Next Week’s Mona Vale Manners

Week 5 – Listen carefully without fiddling.
(begins Monday 18th May)

Mona Vale School App

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

Sick Students

We have recently had a few tummy bugs, colds and flu going around. To help stop the transfer of bugs to other students, please keep your child at home if they are sick. Please remind your child to wash their hands and cover their mouths when coughing and sneezing. With these small measures we hope to keep winter illness to a minimum.
From the Office

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

TERM ACCOUNTS AND PERMISSION NOTES
Term accounts were due on Monday 4th May. Please settle any overdue amounts as soon as possible. Please note PSSA is an optional sport and needs to be settled by tomorrow.

YEAR 6 EMAIL DISTRIBUTION LIST
The year is flying by and there will be a lot happening in preparation for the Year 6 Farewell. I will be creating a Year 6 Email Distribution List to send information that relates only to Year 6 rather than using the Mona Vale Mail distribution list. If you have a student in Year 6 and would like to be kept updated with the Year 6 happenings, please register by sending an email to monavale-p.school@det.nsw.edu.au in the subject line write Year 6 distribution list and in the body of the email please write your child's name and class.

ABSENCES
If your child is away for a short period of time due to illness or leave, please write a note directly to the teacher when your child returns to school. Please do not call the office for short absences. If you are planning a holiday and will be away for 10 school days or more please see the office for a holiday exemption form. Please note all absences must be supported by a letter of explanation within 7 days of the absence.

COMMUNITY USE HIRE OF FACILITIES
As you may be aware, the school hires out the hall and a classroom for after school activities. These activities are run independently to the school, and are not endorsed by the school. However, you may be interested in the activities that these companies provide. Below I have listed their contact details, if you are interested in the activities that these companies provide, please contact the company direct.

**Tigers Tennis**
Peter O'Malley
0421 990 670

**Australia’s Youth Outreach Program (Karate)**
Matt Klein - 9904 5667
Saturday morning in the hall

**Rebekah Wright Drama Workshops**
Rebekah Wright - 9957 4140/0411 143 190
Tuesday afternoon in the hall

**Art Club**
Caroline Munro - 0414 999 449
Monday, Tuesday and Thursday afternoon in the chess room

**ERO Dance**
Edwina - 0408 269 563
Wednesday afternoon in the hall

**VIP Music**
Ursula Koh - 9411 3122
Wednesday afternoon in the chess room

Thanking you

Mrs Leonie Gallard
School Administration Manager
# Dates For Your Diary

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
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<td><strong>May 18</strong>th</td>
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<td>Year 5 Space Science</td>
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<td>Year 5 Space Science</td>
<td>Year 5 Dancesport (all day)</td>
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<td><strong>Inter &amp; Advance chess club (lunch)</strong></td>
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<td>Zone Cross Country</td>
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<td>Beginners chess club (lunch)</td>
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<td>6</td>
<td><strong>May 25</strong>th</td>
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<td>Year 5 IMAX excursion</td>
<td>Year 5 Dancesport</td>
<td>9:30am-11am 2016 Kindy Open Morning (school tour)</td>
<td>Year 5 Dancesport (all day)</td>
<td>Year 3 and 3/4B Macquarie Centre excursion</td>
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<td><strong>Inter &amp; Advance chess club (lunch)</strong></td>
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<td>Kindy Open Morning (school tour)</td>
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<td>Kindy Open Morning (school tour)</td>
<td>Year 5 Dancesport (all day)</td>
<td>Beginners chess club (lunch)</td>
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<td>7</td>
<td><strong>June 1</strong>st</td>
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<td><strong>June 4</strong>th</td>
<td><strong>June 5</strong>th</td>
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<td>Year 1 &amp; 2 Fizzics Incursion</td>
<td>Year 5 Dancesport</td>
<td>9:30am Stage Band Eisteddfod @ Chatswood Concourse</td>
<td>Year 5 Dancesport</td>
<td>Beginners chess club (lunch)</td>
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<td>11am Performance Band Eisteddfod @ Chatswood Concourse</td>
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<td>Kindergarten animal day</td>
<td>Beginners chess club (lunch)</td>
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<td><strong>Inter &amp; Advance chess club (lunch)</strong></td>
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<td>Beginners chess club (lunch)</td>
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<td>7:50am ICAS Science Test (Q block)</td>
<td>Beginners chess club (lunch)</td>
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<td>8</td>
<td><strong>June 8</strong>th</td>
<td><strong>June 9</strong>th</td>
<td><strong>June 10</strong>th</td>
<td><strong>June 11</strong>th</td>
<td><strong>June 12</strong>th</td>
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<td></td>
<td><strong>Public Holiday</strong></td>
<td>Year 5 Dancesport</td>
<td>Year 1 &amp; 2 Fizzics Incursion</td>
<td>Year 5 Dancesport</td>
<td>Beginners chess club (lunch)</td>
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<td>7:30pm P&amp;C Meeting</td>
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<td>Regional Cross Country Carnival</td>
<td>Beginners chess club (lunch)</td>
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Last Wednesday, Year 4 students worked collaboratively to run shops. The shop day served as the conclusion to the HSIE unit of work, “Who Will Buy?”

A large variety of goods were for sale, including sushi, pets, skateboards, musical instruments, sporting goods, Mexican food, paper aeroplanes and more!

The Year 4 students planned their shops in small groups and worked collaboratively to make the products out of craft supplies. Then they priced and advertised their goods.

Students from Year 3 came shopping with their pretend $50 debit card from Mona Vale Bank. Year 4 students practised their subtraction skills by deducting the price of purchased goods on the back of the debit card.

Everyone had a great time!

Miss Peta Gorman
Assistant Principal
Last Wednesday, Grade 5 students, parents and teachers met under the stars on Emma Oval.

We were lucky enough to have a visit from CSIRO astronomer Dr Megan Johnston who told us what we could see in the night sky and answered the students many questions on space.

But the fun did not stop there! Murray Wilkinson and Phil Angilley from the Northern Sydney Astronomical Society brought their telescopes along and we took turns in looking at wonders of the night sky close up: Jupiter, The Jewellery Box and Saturn!

Then it was off to the classroom for hot chocolate while we made star observation wheels to take home.

Thanks to everyone who made the evening such a success – one of our students is already an astronaut in training!
Thank you very much to the group of enthusiastic parents who came to the Year 6 Farewell meeting on Tuesday night and to those who could not attend but emailed/phoned the school prior to the night.

There was a fabulous turn out, with lots of great thoughts, ideas and themes floated. Tahlia Binding has taken on the coordinator role this year…. Thank you! We are, however, still looking for more help and any extra hands will be much appreciated on this committee. Please forward an email to fiona.kelsall@det.nsw.edu.au if you would like to help and I will pass on this information.

Once again, a huge thanks to all those parents involved in the organisation of the farewell. It is always such a fun and memorable night.

Kind regards

Year 6 Teachers

Sport News

A huge week this week for our trialists.

**CONGRATULATIONS** to Abi Worland who started the week, last Friday, gaining a representative place in the Pittwater Zone Netball squad. She will trial for the Sydney North team next week. Well done and good luck Abi!!

Will Allan, Byron Grant, Tom Morrison and Oskar Warner were successful in gaining a place in the Sydney North Rugby Union Team. Word has it that the selectors were very impressed with our boys. **Congratulations**!! An amazing achievement boys!!

They will now play in the Sydney North Team at the Central Coast Gala day Knockout competition. Good Luck boys.

**CONGRATULATIONS** to Chloe Stevenson who finished the week off successfully trialing for the Pittwater Zone Softball Squad and will now trial for Sydney North Softball in June. Well done Chloe!

We are so proud of all of you!

Mrs Melissa Stevenson
Sports Coordinator
On Friday 24th April, we held an Anzac service in the school hall to commemorate 100 years since our nation’s involvement in the First World War. We were honoured to be joined by Mr George Parsons from Pittwater RSL, who addressed the assembly. We were also honoured to have local community member, Mrs Noel Mills, attend our Anzac service. Mrs Mills wrote to our school to inform us that a Victory Tree is growing in Mona Vale. The student leadership team of April Cozens, Max Oldham, Jodi Louw and Ben Marshall ensured the service ran smoothly. Year 6 students Lara Munro, Chloe Bracher, Jordan Anderson and Gloria Thomas made moving presentations about what Anzac Day means to them, and explained the significance of the Victory Tree to the students. Tom Wingham did an outstanding job of playing the Last Post and the Rouse on his trumpet. Each class presented two cardboard poppies at the service, with a message of thanks in the centre and their names signed around the outside. Congratulations to all students for their outstanding, respectful behaviour at our Anzac service.

Regards

Miss Peta Gorman
Assistant Principal
Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

✓ Limit fruit juices to no more than half a glass per day.
✓ Too much juice can lead to diarrhoea.
✓ Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
✓ It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
✓ Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

**Screen-free things to do**

Limit your child’s screen. This includes television, electronic games and computer games. Offer alternatives to watching TV, until new, healthy habits are created. Some alternatives are:

• listen to music
• go to the park
• draw a picture
• play cards
• ride a bike
• read a book
• make a scrap book
• hula hoop
• jump rope
• play with your pet
• do a crossword
• learn a magic trick
• learn to juggle
• plant some seedlings
• play hopscotch
• learn to knit or crochet
• play a board game
• create sidewalk art with chalk
• build a cubby house

Regards

Mrs Kristy Waterhouse
Classroom Teacher
It is starting to be a little bit colder, it is mid Term 2 and sometimes the shine of being in an ensemble wavers... I ask that parents jump on board and still ask their kids how different groups are going and tell them how proud you are of their commitment.

Phrases like:
“Did you enjoy dance at lunch today? I bet it’s getting really cool now it’s so close to the performance.”
“I am so proud of you waking up early and turning up to every string rehearsal: it really tells me you are growing up. I can’t wait to hear you play at the festival.”

Showing some encouragement goes a long way with our students: it is normal for them to have ups and downs but I know you agree that it is worth it when they see the finished products of their ensemble work. All ensemble leaders were very clear at the start, the level of commitment needed; so please encourage students rather than letting them sleep-in, miss rehearsals or worse still leaving an ensemble so close to concert days.

**AUDITIONS 🎵**

Our junior and senior dance groups have all been involved in auditions lately and I am pleased to report that all groups were successful and really made Mona Vale proud. Our Stage 1 dance (Years 1&2) students will be auditioning for the PCS Music festival soon and we wish them luck too.

**MCDONALDS SYDNEY EISTEDDFOD**

This year we have 5 ensembles entering this prestigious competition which is held at Chatswood Concourse.

Our combined choir (Years 3-6) will be performing **Saturday May 30th** in a division starting at 1:45pm.
**Training Band** will be performing **Tuesday 2nd June** in a division starting at 9:30am.
**Concert Band** will be performing **Tuesday 2nd June** in a division starting at 11:00am.
**Performance Band** will be performing **Monday 1st June** in a division starting at 11:00am.
**Stage Band** will be performing **Wednesday 3rd June** in a division starting at 9:30am (please note students in Stage Band that are also planning on doing the ICAS tests will have arrangements made so they will be able to do both)

Band families should have received a permission note from their child about this event as they will be travelling by bus; choir students will make their own way there as their event is on a Saturday. If you work in Chatswood or have the day off why not come and support our musical groups at a fantastic event.

Regards

**Jacqui Shaw**
Creative Arts Coordinator
B.Mus.Ed (Conservatorium of Music)
The MVPS Infants Art and Craft Club continues in Term 2 for Stage 1 students. This fortnight in Art Club students created monster artworks using an unusual technique. Students are blowing the paint with a straw creating an interesting splash effect. The students had a wonderful time pushing the colour around the page with their breath! This ties in with the Stage 1 Science unit Push and Pull. Here are some of our Year 1 students creating their artworks.

MVPS Infants Art and Craft Club is on Wednesdays at lunchtime, with Year 1 and Year 2 attending on alternating weeks.

Regards

Mrs Pamela Wyatt and Mrs Jacqui Davies.
Classroom Teacher
As an exciting addition to our newsletter we will be announcing our class Mathletics and Spellodrome winners. Both Mathletics and Spellodrome have been introduced as homework across the school.

A recent major independent research study found that the results of students using Mathletics are up to 9% higher in external Government testing.

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<tr>
<th>Class</th>
<th>Individual</th>
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<tbody>
<tr>
<td>K-2</td>
<td>Ryan Holmes (2E)</td>
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<tr>
<td>3-6</td>
<td>Zan Le Somaz (5BC)</td>
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<tr>
<th>Class</th>
<th>Individual</th>
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<tbody>
<tr>
<td>K-2</td>
<td>Ethan Davies</td>
</tr>
<tr>
<td>3-6</td>
<td>Michael Welch</td>
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Finally the Uniform Shop has a new email address so please email any queries to uniformshop@monavalepspca.com.au.

The microfibre tracksuits size 10 & 12 are now back in stock. Jackets are $40 and pants are $32. We also have new sports socks in stock for $8.50 a pair.

**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 term please contact Kylie on 0414 728 392 to arrange a trail.

**Hats**

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

This term boys ties will be available from the canteen at $16ea and girls tab ties will also be available at $8 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.

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**Week 5**

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<th>Monday 18th</th>
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<th>Friday 22nd</th>
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<tbody>
<tr>
<td>Robbie Brown</td>
<td>Rebecca Scicluna</td>
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<td>Jenny Dael</td>
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**Week 6**

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<tbody>
<tr>
<td>Robbie Brown</td>
<td><strong>Volunteer Needed</strong></td>
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<td>Sarah Beckett</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
Hello all

It's getting very chilly….we are starting to offer hot chocolates before school for $1.00.

We are also trialing some new healthy items ie: Muesli and bliss balls and various muffin choices.

Stay tuned on Flexischools for more details.

**Week 5 Roster**

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<tr>
<th>Monday 18th</th>
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<tr>
<td>Therese Creed</td>
<td>Helen Harris</td>
<td>Amber Jones</td>
<td>Jamilia B.</td>
<td>Madeleine Koo</td>
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<tr>
<td>Emily Wearne</td>
<td>Linda Newman</td>
<td>Stanislava Votomirova</td>
<td>Snez Bartlem</td>
<td>Gay McCorby</td>
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<tr>
<td>Sylvia Atkinson</td>
<td>Michelle Le Creurer</td>
<td>Susan Young</td>
<td>Sylvia Atkinson</td>
<td>Michelle Le Creurer</td>
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To help the canteen run smoothly, we need more volunteer help please.

Regards

Mrs Carly Smith  
Canteen Coordinator  
0438 409 081  
9997 2442
Volunteers and Prize Donations Needed to Fight Cancer!

Fight on the Beaches is run by a number of Mona Vale Mum's who have a goal of raising $150,000 for Cure Cancer Australia but we need your help to reach this goal. We host a huge 'Christmas in July' charity ball at Miramare Gardens in Terrey Hills and for it to be a success again this year we need volunteers who are keen to help us raise money. You would be required from 5.30pm-midnight with dinner and drinks provided. It is a fabulous night, and so wonderful to witness so many people wanting to make a difference.

We also need prize donations from local businesses wanting to do their bit to fight back against cancer, while benefiting from promotion through our social media, website and on the night in our Event Program and AV presentation. Prize donations will be used as Christmas presents which guests can purchase on the night. Please contact Michelle on fightonthebeaches@gmail.com or call 0405699140. We have had such an amazing response from the MVPS community already, thank you in advance for your continued support.