Next Week’s Mona Vale Manners

Week 10 — Wait for adults to finish their conversation before speaking to them and remember to say, “Excuse me,” when you do!

(begins Monday 30th March)

Have you downloaded our school app?
If not go to the app store and search Mona Vale Public School.

K-2 Easter Hat Parade – Thursday 2nd April

Easter Hat Parade for K-2 students only on K-2 COLA at 9:30am

Some seating will be available on the K-2 COLA

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

Please Note – This event is not Grandparents Day. Whilst they are welcome to attend, a special event for grandparents has been planned for later in the year. Thursday Oct 22nd will be Grandparents Day at MVPS.
**Last Week of Term – Week 10**

<table>
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<tr>
<th>Week 10</th>
<th>Monday March 30&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday March 31&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Wednesday April 1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Thursday April 2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Friday April 3&lt;sup&gt;rd&lt;/sup&gt;</th>
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<td></td>
<td>Year 6 Interrelate</td>
<td>Combined Scripture Service</td>
<td>9:30am Honour Assembly</td>
<td>K-2 9:30am Easter Hat Parade</td>
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**TERM 2 – WEEK 1**

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<tr>
<th>Week 1</th>
<th>Monday April 20&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday April 21&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Wednesday April 22&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Thursday April 23&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>Friday April 24&lt;sup&gt;th&lt;/sup&gt;</th>
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<tbody>
<tr>
<td></td>
<td>Staff Development Day</td>
<td>Students Return</td>
<td>Anzac Day Service</td>
<td>K-2 Cross Country (Waratah)</td>
<td>3-6 Cross Country (Narrabeen)</td>
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**2015 School Term Dates**

**Term 1:** Staff Development Day Tuesday 27<sup>th</sup> January  
Last day for students Thursday 2<sup>nd</sup> April

**Term 2:** Staff Development Day – Monday 20<sup>th</sup> April  
Students return – Tuesday 21<sup>st</sup> April  
Last day for students Friday 26<sup>th</sup> June

**Term 3:** Staff Development Day – Monday 13<sup>th</sup> July  
Students return Tuesday 14<sup>th</sup> July  
Last day for students Friday 18<sup>th</sup> September

**Term 4:** Students and Staff return Tuesday 6<sup>th</sup> October  
Last day for students Wednesday 16<sup>th</sup> December
Dear Parents

Our Commitment; Excellence, Innovation, Community

Instilling a sense of community in our students is a strong focus of work at Mona Vale and it is made so much easier when our parent community is committed to supporting others.

Fight on the Beaches is a Northern Beaches based group consisting of local Mums, five from Mona Vale, raising money to help cure cancer. Last year they raised $100000 for Cure Cancer Australia through a 'Christmas in July' Charity Ball and won the Warringah Council's 'Community Event of the Year.'

This year the group will be once again holding this event on Friday 17th July at Miramare Gardens Terry Hills. I encourage you to get a table, support our mums and help raise much needed funds to find a cure for Cancer.

I would also like to thank the following parents and students who attend Mona Vale Anglican Church for their generosity in giving up a Saturday to install garden beds around our school. Simon Dunn, Stuart Marshman, Emma Howden, Craig Wilson, Don Tinyou, Don Cannon, Lyn Cannon, Scott Cunningham, Daina Cunningham, Rhonda Steel, Brett Greensill, Joe Harrison, Kaylee Pugh, Nathan Brown, Rob Chambers, Joan Chambers, Hannah Thompson-Laing, Justin Thompson-Laing, Toni Stokes, Mark Corbett-Jones, Katelyn Dunn, Andrew Dunn, Bianca Marshman, Noah Howden and Dan Wilson.

Easter Service

Each year Scripture teachers conduct a combined Easter service for K-2 and 3-6 students in the Hall. The service is open to all students, not just students who attend scripture, and a note is attached that provides the opportunity for parents to opt out should they wish their child not to attend. As always we leave attendance up to the discretion of parents and students.

Car Raffle 2015

Thank you to those parents and students who have already returned raffle tickets and to those who have requested additional tickets. This year, as you are aware, we are hoping to complete the air-conditioning of all classrooms and with your support of the raffle we hope to generate sufficient funds to complete this task. If you are unable to sell your tickets please return them as many students are requesting additional books.
School Planning

The school is setting its strategic direction for the next three years and after consultation with the P&C, students and staff we have determined that our three key focus areas will be: Excellence, Innovation and Community. You would be familiar with these areas as they have guided the school's direction over the past three years and many indicated that they had served the school well and should remain.

Each focus has a statement that underpins our emphasis and commitment; Excellence- students demonstrate growth socially, emotionally and academically. Innovation- to promote a culture of forward thinking and risk taking and Community- to engage with our school and the wider community to provide opportunities to support student and staff learning and teaching.

The school’s strategic directions will be available to view on our website from the beginning of Term 2. I encourage you to take the time to read them and “get involved where you can”.

Parent Teacher Interviews

Many parents took the opportunity to meet with their child’s teacher last week as part of an ongoing process of communication. While this opportunity is part of the school’s ongoing reporting to parents on student progress, I would like to remind parents that they can request a meeting with their child’s teacher at any time to discuss student progress. Requesting a meeting is as simple as sending in a note to the teacher, emailing the school or ringing the office. I ask that parents not “just turn up” before or after school as many staff have duties and it is often impossible to meet without prior arrangements being made. As always, if you just want a quick clarification of a class or school issue that’s fine to speak with the teacher.

Regards

Mr Greg Jones, BA Macq MA Ed Macq
Principal
Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

5 facts about strawberries
1. Strawberries aren’t actually berries, they are known as ‘accessory fruits’
2. On average, strawberries have about 200 seeds
3. They’re the only fruit with their seeds on the outside
4. They are a good source of Vitamin C
5. Most children love them!

Why not pack strawberries for Crunch&Sip™ this week?

Regards

Mrs Kristy Waterhouse
Classroom Teacher
CONGRATULATIONS to all of our regional swimmers who swam at Homebush last week. We had so many pbs. We are so proud of your amazing talents and sportsmanship. Go Mona!!!

Snr Boys relay (Max, Jasper, Tom, Brandon) 5th
Jrn Boys relay (Owen, James, Beau, Luke) 13th
Snr Girls relay (Jodie, Laura, Georgia, Bianca) 13th
  Beau Morrison 17th IM, 17th free
  Abby Laing 16th IM
  Daniella Glur 5th free
  Ciara Cooper 31st free
  Logan Bartlem 28th free
Georgia Bonadio 20th free, 9th back, 17th butterfly
Bianca Raffin 30th free, 21st back
Max Oldham 5th free, 9th breaststroke, 6th back, 6th butterfly wow!!
Imogen Buchanan breaststroke12th
Metysse Rogley 7th breaststroke
James Euers 15th back, 21st butterfly
Luke Thornton 23rd back
Laura Clarke 17th butterfly
Brandon Bartlem 17th butterfly

CONGRATULATIONS to Will Allan who was successful in gaining a spot in the regional rugby league team. We are so proud !!!

Regards

Mrs Mel Stevenson
Classroom Teacher
I wanted to take a moment to acknowledge several of our Mona Vale students who represent our school at a regional level by being part of the newly named ARTS ALIVE regional band. These students go to an extra hour and half rehearsal a week at Belrose Public School with other talented musicians. They are under the expert baton of Mr James Hill. The sheer number from Mona Vale shows we have a fantastic band program that achieves such a high standard. I am so proud of these students for committing to music and can’t wait to hear them all perform soon. They are certainly students who show their personal best!

Metysse Rogley (Bass Guitar)
Lara Munro (Clarinet)
Joshua Hort (Clarinet)
Zoe Creed (Flute)
Max Hopf (Percussion)
Mitchell Seymour (Trombone)
Brendan Holland (Trombone)
David Tulk (Trumpet)
Jasper Patterson (Trumpet)
Johanna Hagley (Clarinet)
Tom Wingham (Trumpet)
Lauren Farr (Clarinet)

Thank you to all teachers, parents and students who were involved in Band Camp 2015. A wonderful weekend was held at Narrabeen Sport & Recreation centre on 13th - 15th March. The behaviour was exceptional and the music created absolutely fantastic! A huge thank you to parents who gave up their time to help over the weekend, including sleeping over in dormitories of 10-12 students.

A big thank you to the Mona Vale teaching staff who always offer such fantastic support of the band program; special thanks to Mrs Leesa Martin, Mrs Ruth Chapman, Mrs Simone Rizzuto and Mrs Steph Roberts who gave up their weekends to ensure our children are safe and happy.

Thank you especially must go to Sharon Hagley our activities coordinator who has run the camp 2 years in a row and will be sorely missed next year when she no longer has students at Mona Vale School.

Here is a report that our band captain Lily Douglass has written:

Band camp 2015 was awesome! We had a blast! We got to do activities, play for parents, sleep 2 nights with friends (1 for Training Band) and eat yummy meals! But there’s more… We also did a talent show where you can do anything to WOW the judges! Mr Hughes and Mrs Shaw also played lots of instruments as a surprise act, it was amazing! For the activities there
was rock climbing and archery for training band, canoeing or laser tag for concert band, and laser
tag and high ropes for senior strings and performance band.

In the night and before meals we sung songs with Mrs Shaw, and sometimes we played games. Then when we went to bed we slept in bunkbeds with our friends! Luckily no snoring but people did fall out of bed!

We had a fantastic time! It was a great last Band Camp and it will never be forgotten.

**Band Captain, Lily Douglass**

**FINAL PERFORMANCES**

**Tuesday 31st March:** Performance Band playing at Pittwater High School
Please be there by 6:30pm in full summer school uniform.
The concert starts at 7pm and only involves 3 other bands, including Pittwater High’s finest which is always great for our kids to see. It won’t be a late night but it will be a great chance to perform for our students and for them to see other amazing bands for inspiration.

**Wednesday 1st April:** Honour Assembly: **Concert Band** is playing at our school assembly. Please come along and support our concert band as they are part of a wonderful assembly held to recognise **Respect, Responsibility** and **Personal Best**.

Keep playing music over the holidays, and enjoy the break.

Kind Regards

**Jacqui Shaw**
**Creative Arts Coordinator**
March 18th Tournament

Last week MVPS P&C Chess Club hosted another fantastic Northern Beaches Primary Schools Chess Challenge for 52 teams representing 12 local schools.

Highlights included six different schools represented among the top six placegetters, Mona Vale’s A, E and B team finishing in the top 10, a higher than usual number of girls teams and some rockin’ MVPS juniors who were still beaming at the end of 7 rounds of chess over a full day. See picture.

Wonderful support as always from the school executive, canteen, Chess Club parents and the students who set up the AV (thanks technicians!), hall and chess boards, and helped put it all away at the end of the day. Full results were emailed out; if you didn’t receive please let us know via chess@monavalepspca.com.au

Membership Drive

In February this year Spain’s government decided to add chess to the school curriculum based on a study that showed students who study chess as a school subject have a higher level of intellectual development across a range of parameters, as well as seeing their maths and reading results improve.

Chess isn’t a subject at MVPS…yet 😊…but it is on offer to all students from beginner to advanced.

Kindergartens are able to join the Chess Club from the start of Term 2 & be assured they are not too young to learn from our wonderful coach Tim.

If your child has been enrolled in the past and is keen to pick it up again the fees haven’t changed, and it becomes more economical if siblings from the same family enroll. Professional coaching is at lunchtime so it doesn’t interfere with class time, a great winter option particularly if your special one needs a break from the playground. There’s an extra session of chess called ‘free play Tuesday’ offered in the library connected classroom at lunch for all MVPS students who want to enjoy friendly games with their friends.

Two free trial coaching sessions during weeks 1-4 are available to all MVPS students & there’s no financial commitment unless your child wants to join the club. And we hope they do!!

Term 2 Chess Club

Next term we’ll be sending teams to Bilgola Plateau on May 6th for a local heat of the Interschool Chess Challenge and there’s enough player interest and parent support to enrol three teams for the NSW Junior Chess League’s primary schools competition after school in Terms 2 and 3. And we are aiming to get an internal series up and running and will send teams to additional competitions as we are invited.

If you have any questions please email chess@monavalepspca.com.au or phone 0418 428 511.

Regards

Lisa Ratcliff
Chess Club
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 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 10 Roster

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<tr>
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<th>Thursday 2nd</th>
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<tr>
<td>Robbie Brown</td>
<td>Tanya Van der Wall</td>
<td>Trudi Seymour</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
Hello All Parents Children and Staff

My name is Carly I have now taken over Rebecca as Canteen Supervisor. I am very excited to be a part of the school, as an ex-student and having owned a catering business. I am really looking forward to meeting each of you as you drop by or even volunteer in the canteen, in the near future!

**Easter Counting Comp** - I am holding an Easter counting competition, where students can come mid lunch and count the number of easter eggs in a jar. The Year 6’s will take guesses and place all names with guesses in a hat. The winner will be drawn on Monday.

**Butter Chicken** - on Mondays!

**Nachos** - Nachos is back on Wednesdays.

**New 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 have replaced the OKF sparkling waters.

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<tr>
<td>Anne Woolmer</td>
<td>Cheryl Houghton</td>
<td>Jo Castle</td>
<td>Amanda Greenwood</td>
<td>Good Friday</td>
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<tr>
<td>Katrina Mellors</td>
<td></td>
<td>Stansilava Votonirova</td>
<td>Nicole Smith</td>
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<tr>
<td>Michelle Le Creurer</td>
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<td>Vikki Kiddle</td>
<td>Jamila Bojkovska</td>
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<td><strong>Volunteers Needed</strong></td>
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Text me to help.

Regards

**Mrs Carly Smith**
Canteen Coordinator
0438 409 081
9997 2442
Community News

NETSETGO – PENINSULA NETBALL CLUB

8 week programme with Accredited Netball Coaches
For players turning 7 in 2015
Learn lots of basic netball skills. Loads of Fun!
Commencing Friday 24th April 2015
5-6pm Avalon Recreation Centre
Registration $95
Contact Aileen Brodigan
E: peninsulanetball@hotmail.com
W: www.peninsulanetball.org.au

Waratahs Rugby

Waratahs Rugby is proud to extend an invitation to your school to participate in the 2015 Schools March Past in a celebration of sport in NSW Schools.

The 2015 Schools March Past will be held at Allianz Stadium prior to the NSW Waratahs v Sharks match on Saturday 16th May 2015.

This event is a fantastic opportunity to put all school sports, including Rugby, in NSW on show, allowing schools to march around Allianz Stadium prior to an official Super Rugby match.

Schools are also given the opportunity to bring banners and/or flags to display during their march, as the occasion offers a great opportunity to promote your school publically to the wider Rugby community.

Please visit our dedicated information page:

Instructions of how to purchase tickets for supporters will be added at the end of the March.

If you have any questions, please feel free to email CR.admin@rugby.com.au

Thank you in advance for your interest!

Sincerely

Grace Hamilton
NSW Rugby Union
The Australian Red Cross Mobile Blood Service is visiting Mona Vale Memorial Hall, Tuesday 7 April, 9:00am – 2:00pm (25 more donors needed)
Wednesday 8 April, 8:30am – 2:00pm (30 more donors needed)
Thursday 9 April, 8:30am – 1:00pm (25 more donors needed)

If you haven’t already made an appointment to give blood, you can make an appointment online or call us on 13 14 95.

1 in 3 Australians will need blood, but only 1 in 30 donates. Donated blood helps cancer patients, people with blood disorders, mothers-to-be and newborn babies, as well as trauma and surgical patients.

We look forward to seeing you again soon.

Sincerely

Australian Red Cross Blood Service

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Youth Week 2015 Activities

**Free Outdoor Cinema**

**Free Skate Event**
To celebrate Youth Week, join the third leg of the Sydney Skatepark Series on Thursday April 16th, 12 noon at Avalon Beach Skate Park. Scooter, skate and BMX competitions with great prizes to be won. Demos, DJ, giveaways, giant games and stalls. More visit kalof.com.au
Thank you for your support.

Regards

Mr Russell Peake
Community Development Officer
The Scripture teachers of Mona Vale Public School present...

CHEERS,
JEERS AND TEARS

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: ______________