Mona Vale Manners

Week 5 – Listen carefully without fiddling.
(begins Monday 10th August)

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.
Our app is now our first line of communication to parents.

ICAS Maths Competition

The ICAS Maths Competition sitting date is Tuesday 11th August. All students who are participating will need to be at school by 7:50am on this day. Students are to report to Q block on arrival and are to bring a 2B pencil and an eraser. Students who are not present for the testing session at 7:50am will NOT be able to do a make up session later in the day.

Regards

Mrs Robyn Best
Classroom Teacher
Administration hours are Monday to Friday 8:30am – 3:15pm

TERM ACCOUNTS AND PERMISSION NOTES
Term 3 accounts have been sent home. Term accounts are due by tomorrow, Friday 7th August.

SICK BAY
With well over 1000 students, our sick bay is busier than a local hospital triage! However, we have recently noticed an increasing number of students who have been sent to school sick. Sick children can’t concentrate and spread illnesses to other children. If your child is unwell please keep them at home.

WE ARE PLANNING KINDERGARTEN 2016
Do you have a child enrolling in Kindergarten 2016? If you have not already done so, please enrol now! Please pop into the office and collect an enrolment form or download one from our website. Go to our School/Enrolment.

SCHOOL APP
Have you downloaded it yet?

Please go to the App Store and download – allow push notifications.

Use this app if you have an ANDRIOD
Under Mona Vale Public School
Active School Apps

Use this app if you have an APPLE
Under Mona Vale Public School
Leigh Kostiainen

Thanking you

Mrs Leonie Gallard
School Administration Manager
<table>
<thead>
<tr>
<th>Week</th>
<th>Monday August 10&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday August 11&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Wednesday August 12&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Thursday August 13&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Friday August 14&lt;sup&gt;th&lt;/sup&gt;</th>
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<tbody>
<tr>
<td>5</td>
<td>Intermediate &amp; Advanced Chess Club – lunch</td>
<td>Year 5 Dancesport</td>
<td>Year 6 Mini Fete</td>
<td>Year 5 Dancesport</td>
<td>10am -11:30am SRC at Pittwater Council planning meeting</td>
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<td>Monday August 17&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Tuesday August 18&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Wednesday August 19&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Thursday August 20&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Friday August 21&lt;sup&gt;st&lt;/sup&gt;</td>
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<td>6</td>
<td>Intermediate &amp; Advanced Chess Club – lunch</td>
<td>Year 5 Dancesport</td>
<td>Junior Choir @ Proms rehearsal</td>
<td>Year 5 Dancesport</td>
<td>Year 2 @ Opera House</td>
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<td>Year 5 Dancesport</td>
<td>Support Classes @ Northcott Athletics Carnival</td>
<td>Kindergarten Science Day</td>
<td>Year 2 @ Opera House</td>
<td>Year 5 Dancesport Gala evening @ Pittwater RSL</td>
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<td>Year 4 @ Great Synagogue and Australian Museum (not 3/4B)</td>
<td>Beginners Chess Club – lunch</td>
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<td>Beginners Chess Club - lunch</td>
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<td>Monday August 24&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Tuesday August 25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Wednesday August 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Thursday August 27&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Friday August 28&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>7</td>
<td>Years 3 &amp; 4 Science Incursion</td>
<td>Year 5 Dancesport</td>
<td>Years 3 &amp; 4 Science Incursion</td>
<td>Year 5 Dancesport</td>
<td>Year 5 Dancesport</td>
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<td>Intermediate &amp; Advanced Chess Club – lunch</td>
<td>Year 5 Dancesport</td>
<td>Zone Athletics Carnival</td>
<td>Beginners Chess Club – lunch</td>
<td>Beginners Chess Club – lunch</td>
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<td>7:30pm-9:30pm P&amp;C meeting</td>
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<td>7pm Northern Beaches Dancesport Challenge @ Dee Why RSL</td>
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Next Wednesday, 12th August, Year 6 will be holding their annual mini fete. This is a major fundraiser for our senior students and will contribute to the purchase of a gift they will donate to the school at the end of the year.

The students always organise many wonderful stalls including food, a ghost house, hair spraying, face and nail painting and fun games and activities.

All students K-5 will attend the fete and are asked to bring a modest amount of money to spend. Please ensure that your child brings this money in coins, rather than notes, as most items will cost between 20 cents and 1 dollar.

Thank you for your support.

**Year 6 Teachers**

The Year 6 Mini Fete is fast approaching, Wednesday 12th August, and we still need donations of used books, games and toys. Please go through your bedrooms and cupboards to locate those preloved goods that can be sold on our second hand items stall. Someone out there will enjoy your things just as much as you once did! Please send them to 6L’s classroom by Tuesday 11th August.

**Thanks from Year 6**
A recent major independent research study found that the results of students using Mathletics are up to 9% higher in external Government testing.

### Mathletics & Spellodrome

#### WEEK 4 WINNERS

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<thead>
<tr>
<th>Class</th>
<th>Individual</th>
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</thead>
<tbody>
<tr>
<td>K-2</td>
<td>1/2B James Pfeiffer (1/2B)</td>
</tr>
<tr>
<td>3-6</td>
<td>6F Andre Mitchell (6L)</td>
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<table>
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<tr>
<th>Class</th>
<th>Individual</th>
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<tbody>
<tr>
<td>K-2</td>
<td>1C Ophelia Froggatt (1C)</td>
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<tr>
<td>3-6</td>
<td>5G Finlay Marks (5G)</td>
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New Advanced Coach

Two potential coaches were trialled last week and the Chess Club is delighted to announce Krishna Thapa from the Sydney Academy of Chess will be starting as our new advanced coach from Wednesday August 19th.

Lessons for advanced players will move permanently to Wednesdays starting that week. Next Monday’s lesson (August 10) with Tim will be final Monday lesson.

Trials Finish This Week

Thanks to Kai Hampson & Harley Ratcliff for presenting to the Years 3 and 4 assembly about the many benefits of learning chess at Mona Vale PS.

Please advise your children that this is the last week they may attend a trial lesson free of charge.

Enrolments for Term 3 are closing so if you want to register to receive professional coaching please email me for an enrolment form chess@monavalepspca.com.au if your child has been talking about attending chess and you are waiting for an invoice, please get in touch via email & supply your contact details so we can arrange one.

Housekeeping

If you haven’t already paid your term fees they were due last week.

Sometimes we find out along the way that players have moved themselves up to a new level to be more challenged, or because their friend switched groups. It’s hard to keep track of students and keep the three groups balanced when this happens. If your child feels they are ready to move up a level could you please let me know and I’ll arrange for their coach to assess them and make a recommendation.

If you have any questions about chess at MVPS please email the chair

Lisa Ratcliff via chess@monavalepspca.com.au
What a big week in all things creative and musical! I have had such a fantastic week and have had many moments where I realize how much I love my job!

It all started last Friday night when 177 Mona Vale students from Years 4, 5 and 6 attended a disco and danced the night away. Their behaviour was respectful and their dancing was fun and energetic. It was a great evening! A huge thank you to the Band committee for a brilliant night. Money raised will continue to strengthen our Band Program. A special thanks to Robyn Keavy for organizing the canteen and our DJ Mr David Wilkinson who really had the tunes pumping that the students enjoyed.

On Monday night I was lucky enough to attend the Festival of Instrumental Music with Mrs Leesa Martin at the Sydney Opera House. A wonderful evening showcasing musicians from across NSW in a mass recorder ensembles (700 students strong!), school bands, state instrumental groups and a mass string ensemble (240 fine string players). Our senior string ensemble participated in this evening and were lucky enough to be front and centre of the main stage during the massed strings: they really displayed their personal best and should be congratulated on their performance. A big congratulations to Ms Yenny Huang, their Conductor, who assisted the students in memorizing pages and pages of music and attending all rehearsals with the students; an amazing opportunity for our kids that isn’t possible without great teachers.

My amazing week continued when I attended the PCS music festival at Pittwater High School on Tuesday night. Mona Vale was represented by a strong choir of thirty Year 2 students. These students had to learn and memorize 8 songs, they also had to sit on stage the whole night and were fantastic. They had energy in bucket-loads and their happiness was infectious for the audience. Thank you to Mrs Annette Palmer who always injects her enthusiasm of singing into our students in such a positive way. Thanks also to Miss Stephanie Melchior for all her assistance in organising the choir. At the PCS evening we were also swept to OZ by our Stage one dance group dancing to Wizard of Oz tunes. Thanks to our talented and dedicated teacher Miss Ashlee Green and Mrs Nicci Williams.

I feel so priviledged to see our talented students in action…. I can almost hear you ask, “When do we get to see all these amazing groups”?… the answer is:

Mona Vale Musicale: Week 10 Monday September 14th

All our Creative Arts groups will be showcased so please put this date in your diary as it promises to be spectacular. More information will be coming home soon.

Kind regards

Mrs Jacqui Shaw
Creative Arts Coordinator
8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

**Ingredients**
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

**Method**
1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

**Environmentally Friendly Snack Foods:**
Choose an apple, mandarin, orange, pear, banana, plum, mangoes, pieces of melons, nectarines, peaches or other fresh seasonal fruit for a quick, easy, environmentally-friendly snack. No packaging, full of nutrients and antioxidants, plus it tastes delicious!

Regards

Mrs Kristy Waterhouse
Classroom Teacher
Welcome back to Week 4 Term 3. We are already into August and almost half way through Term 3.

Sushi
Mona Vale kids love SUSHI!! Sushi orders are our most popular item on Flexischools.

Every week you can order SUSHI on Flexischools on [www.flexischools.com.au](http://www.flexischools.com.au) three times a week every Monday/Wednesday and Friday.

Last Friday the Mona Vale kids broke the record for the most sushi ordered on one day – 204 sushi orders. Go SUSHI!!

**Frankfurter Friday:** Frankfurters sold at recess for $1.80 or $2.00 with cheese.

**Help:** We are getting super busy in the Canteen with the lunch orders increasing daily. If you are able to spare a morning – it would be great to see you in the canteen – no experience necessary! Dads welcome too! More volunteers = more lunch orders.

**Forgotten Lunches:** Often kids will come to the canteen at lunchtime saying they have no lunch, they have forgotten their lunch or their order hasn't come on Flexischools. When this happens the kids are given a substitute lunch from the canteen (generally boiled rice or a cheese/vegemite sandwich) with a note to be given to their parents hopefully a refund arrives back to the canteen the next day.

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### August Roster

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<thead>
<tr>
<th>Monday 10th</th>
<th>Tuesday 11th</th>
<th>Wednesday 12th</th>
<th>Thursday 13th</th>
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<tr>
<td>Di Brian Michelle Tasker</td>
<td>Gi Graziano Ruth Laird</td>
<td>Lisa Ratcliff Michelle Gregory</td>
<td>Tatum Moane Mel Sims</td>
<td>Julie Van Koesveld Kellie Caroll Jen Fitzpatrick</td>
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<td>Anne Woolmer Susan Senior</td>
<td>Helen Mijakovic Jade Warner</td>
<td>Jo Castle</td>
<td>Amanda Green Jarmila Bojkovska</td>
<td>Lizzie Robertson Madeleine Koo</td>
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<td>Monday 24th</td>
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<td>Emily Wearne Therese Creed</td>
<td>Linda Newman</td>
<td>Amber Jones Melitia Guy</td>
<td>Kylie Pinwill Help Needed</td>
<td>Sylvia Atkinson Julie Shirdon Sandra Avidson Corrina Bouman</td>
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Keep Warm

Rebecca O'Donnell
Canteen Coordinator
9997 2442
Uniform Shop Details

REGULAR OPENING HOURS

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

Email: uniformshop@monavalepspca.com.au

Community News

Mona Vale Girl Guides invite you to  
Come and Try Guides!  
Monday 17 August 4.30pm-6.30pm  
For girls aged 10-13 years  
Mona Vale Guide Hall – Kitchener Park (near the tennis courts)  
Please call Lauren on 0403 556 131 to register for this free event.  
Or to find out more visit our website www.girlguides-nswact.org.au
Do your children love reading? Or would you like them to enjoy reading more?
A new bookshop has just opened up on your doorstep!

SHINY OWL BOOKS
in Bungan Lane is just 200 metres away from the school. A general second hand
bookshop, we stock an enhanced range of children’s books, including many stories,
to amuse, entertain and engage for hours and hours and days and weeks and into
forever...

Pop down after 9 on your own – Bring ’em down after school at 3.
Too much after school? We’re open all day Saturday too!

Monday to Saturday 9 to 5 in Bungan Lane. Down from the school then right at the
chemist near the council car park. Ph 9979 - 3425

Shiny Owl Books
SERVING MONA VALE AND EVERYWHERE ELSE
PITTWATER PSSA
NOW HAS ITS OWN APP

Download our awesome new app now and stay up to date with all the latest information!

Install the Pittwater PSSA App on your smartphone or tablet now!

Follow these steps:
1. Download Team App from the Apple or Google Play app store.

   ![Available on the App Store](https://example.com/appStoreIcon.png)  ![Available on Google Play](https://example.com/googlePlayIcon.png)

2. Sign up to Team App. You will be sent an email to confirm your registration.

3. Log into the App and search for "Pittwater PSSA".

4. Choose your applicable access group(s).

5. If you don’t have a smartphone go to pittwaterpssa.teamapp.com to sign up and view this App online.

Need help?
Contact: Nathan Casey
Email: nathan.casey1@det.nsw.edu.au
Phone: 99137077

teamapp.com
The Gr8 GATsby – Gifted and Talented Day

Five students from year 4, 5 and 6, who are considering enrolling at Narrabeen Sports High and are working at a high level of achievement, are invited to participate in a Gifted and Talented Day – The Gr8 GATsby. Teams compete in complex challenges across the Key Learning Areas from year 4 to year 8 to win a range of prizes!

Brain Bending challenges will include the following subjects: Maths, Drama, Science, HSIE, English, PE, Music and Technical and applied sciences.

When: Monday 17th August 2015

Time: 9-2:30pm

Where: Narrabeen Sports High School Hall

email Courtney.frost1@det.nsw.edu.au