Next Week’s Mona Vale Manners

Week 3 – Use “Please” and “Thank you.”
(begins Monday 4th May)

Mona Vale School App

School App

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

2016 Kindergarten Enrolments

If you have a child enrolling in 2016, please pop into the office and collect an enrolment form or you can download it from our website. You will find it under the tab our school and then go to enrolments.
If you have friends or neighbours who are new to the school please let them know our open days are:

Wednesday May 27th 9:30am-11:00am
Wednesday June 24th 9:30am-11:00am
## Next Week’s Events – Week 3

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<th>Week 3</th>
<th>Monday May 4&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday May 5&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Wednesday May 6&lt;sup&gt;th&lt;/sup&gt;</th>
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<td>Evening under the stars Year 5</td>
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<td>Year 4 &amp; 3/4B Aboriginal Music Incursion</td>
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<td>“Who Will Buy?” Interschool Chess Challenge</td>
<td>Zone Cross Country</td>
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<th>Week 4</th>
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<td>Year 5 IMAX excursion</td>
<td>Year 5 Dancesport</td>
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<td>Year 3 and 3/4B Macquarie Centre excursion</td>
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Live Life Well

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

**Turn Off The TV Or Computer And Get Active**

- Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
- On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear “I’m bored” – think of something active to do.
- During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

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**Why Reduce Television Time?**

- Studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours
- TV replaces time a child can be active and enjoy physical activity
- There is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.

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5 reasons to pack a mandarin for Crunch&Sie®

1. They are sweet and juicy. Kids love them!
2. They are nutritious - full of vitamins and fibre
3. They come in their own biodegradable packaging
4. They don’t bruise easily
5. They are a perfect size for kids to eat during Crunch&Sie®

Regards

Mrs Kristy Waterhouse
Classroom Teacher
CONGRATULATIONS to our amazing Rugby Union players.

We had 7 players selected from the Pittwater trials to trial for the Sydney North team. WOW!!!!!!

Those amazing players are: Byron Grant, Tom Morrison, Oskar Warner, Aidan Smith, Sam Watt, Jasper Giddy and Will Allan.

A huge CONGRATULATIONS to our Rugby League boys who played in the Regional Trial tournament on Tuesday at the Central Coast.

Zac Newbold was selected in the 11’s team and Tom Morrison and Oskar Warner (what a week boys), were selected in the Opens team.

An amazing achievement boys.

CONGRATULATIONS to Miss Kelsall and Mr Campbell who coached the combined Pittwater, Warringah, Manly and North Shore side. Eight Opens and seven 11’s were selected in the Sydney North team. Supercoaches!!!!
Students, Parents and Grandparents - welcome back to a new Scholastic Book Club and issue 3.

I hope you all have had a fun and relaxing holiday.

The Book Club is a fun way for students to buy their own books and put them all on the bookshelves at home!

The brochures have been handed out to all students and you can place your child's order through LOOP. LOOP stands for Linked Online Ordering & Payment.

If you do any ordering from Book Club you can pay by either cash or cheque 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 then use the new system, LOOP, or give the order to me if you do not want to put it through LOOP. I will place those orders for you as well as the cash and cheque orders.

If you want to use the new system, LOOP, you do it on line and there is no need to hand the order form to me.

To place your order on line, all you need to do is to log in to: www.scholastic.com.au/LOOP. This is where you pay with your credit card.

Due date for return of all orders is FRIDAY 1st MAY.

Please, make sure you hand in your order or place your order before this date. I will close the Book Club on that date so if you want to place your order after I closed the issue, you will then have to pay an extra fee of around $7.50 to get it mailed out to you.

Scholastic has set it up that way so as when I close the ordering for students, at the same time all ordering will then be closed for that particular issue. The reason for this is that all items should then be delivered in 'one go' rather than in an ongoing arrival of boxes!

If you do the ordering over the net please make sure you put your child's right class on your order. They will, and have, otherwise gone to the wrong classes.

There is now a beautiful Book Club mail box in the front office where you or the students put your orders.

Any questions please do not hesitate to contact me.

Good luck and remember to read, read, read and read!

Best regards

Rita Ericsson
Book Club Organiser
If you are in Grade 4 and you are aspiring to join the OC class at Mona Vale Public School in 2016 you might like to join our OC Club for this term!

**Where:** Mrs Bryce’s room in Q building

**When:** Monday 12:55pm to 1:25pm (please arrive in eating time - you can bring your lunch with you and eat it here so that we can start promptly at 12:55pm).

**What will we be thinking about:** Familiarising ourselves with the different elements of the test and learning good test techniques.

The first session is in Week 3 - look forward to seeing you there!

Regards

Mrs Sarah Bryce
Relieving Assistant Principal
Uniform Shop News

REGULAR OPENING HOURS

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

WINTER UNIFORM IS NOW IN STOCK

VOLUNTEERS NEEDED

I know it can be hard volunteering at the school when you have younger children. I have a few mums coming into the uniform shop with their child/ren to trial for an hour or two one morning each this term to see if it works for them. If you think this might suit you and you would like to volunteer once a volunteer once a term please contact Kylie on 0414 728 392 to arrange a trial.

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 3

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<td>Robbie Brown</td>
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<td>Hannah Jones</td>
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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
Hi all

As the colder mornings are here so hot chocolates will be sold before school for Years 2-6.

Hot chocolates will be $1.00. Cheese and ham jaffle sandwiches will be available for recess too as we have taken toasties off lunch menu.

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**Week 2 Roster**

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<td>Gi Graziano</td>
<td>Michelle Gregory</td>
<td>Sylvia Atkinson</td>
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<td>Michelle Tasker</td>
<td>Snez Bartlem</td>
<td>Lisa Ratcliffe</td>
<td>Kerry Welch</td>
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<td>Michelle Le Creurer</td>
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<td>VOLUNTEERS NEEDED</td>
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To help the canteen run smoothly, we need more volunteer help please particularly the 12th and 13th May.

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Regards

**Mrs Carly Smith**
Canteen Coordinator
0438 409 081
9997 2442
Mums for Mums – Mona Vale is a community organisation providing practical support for MVPS families, while a family member is going through serious illness or injury. We are planning our first fundraising night on 13\textsuperscript{th} May.

Please click on the link, like our Facebook page and share this with your friends. Use the Trybooking link to book you tickets. Come along with your friends and help us to raise funds for a good cause.

https://www.facebook.com/Mumsformums.monavale
www.trybooking.com/130239

If you are having difficulty connecting with these links, please cut and paste them in to your browser.
WHY JOIN MVPS CHESS CLUB?

10 REASONS

#1
Join for free today!

#2
Enjoy 2 free trial coaching sessions

#3
Free play Tuesday for all

#4
End of year party! Just for chess club

#5
Learn to play like in Harry Potter

#6
Make friends or bring a friend

#7
The professional coaches are great & will teach you strategies

#8
All Welcome Kindy to 6 Beginner or Advanced

#9
It is heaps of fun

#10
Chess boosts your brain power & increases your problem solving skills & increases your creativity & improves concentration

FREE TRIAL LESSON

Contact: chess@monavalepsdca.com.au

THURSDAY LUNCHTIME
Beginners go to library connector room at first bell

MONDAY LUNCHTIME
Intermediate go to Mrs Best’s room
Advanced go to library connector room

Join Today