Have you downloaded our school app?
If not go to the app store and search Mona Vale Public School.
From Term 3 all school reminders will be from the app.

Next Week’s Mona Vale Manners

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

Mona Vale School App

Sport News

Congratulations to Zac Newbold who was successful in gaining a spot in the Pittwater Zone Softball Team. He will now trial for the Regional Team early next term. Well done Zac.

We are proud of you.

Regards

Mrs Mel Stevenson
Sport Coordinator
Administration hours are Monday to Friday 8:30am – 3:15pm

WORKING WITH CHILDREN CHECK FOR PARENT VOLUNTEERS
NSW Government has updated its Child Protection provisions collectively referred to as the Working with Children Check.

All Parents and Caregivers who volunteer at the school are required by the DEC to complete a Working with Children Declaration Form accompanied by a 100 Point ID Check prior to them volunteering.

The form (which is attached to this newsletter and is also available on our school website under notes Term 2) needs to be completed and presented to the office where staff will verify the identifying documents. Ideally the best forms of identification to provide points are:

Birth Certificate/Passport plus Drivers Licence. If you don’t have these documents available please see attachment for other options to make 100 points.

If you have not already done so, please pop into the office and complete the form so we are able to store it with your child’s records.

STAFF CARPARKS
We respectfully ask parents NOT to use the STAFF CARPARKS under any circumstances. Please put OUR STUDENTS’ SAFETY over your convenience. The parking is for STAFF and DISABLED students only.

TERM ACCOUNTS AND PERMISSION NOTES
Term 2 accounts are overdue! If you have not settled your account please do so this week.

KINDERGARTEN 2016 – Enrol now!
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. Please enrol your children as soon as possible to help us plan our classes for 2016.

If you have friends or neighbours who are new to the school, please let them know our next open day is:

Wednesday June 24th 9:30am-11:00am

Thanking you

Mrs Leonie Gallard
School Administration Manager
### Dates For Your Diary

#### Week 8

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
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<tbody>
<tr>
<td>June 8th</td>
<td>June 9th</td>
<td>June 10th</td>
<td>June 11th</td>
<td>June 12th</td>
</tr>
<tr>
<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>PSSA Gala Day</td>
</tr>
<tr>
<td></td>
<td>7:30pm P&amp;C Meeting</td>
<td></td>
<td>Regional Cross Country Carnival</td>
<td></td>
</tr>
</tbody>
</table>

#### Week 9

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 15th</td>
<td>June 16th</td>
<td>June 17th</td>
<td>June 18th</td>
<td>June 19th</td>
</tr>
<tr>
<td><strong>Inter &amp; Advance chess club (lunch)</strong></td>
<td>Year 5 Dancesport</td>
<td>K-6 Biggest Morning Tea</td>
<td>Year 5 Dancesport</td>
<td><strong>Saturday</strong> 5pm Snr girls dance performance @ Glen St</td>
</tr>
<tr>
<td><strong>Kindy Responsible Pet Education Program</strong></td>
<td></td>
<td>All dance groups @ Glen St rehearsal</td>
<td>Beginners chess club (lunch)</td>
<td>7:30pm Snr boys &amp; Jnr girls dance @ Glen St</td>
</tr>
<tr>
<td><strong>5S &amp; 5BC Hobbit Day</strong></td>
<td></td>
<td>Year 1 Responsible Pet Education Program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Week 10

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 22nd</td>
<td>June 23rd</td>
<td>June 24th</td>
<td>June 25th</td>
<td>June 26th</td>
</tr>
<tr>
<td><strong>Inter &amp; Advance chess club (lunch)</strong></td>
<td>Year 5 Dancesport</td>
<td>9:30am-11am 2016 Kindy Open Morning (school tour)</td>
<td>Year 5 Dancesport</td>
<td>9:45am Snr boys &amp; Jnr girls dance @ Glen St</td>
</tr>
<tr>
<td><strong>Strings @ festival rehearsal</strong></td>
<td></td>
<td>9:30am-11am 2016 Kindy Open Morning (school tour)</td>
<td>Honour Assembly</td>
<td>11:30am Snr Dance Group @ Glen St</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>PCS Sleepover @ Avalon</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Beginners chess club (lunch)</td>
<td></td>
</tr>
</tbody>
</table>
It has been a busy week of music making at the Chatswood Concourse. Our combined choir, **Training band, Concert Band, Performance Band** and **Stage Band** all participated in the Sydney McDonald’s Eisteddfod this week. All students showed their personal best by looking fantastic in their winter uniform. This is a prestigious eisteddfod where lots of schools from all over Sydney join together and make some great music. I would like to congratulate students on their behaviour and their music-making at this event.

Our choir and our **Training Band** received Highly Commended certificates which means the adjudicators were really impressed with aspects of their performance even though they didn’t receive a place.

Our **Stage Band** received 3rd place and were absolutely sensational. As with all performances lots was learnt and the students had a great opportunity to play in a fabulous venue.

Looking forward to performing locally at the Northern Beaches Festival at Pittwater High school in the next couple of weeks.

**Northern Beaches Music Festival**

At our local high school: Pittwater High, there will be a fantastic music festival taking place over 2 weekends: **12th - 14th June and 19th - 21st June.**

Schools from the Peninsula will be represented and I have attached the program (in school order) so you are tempted to go to Pittwater High and have a listen to the local talent.

Our school will be performing at the following times:

- **CONCERT BAND:**
  - Friday 12th June sessions time 7:45pm-8:55pm

- **Combined STRINGS (Junior and Tyro):**
  - Saturday 13th June session time 11am-12:30pm

- **SENIOR STRINGS:**
  - Saturday 13th June at the Gala concert starts at 7pm

- **TRAINING BAND:**
  - Friday 19th June session time 6:20pm-7:30pm

- **PERFORMANCE BAND:**
  - Friday 19th June session time 7:45pm-8:55pm

The festival concludes with an amazing and inspiring gala concert on **Sunday 21st June 7pm.** It is the one to go to as it features the regional band called Arts Alive and the top Pittwater bands... very inspiring for young musicians.

Hope to see you all there at some time to support the local music community.

Regards

**Jacqui Shaw**
B.Mus.Ed (Sydney Conservatorium of Music)
Creative and Performing Arts Co-ordinator
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.

### WEEK 6 WINNERS

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>Ryan Haines (KO)</td>
</tr>
<tr>
<td>3-6</td>
<td>Sean Haines (3/4B)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>Willa Van Dyk (2E)</td>
</tr>
<tr>
<td>3-6</td>
<td>Gurnoor Batth (6C)</td>
</tr>
</tbody>
</table>
K-2 Sensational Sentences

a cardboard box  
an old house

Mr Jones’ winners this week:-

The old toy house was in the box.

By KDW

An old haunted house creaked and rattled in the wind. In the old house there was a smelly cardboard box.

By Tara Bourke 1W

WOOSH! In the middle of nowhere there was a scary, spooky, haunted house. Inside there was an old, light brown box that had nothing inside it. How mysterious!

By Jessica England 1/2B
We were rowing our little wooden boat when suddenly a wild storm hit us. The waves were big and crashing, the thunder was roaring loudly and the lightning was sparking wildly. We were rowing hard, trying to go over the crashing waves, but we were already soaked and shivering. The next thing, I woke up with a BANG! I looked around and wondered where we were. We had hit a tropical, sandy island in the middle of the ocean.

By Amelia Thornthwaite 3M

I sprinted away. There was a wild storm right behind me. I felt so scared. Trees were flying everywhere and it felt like I was in the middle of a cyclone! Finally the storm had eased. I found an old ship stranded in the water. I swam towards it. I looked all around the ship and found a crumpled note in a suitcase. The note was a map! I followed it and found a mysterious house in the jungle. I knocked on the door.

By Jacob Dinter 4G

It was a dark and gloomy night, a wild storm had just past. Out of the corner of my eye was a crumpled note with a picture of an old ship. On the back it said by Dylan. But it couldn't have been me because I didn't draw it. So I carefully placed it in my suitcase and set off. But then I woke up and remembered that it was all a dream.

By Dyllon Redfern 5L

In the dead of night I woke to the sound of a faint moan. I slowly rose out of bed and opened the old rickety door and closed it behind me. I walked slowly as the fear ate me inside and my legs wobbled like jelly. As I laid my hand on the door knob of the room next to mine I heard a click of a door lock. I ran to my small cabin in the old ship. The door was locked so I ran back to the other room. I kicked the door in and hid behind an old suitcase. I opened it in curiosity. In there was a crumpled note and a picture of a wild storm. The door slams open and I looked up. "Dad!" I yelled.

By Joel Burdon 6B
Waste Free Wednesday Winners

There was great excitement in the school on Wednesday when the school leaders visited Year 5 to find our first Waste Free Wednesday Winners. The turtle bins were carefully checked for plastic rubbish. Photographs were taken and rubbish counted. Here are the results:

<table>
<thead>
<tr>
<th>5G</th>
<th>5S</th>
<th>5ET</th>
<th>5BC</th>
<th>5L</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 pieces of rubbish</td>
<td>15 pieces of rubbish</td>
<td>16 pieces of rubbish</td>
<td>17 pieces of rubbish</td>
<td>18 pieces of rubbish</td>
</tr>
</tbody>
</table>

Congratulations to 5S for being our first “Waste Free Wednesday Winners”.

Good luck Mona Vale for next week!

From

Mrs McGuigan and the Leadership Team
Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

**Take a look at the sugar content found in these drinks:**

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.

**Iodine and Learning**

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

- cow’s milk, yoghurt and cheese
- seafood
- seaweed – as used in sushi or nori rolls

Regards

**Mrs Kristy Waterhouse**

Classroom Teacher
Hello all

I hope everyone is keeping warm now we are into winter!

We now have hot chocolates and breakfast slice/porridge from 8:30am for grades 2-6.

**Menu Changes**

Toasties will now be available on **Tuesdays** and **Wednesdays**.
Burrito wraps are now available on **Thursdays** and **Fridays**.

Our new Hot Burrito Wrap comes standard with chicken, with/without salsa and toasted. Look on Flexischools for all variations you can add.

We are always on the lookout for more volunteers to help in the canteen.

Our hours are from 9am to 1pm and the kids love to see you at school. If you have a few hours to offer, please give me a call.

<table>
<thead>
<tr>
<th>Monday 8(^{th})</th>
<th>Tuesday 9(^{th})</th>
<th>Wednesday 10(^{th})</th>
<th>Thursday 11(^{th})</th>
<th>Friday 12(^{th})</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Public Holiday</strong></td>
<td>Jade Warner Cheryl Houghton</td>
<td>Volunteers Needed</td>
<td>Louise Crowther Stan Votomirova</td>
<td>Jen Fitzpatrick Lizzie Robertson Gay McCorby</td>
</tr>
</tbody>
</table>

Regards

*Mrs Carly Smith*
Canteen Coordinator
0438 409 081
9997 2442
Just a reminder, please make sure you have labelled your children’s items such as jackets, hats, ties etc. Please write both first and last name, no initials or only first name as it will not find its way back to you. Please be aware if something is lost it may take a day, a week or sometimes longer depending where the kids have left it. Those clothing items with no name will be donated to the school and sold in the uniform shop in our clothing pool with all money going back into the school.

YEAR 6 GRADUATION JACKETS
I have had a few parents request another graduation jacket so they can put it in their kids “keep sake” box. If anyone else is interested could you please email me on uniformshop@monavalepspca.com.au

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

This term boys ties will be available from the canteen at $16 each 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.

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
Community News

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service Visiting

Mona Vale Memorial Hall
Village Park Pittwater Road

Monday 29 June 1:30pm – 6:30pm
Tuesday 30 June 8:30am – 2:00pm
Wednesday 1 July 8:30am – 1:30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate
Eat! Have a good sized breakfast or lunch
Please bring photo I.D. with you

To make an appointment call 13 14 95
or visit donateblood.com.au

Australian Red Cross
BLOOD SERVICE
FESTIVAL SESSION TIMES/DATES BY SCHOOL

Avalon PS Training Band 14/6 Session 5 5.00-6.35pm
Avalon PS Concert Band 12/6 Session 1 5.00-6.10pm
Avalon PS Senior Band 12/6 Session 2 6.20-7.30pm
Balgowlah Heights PS Junior Band 14/6 Session 2 11.45-1.20pm
Balgowlah Heights PS Senior Band 14/6 Session 3 1.30-3.05pm
Balgowlah Heights Concert Band 14/6 Session 1 10.00-11.35am
Balgowlah North PS Junior Band 21/6 Session 3 5.10-6.20pm
Balgowlah North PS Intermediate Band 20/6 Session 1 4.00-5.35pm
Balgowlah North PS Concert Band 20/6 Session 2 5.45-7.20pm
Barrenjoey High school Concert Band 20/6 Session 2 5.45-7.20pm
Bilgola Plateau PS Training Band 21/6 Session 2 3.20-4.55pm
Bilgola Plateau PS Concert Band 21/6 Session 1 2.00-3.10pm
Bilgola Plateau PS Performance Band 19/6 Session 1 5.00-6.10
Collaroy Plateau PS Training Band 14/6 Session 3 1.30-3.05
Collaroy Plateau PS Concert Band 14/6 Session 6 6.45-7.55pm
Collaroy Plateau Performance Band 14/6 Session 4 3.15-4.50pm
Cromer High School Concert Band 19/6 Session 3 7.45-8.55pm
Cromer PS Training Band 14/6 Session 5 5.00-6.35pm
Cromer PS Intermediate Band 14/6 Session 2 11.45-1.20pm
Cromer PS Senior Band 14/6 Session 3 1.30-3.05pm
Elanora Heights PS Training Band 20/6 Session 1 4.00-5.30pm
Elanora Height PS Senior Concert Band 20/6 Session 2 5.45-7.20pm
Forest High School Concert Band 20/6 session 1 4.00-5.30pm
Forestville PS Training Band 21/6 Session 1 2.00-3.10pm
Forestville PS Intermediate Band 21/6 Session 3 5.10-6.20pm
Forestville PS Concert Band 21/6 Session 2 3.20-4.55pm
Gordon East PS Training Band 14/6 Session 2 11.45-1.20pm
Gordon East Concert Band 14/6 Session 1 10.00-11.35am
Harbord PS Junior Band 14/6 Session 1 10.00-11.35am
Harbord PS Intermediate Band 14/6 Session 4 3.15-4.50pm
Harbord PS Concert Band 2 14/6 Session 5 5.00-6.35pm
Harbord PS Concert Band 1 14/6 Session 6 6.45-7.55pm
Killarney Heights High School Concert Band 20/6 Session 1 4.00-5.30pm
Manly Vale PS Junior Band 12/6 Session 2 6.20-7.30pm
Manly Vale PS Senior Band 12/6 Session 1 5.00-6.10pm
Manly West PS Training Band 12/6 Session 1 5.00-6.10pm
Manly West PS Intermediate Band 12/6 Session 3 7.45-8.55pm
Manly West PS Concert Band 19/6 Session 3 7.45-8.55pm
Manly West Performance Band 19/6 Session 1 5.00-6.10pm
Mater Maria Catholic College Concert Band 21/6 session 3 5.10-6.20pm
Mona Vale PS Training Band 19/6 Session 2 6.20-7.30pm
Mona Vale Concert Band 12/6 Session 3 .45-8.55pm
Mona Vale Performance Band 19/6 Session 3 7.45-8.55pm
Narrabeen Lakes PS Performance Band 19/6 Session 2 6.20-7.30pm
Narrabeen Sports High School Concert Band 14/6 Session 6 6.45-7.55pm
Newport PS Training Band 14/6 Session 4 3.15-4.50pm
Newport PS Concert Band 14/6 Session 3 1.30-3.05pm
Newport PS Performance Band 19/6 session 2 6.20-7.30pm
Northern Beaches Christian School Training Band 14/6 Session 5 5.00-6.35pm
Northern Beaches Concert Band 20/6 Session 2 5.45-7.20pm
Pittwater High School Concert Band 21/6 Session 2 3.20-4.55pm
Pittwater High School Symphonic Band 21/6 Gala Concert 7.00pm
St Rose Catholic Primary School Concert Band 19/6 Session 1 5.00-6.10pm
Wheeler Heights PS Training Band 14/6 Session 4 3.15-4.50pm
Wheeler Heights PS Intermediate Band 14/6 Session 1 10.00-11.35am
Wheeler Heights Senior Band 14/6 Session 2 11.45-1.20pm
Junior Secondary Combined Schools Band 21/6 Session 2 3.20-4.55pm
Senior Secondary Combined Schools Band 21/6 Session 1 2.00-3.10pm
Primary Combined Schools Band 21/6 Gala Concert 7.00pm
SNBSWE 21/6 Gala Concert 7.00pm
????
A special invitation is extended to,

The Staff and Parents of MVPS

Peninsula Community of Schools
One Community Many Stories - Art Exhibition
Avalon Public School
24th June 2015

You are invited to attend the Peninsula Community of Schools Art Exhibition in celebration of the Guringai Festival, “One Community Many Stories”

Please come along and enjoy the “One Community Many Stories” Art Exhibition, showcasing student work from Kindergarten to Year 12 by the Peninsula Community of Schools. The collection of artworks reflect the Guringai Festival’s theme, “Story of Place”, the Reconciliation theme, “Thankyou” and the 2015 NAIDOC theme, “We all Stand On Sacred Ground: Learn, Respect and Celebrate.”

Where: Avalon Public School
Old Barrenjoey Rd Avalon

When: Wednesday 24th June 2015

Time: 5:00pm – 7:00pm (Official Welcome at 5:30pm)

Admission: Gold coin donation
(Funds raised in support of Indigenous youth)

Enquiries: sharon.smithies@det.nsw.edu.au

Proudly sponsored and supported by Transfield Services