Giant Slalom and Snowboard Cross and there are even races for Cross Country skiers. Parents need to accompany their children to this event and are responsible for their supervision.

Race costs are $40 per race entered and a registration fee of $30. Additional fees include accommodation and lift tickets. Information can be found on the website www.nswinterschools.com.au.

If you are interested in participating or want more information, please contact parent organiser Louise on louise@incatorowther.com.