HAVE YOU DOWNLOADED OUR SCHOOL APP?

If not go to the app store and search Mona Vale Public School.

NEXT WEEK’S MONA VALE MANNERS

**Week 9** — Show respect to adults when going through doorways or walking along paths by moving out of the way.
(begins Monday 23rd March)

**Up & Coming Events** — Week 9 & 10

<table>
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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>
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<tr>
<td></td>
<td><em>Year 6 Interrelate</em></td>
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<td>Support Classes at Nippers</td>
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<td><em>Year 4 &amp; Kindy</em></td>
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<td>Easter Hat making</td>
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<tr>
<th>Week 10</th>
<th>Monday March 30th</th>
<th>Tuesday March 31st</th>
<th>Wednesday April 1st</th>
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<tr>
<td></td>
<td><em>Year 6 Interrelate</em></td>
<td></td>
<td>9:30am Honour Assembly</td>
<td>K-2 9:30am Easter Hat Parade</td>
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<td></td>
<td>Combined Scripture Service</td>
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GOOD FRIDAY
The “Spirit of ANZAC” Message Wall is a way for you to say in your own words what the ANZAC Spirit means to you and your family in this Centenary Year. Blank message cards will be handed out to each student to be taken home, where families can join together in writing a short message commemorating ANZACS & the 100 years since Gallipoli. The “Spirit of ANZAC” Message Wall will be displayed at Upper Reception of Pittwater RSL from the 25th March opposite the Poppy Wall. Photos can also be attached to cards as an additional & very personal message. Message cards for anyone else wishing to participate will be available from both Receptions at Pittwater RSL. Please return your cards to your class teacher by Monday 23rd March.

Regards

Mr Matt Campbell
Classroom Teacher
Did you know…?

Sedentary living causes over 20 different health problems including heart disease, type 2 diabetes and some cancers. Obesity can make nine different conditions worse including chronic back pain and stroke. Get active and stay healthy!

Ideas to get your family moving:

- Go outside and play chasing, ride bikes or throw a ball or a Frisbee.
- Encourage children to make their own obstacle course at home. You could use garden hoses as tight-ropes, chairs to crawl under, and the clothes line to run around. Include a skipping rope and some jumping. For variety ask them to walk backwards, hop or skip through the obstacle course. Time them to see how they are improving.
- Encourage your child to play outside whenever possible. Play along whenever you can.
- Be a good role model – be active when you’re with children. What gets children moving is what parents do, not what they say. Children learn by example!
- Include games and walks in family outings.
- Negotiate a time limit on sedentary activities such as watching TV and playing computer games.
- Walking together is a good time to talk to children about their lives and yours.
- Be prepared, think about activities your family can do in and around your home. Have some plans for wet days.

Regards

Mrs Kristy Waterhouse
Classroom Teacher
CONGRATULATIONS to Oskar Warner, Tom Morrison and Zac Newbold who were successful in gaining a spot in the Sydney North Regional Rugby League team.

A fantastic achievement boys. We are very proud of you!!!

Tigers Tennis – Term 2

Tigers Tennis uses Tennis Australia’s HOT SHOTS coaching program

**Tuesday 8am - 8:45am** red ball level 8 years and under
**Wednesday 7:45am - 8:45am** orange ball level 10 years and under
**Thursday 7:45am - 8:45am** green ball level 12 years and under

Cost $100pp per term, enrol now; tigerstennismvps@gmail.com or call 0421 990 670

Kids welcome to come for a FREE trial to see how they go…

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

Winter uniform is now in stock. You can find the uniform price list on our website. 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 9 Roster

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<tr>
<td>Robbie Brown</td>
<td>Sarah Beckett</td>
<td>Trudi Seymour Nadine Phipps</td>
<td>Karen Richmond</td>
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Week 10 Roster

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<tr>
<td>Robbie Brown</td>
<td>Tanya Van der Wall</td>
<td>Trudi Seymour Nadine Phipps</td>
<td>Mel Sims</td>
<td>Good Friday</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

Mrs Kylie Webb
Uniform Shop Supervisor
And it’s goodbye from me………

This will be my last newsletter insert from the Canteen.

**Carly Smith** will take over as Canteen Supervisor on Monday 23rd March. I am sure you will all make her feel very welcome to the school.

I have thoroughly enjoyed my time as Canteen Supervisor and am grateful for the opportunity to have made so many new friends. My time has been filled with much chatter, much fun and occasional mishaps when muffins were burnt, slushi mixture poured into the slushi machine without the lid being taken off and trays of recess pizzas dropped on route from oven to counter - to name a few.

Thank you to those who have volunteered their time in the canteen. So many of you give your time when you have little time to give and it’s greatly appreciated.

The canteen is a wonderful place to get together, make new friends and contribute to school life.

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<td>Di Brian</td>
<td>Gi Graziano</td>
<td>Lisa Ratcliff</td>
<td>Tatum Moane</td>
<td>Jen Fitzpatrick</td>
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<tr>
<td>Michelle Tasker</td>
<td>Ruth Laird</td>
<td>Michelle Gregory</td>
<td>Keri Welch</td>
<td>Kellie Carol</td>
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<td>Olivia Lawrence</td>
<td>Nicole Graham</td>
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<td>Veronica</td>
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<td>Anne Woolmer</td>
<td>Helen Mijakovic</td>
<td>Jo Castle</td>
<td>Amanda Greenwood</td>
<td><strong>Good Friday</strong></td>
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<tr>
<td>Katrina Mellors</td>
<td>Cheryl Hougton</td>
<td><strong>Volunteers Needed</strong></td>
<td>Nicole Smith</td>
<td>Jamila Bojkovska</td>
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<td>Stansilava Votonirova</td>
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Thank you to everyone; volunteers, children and staff for making my canteen hours enjoyable.

Regards

**Mrs Rebecca O’Donnell**  
Canteen Coordinator  
9997 2442
Dear Students, Parents and Grandparents

The orders for Scholastic Book Club Issue 2 have been done.

Thanks to everyone who handed in the orders to me or put them through Scholastic Book Club's new system, LOOP.

All ordering went smoothly and I hope it all was easy for you, as well. Any questions, please do not hesitate to contact me. I'm here to help!

If you do the ordering, through LOOP, please DO NOT give me the orderform!

If you give me the orderform, I will then order the same item/s and give it to your child with the payment that will be missing from my account. Since you already have received, and paid for your items, I have to send those articles back to Scholastic!

Please, make sure you only hand me the orders being paid for by cash, cheques or the ones YOU DO NOT want to do yourself via the new system LOOP.

Congratulations to Belinda Adams for putting in the first LOOP order for Issue 2 - Voucher coming your way.

Any questions please do not hesitate to contact me.

Good luck and remember to read, read, read!

Best regards

Rita Ericsson
Book Club Organiser
SKI AND SNOWBOARD RACING

Skiers and Snowboarders are invited to participate in the NSW Interschool Ski and Snowboard races held at Perisher on Wednesday July 1st, Thursday July 2nd and Friday July 3rd 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. Emphasis is on having fun. Previous race experience is not necessary.

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.

Mona Vale Commodores Netball Club is urgently looking for an U/10 netball player(s) for this winter competition.

You do not need to have played netball before, just be keen to give it a go. It's a lovely team, really nice girls and mums and Mona Vale Commodores is a great little club.

The team trains on Friday afternoons from 3:15-4:15pm locally at Mona Vale Public School. They play at Curl Curl on a Saturday mornings from April to September.

The cost for the season is $185, and you would also need a uniform (second hand ones for $30, new approx. $80).

For further information please contact Tracey O'Brien on 0413 187 930 or email tob_1970@hotmail.com.

Pittwater Council

Please find below the link on our website to the April 2015 School Holiday Brochure.

The Scripture teachers of Mona Vale Public School present...

CHEERS,

When: Tuesday March 31st  
What: Easter Assemblies

Where: Mona Vale Public School hall

Who: Infants @ 9:15am  
Primary @ 10:15am

Scripture classes will all attend

ALL ARE WELCOME! (including families)

COME ALONG AND JOIN THE CELEBRATION!

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Please detach and return to your class teacher if your child is NOT attending the Easter Assembly so will require supervision.

Child’s Name: ____________________  Class: ____  Signed: ___________