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.

Week 6 – Say “Good morning” to people when you meet them each day in the classroom or playground.
(begins Monday 17th 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.

Mona Vale Manners

Week 6 – Say “Good morning” to people when you meet them each day in the classroom or playground.
(begins Monday 17th August)

Mona Vale Manners

Spelling Bee

This week Stage 2 and Stage 3 held their MVPS Premier's Spelling Bee finals. Two champion spellers represented each class to find the Mona Vale champion spellers. With words like opthamology and indomitable it was a challenging task.

Congratulations to:
Sophie Beckett and Jack Palmer - Stage 2
Martin Tan and Max DeVries - Stage 3

who will represent Mona Vale at the Regional Spelling Bee finals at Curl Curl PS. Good luck super spellers!!!
### Dates For Your Diary

#### Week 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Aug 17th</td>
<td>Intermediate &amp; Advanced Chess Club – lunch</td>
</tr>
</tbody>
</table>
| Tuesday, Aug 18th | Year 5 Dancesport  
Support Classes @ Northcott Athletics Carnival |
| Wednesday, Aug 19th | Junior Choir @ Primary Proms rehearsal  
Kindergarten Science Day |
| Thursday, Aug 20th | Year 5 Dancesport  
Year 2 @ Opera House  
Year 5 Dancesport Gala evening @ Pittwater RSL  
Beginners Chess Club - lunch |
| Friday, Aug 21st | Absolute Beginners Chess Club – lunch |

#### Week 7

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| Monday, Aug 24th | Years 3 & 4 Science Incursion  
Intermediate & Advanced Chess Club – lunch |
| Tuesday, Aug 25th | Year 5 Dancesport  
Zone Athletics Carnival  
7:30pm-9:30pm P&C meeting |
| Wednesday, Aug 26th | Year 5 Dancesport  
Years 3 & 4 Science Incursion  
Beginners Chess Club – lunch  
7pm Northern Beaches Dancesport Challenge @ Dee Why RSL |
| Thursday, Aug 27th | Year 5 Dancesport  
Beginners Chess Club – lunch  
7pm Northern Beaches Dancesport Challenge @ Dee Why RSL |
| Friday, Aug 28th | Absolute Beginners Chess Club – lunch |

#### Week 8

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>Monday, Sept 1st</td>
<td>Intermediate &amp; Advanced Chess Club – lunch</td>
</tr>
</tbody>
</table>
| Tuesday, Sept 2nd | Year 5 Dancesport  
7:30pm P & C Meeting |
| Wednesday, Sept 3rd | PCS Science Fair |
| Thursday, Sept 4th | Year 5 Dancesport  
Dancesport Final @ Homebush  
Beginners Chess Club – lunch |
| Friday, Sept 5th | Absolute Beginners Chess Club – lunch  
**Fathers' Day Breakfast** |
The winning Sport House for Week 5 is: **Hawkesbury**

**CONGRATULATIONS** to Zac Newbold who successfully trialled for the Sydney North Softball team. Coach Fox is so lucky to have you in the team Zac. Good luck at State!!

We did it!! What an amazing night! Congratulations everyone on your amazing skill and sportsmanship. Mona Vale’s first twilight carnival was a success.

8 records were broken on the day! WOW! Fantastic achievements by:

- Prince Kamara 8yr 100m
- Abby McNicol 8yr 100m
- Zoe Shirdon 9yr 100m
- Owen McNicol 10 yr 100m, Junior 200m
- Imogen Buchanan 11yr Shot put
- Abigail Allan Junior High Jump
- Will Allan Senior High Jump

**Congratulations Hawkesbury! Carnival winners!**

The first 3 runners in the 100m and the first 2 places in 200m, 800m and all field events will represent MVPS at the Zone carnival on Tuesday 25th August. Good luck to our team. Congratulations to the following placegetters:
<table>
<thead>
<tr>
<th></th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8YR 100M</strong></td>
<td>1  Prince Kamara</td>
<td>1  Abby McNicol</td>
</tr>
<tr>
<td></td>
<td>2  Taj Thompson</td>
<td>2  Sienna Goodwin</td>
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<tr>
<td></td>
<td>3  Lachie Bunning</td>
<td>3  = Marnie Castle</td>
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<tr>
<td></td>
<td></td>
<td>3  = Mia Sams</td>
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<tr>
<td><strong>9YR 100M</strong></td>
<td>1  Reef Luedecke</td>
<td>1  Zoe Shirdon</td>
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<tr>
<td></td>
<td>2  Jacob Dinter</td>
<td>2  Sophie Muller</td>
</tr>
<tr>
<td></td>
<td>3  Oskar Hartley</td>
<td>3  Ciara Cooper</td>
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<tr>
<td><strong>10YR 100M</strong></td>
<td>1  Owen McNicol</td>
<td>1  Eliza Holland</td>
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<td></td>
<td>2  Beau Morrison</td>
<td>2  Rosie Brennan</td>
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<tr>
<td></td>
<td>3  Corin Lane</td>
<td>3  Sienna Humphrey</td>
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<tr>
<td><strong>11YR 100M</strong></td>
<td>1  Matty Macarthur</td>
<td>1  Olivia Tommerup</td>
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<tr>
<td></td>
<td>2  Jacob McNicol</td>
<td>2  Charli Hope-Parsons</td>
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<tr>
<td></td>
<td>3  Max Oldham</td>
<td>3  Amber Rabbitts</td>
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<tr>
<td><strong>12YR 100M</strong></td>
<td>1  Tom Morrison</td>
<td>1  Maddie Binding</td>
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<td></td>
<td>2  Will Allan</td>
<td>2  Malayika Russell</td>
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<td></td>
<td>3  Byron Grant</td>
<td>3  Petra Williamson</td>
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<tr>
<td><strong>13 YR 100M</strong></td>
<td>1  Daniella Glur</td>
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<tr>
<td><strong>JUNIOR 200M</strong></td>
<td>1  Owen McNicol</td>
<td>1  Zoe Shirdon</td>
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<tr>
<td></td>
<td>2  Beau Morrison</td>
<td>2  Rosie Brennan</td>
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<td></td>
<td>3  Prince Kamara</td>
<td>3  Eliza Holland</td>
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<tr>
<td><strong>11 YR 200M</strong></td>
<td>1  Jacob McNicol</td>
<td>1  Olivia Tommerup</td>
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<td>2  Matty Macarthur</td>
<td>2  Amber Rabbitts</td>
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<td></td>
<td>3  Max Oldham</td>
<td>3  Elise Pike</td>
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<tr>
<td><strong>SENIOR 200M</strong></td>
<td>1  Tom Morrison</td>
<td>1  Maddie Binding</td>
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<td></td>
<td>2  Will Allan</td>
<td>2  Malayika Russell</td>
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<td></td>
<td>3  Byron Grant</td>
<td>3  Petra Williamson</td>
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<tr>
<td><strong>JUNIOR 800M</strong></td>
<td>1  Harley Ratcliff</td>
<td>1  Meg Wannell</td>
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<tr>
<td></td>
<td>2  Beau Morrison</td>
<td>2  Amelia Thronthwaite</td>
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<tr>
<td></td>
<td>3  Prince Kamara</td>
<td>3  Ciara Cooper</td>
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<tr>
<td><strong>11YR 800M</strong></td>
<td>1  Matty Macarthur</td>
<td>1  Olivia Tommerup</td>
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<td></td>
<td>2  Ethan Cooper</td>
<td>2  Lydia Woodward</td>
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<tr>
<td></td>
<td>3  Joshua Wilson</td>
<td>3  Sienna Maudson</td>
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<tr>
<td><strong>SENIOR 800M</strong></td>
<td>1  Tom Morrison</td>
<td>1  Josie Theunissen</td>
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<tr>
<td></td>
<td>2  Mitch Seymour</td>
<td>2  Laura Clarke</td>
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<tr>
<td></td>
<td>3  Will Allan</td>
<td>3  Daniella Glur</td>
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<tr>
<td>Event</td>
<td>Position 1</td>
<td>Position 2</td>
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<tr>
<td><strong>JUNIOR LONG JUMP</strong></td>
<td>Beau Morrison</td>
<td>Ciara Cooper</td>
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<td></td>
<td>Harley Ratcliff</td>
<td>Melissa Turner</td>
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<tr>
<td></td>
<td>Dylan Bellamy</td>
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<tr>
<td><strong>11YR LONG JUMP</strong></td>
<td>Matty Macarthur</td>
<td>Imogen Buchanan</td>
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<td></td>
<td>Max Oldham</td>
<td>Olivia Tommerup</td>
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<td></td>
<td>Ethan Cooper</td>
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<tr>
<td><strong>SENIOR LONG JUMP</strong></td>
<td>Tom Morrison</td>
<td>Petra Williamson</td>
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<td></td>
<td>Alex Norris</td>
<td>Hannah Sudano</td>
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<td></td>
<td>Will Allan</td>
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<tr>
<td><strong>JUNIOR SHOT PUT</strong></td>
<td>Beau Morrison</td>
<td>Rosie Brennan</td>
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<tr>
<td></td>
<td>Oscar O’Dell</td>
<td>Melissa Turner</td>
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<td></td>
<td>Toby Calton Van Buizen</td>
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<tr>
<td><strong>11YR SHOT PUT</strong></td>
<td>Zac Newbold</td>
<td>Imogen Buchanan</td>
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<td></td>
<td>Max Oldham</td>
<td>Charlotte Kingsbury</td>
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<td></td>
<td>Daniel Duncan</td>
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<tr>
<td><strong>SENIOR SHOT PUT</strong></td>
<td>Byron Grant</td>
<td>Ella Paton</td>
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<td></td>
<td>Oskar Warner</td>
<td>Bella Hope-Parsons</td>
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<td></td>
<td>Tom Morrison</td>
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<tr>
<td><strong>JUNIOR HIGH JUMP</strong></td>
<td>Dylan Bellamy</td>
<td>Abigail Allan</td>
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<td></td>
<td>Louis Paltridge</td>
<td>Melissa Turner</td>
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<tr>
<td><strong>11YR HIGH JUMP</strong></td>
<td>Max Oldham</td>
<td>Jayme Saggars</td>
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<td></td>
<td>Jacob McNicol</td>
<td>Taylah Graham</td>
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<td></td>
<td>Ethan Cooper</td>
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<td>Alex Norris</td>
<td>Malayika Russell</td>
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<tr>
<td></td>
<td>Byron Grant</td>
<td>Chloe Bracher</td>
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</table>
The Fathers’ Day Breakfast is fast approaching! Last year we made 930 bacon and egg rolls between 6 and 8:30am – do you think we can break that school record once again this year?!!! Payment via Flexischools will open early next week, but in the meantime we need volunteers!

The Fathers’ Day Breakfast is only possible with your generous support, so mums and teachers, we need 50 volunteers to help set up, cut up fruit and rolls, fry bacon, crack eggs and serve breakfast to dads and kids bright and early on Friday 4th September 2015. Coffee will be waiting for you, as well as a complimentary bacon and egg roll for all volunteers!

This year we are using our new school app for bookings.

Step 1: Go to the bottom row of tabs and click on the tab titled “Interviews”. You will see a page titled School Interviews (bit of a confusing title but it’s a third party provider).

Step 2: Put in the code for this event: HE5H4

Step 3: Register with your email address and follow instructions to select a shift. Once completed, you will be sent a confirmation email which also includes an option to send your shift straight to your calendar. If you need to change your shift, please follow the instructions in that email.

If you haven’t yet registered for the school app, now is a great time to do so! See the Mona Vale Mail for details.

If you would like to log on via the internet, you can do so at https://www.schoolinterviews.com.au/code?code=HE5H4

If you have any questions about registering or about the shifts, please email me at events@monavalepspca.com.au

We are looking forward to another fun Fathers’ Day Breakfast!

Regards

Tanya van der Wall
events@monavalepspca.com.au
Chair P&C Social and Events Committee

SEE FLYER AT THE END OF THIS NEWSLETTER FOR DETAILS ABOUT ORDERING YOUR BREAKFAST
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 5 WINNERS

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>1/2B Matilda Bridge (1W)</td>
</tr>
<tr>
<td>3-6</td>
<td>6F Francesco Cimino (6F)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>1C Cameron Broadrick (1C)</td>
</tr>
<tr>
<td>3-6</td>
<td>6C Jaxon Humphreys (6C)</td>
</tr>
</tbody>
</table>
Grandpa found an old map that helped him find a buried treasure chest full of jewels.

Class KO

On my birthday I was given a boring old map. Trying not to feel too disappointed I looked and followed my heart until I came to a grey castle full of jewellery, that was my birthday present.

Marley Dean 1C

One day a terrific pirate used an old, folded map to track down some shining, precious jewellery.

Jake Tate 2E
Anna, the elderly lady, glanced into the old rusty cage that her pet mouse Pebbles lived in. She walked down the creaky stairs to check what was on the calendar. She lit a bright, glowing candle and peered at the gloomy words. Anna took another glance at the old paper and spoke to herself.

“I don’t remember writing ‘help the magician’ on the calendar.”

Then she rang him up and waited for him to answer

Emily Brandt 3A

In an old wooden house, an elderly lady named Anna looked up at her colourful calendar. She remembered that it was her nephew Tom's birthday tomorrow but she had no present to give him. Anna thought fast, then she thought of going to buy a present. Anna bought the present and headed home for a good nights’ sleep. The next morning she got in her car and went to Tom's birthday and there was an outstanding magician who pulled a mouse out of a hat and gave it to Tom as a present as a pet. At the end of the day Anna went home and went to bed feeling very happy.

Ivana Skoric 4A

Once there was a dark and dangerous magician. He owned a pet mouse whose fur was as black as crows' feathers and it also had scary bloodshot eyes. Once an elderly lady visited the magician’s house but she was never seen again. The last anyone ever saw of her was her pale, white face stuck on the outside of a golden calendar.

Claudia Powell 5ET

An elderly lady walked down the road and through the town using her new walking stick for support. She turned left and then right down a small alleyway, and stopped at a tiny wooden house. She rapped on the door once, twice, three times before calling out, “Oh magician, are you home?”

The sound of creaking floorboards came from behind the door. A mouse went scurrying by carrying a tiny pocket calendar.

“Very strange!” thought the elderly lady, “but this is the magician’s house after all” Her thoughts came abruptly to a halt as the door slammed open…

Emily Enright 6M
New P&C Signage
Exciting times as our design is now done we are ready for production of our new P&C branded signs for the different P&C activities (eg Canteen and Chess Club). Watch out for these! A big thanks to Louise Conn for leading us on this activity – another new parent to the P&C who saw a need and is applying her work skills for our benefit.

The intent here is to raise the profile of these P&C run activities to remind people that they only operate due to the efforts of the P&C – which is really you the parents.

School App
How are people finding it? I got some feedback about there being no Windows Store version so we are working on that. If you have feedback then please let me know. We hope it helps! We as a P&C in partnership with the School are proud to be able to get this developed.

Also on the App we hope to complete testing and have our new business directory operational before the end of the year. This will be a way local business can advertise and means of fund raising. We thank Mora's Gourmet Pizza Mona Vale for helping us with our testing!

Canteen
We welcome Rebecca O'Donnell (back) as Canteen Supervisor and we thank Carly Smith for her work over the previous 2 terms. We also thank Michelle Le Creurer for her many years of support given to the Canteen both as paid assistant and unpaid volunteer with helping run the P&C Canteen Committee.

Please look out for the “Eat Fresh and Win” campaign that the Canteen is running which has some great prizes on offer and encourages kids to recognise and seek out good food.

Volunteering
Many hands make light work and we as a P&C always welcome help. Does the App interest you? You could assist us with progressing it – maybe that's what you do at work? Maybe it's not and you would like to learn!! Maybe you’re interesting to know how a committee works like Band, Chess, Canteen, Uniform shop etc? If you have time during the day then Canteen or Uniform shop would love to see you for a shift. There is no permanent expectation for these shifts btw: once a year, once a term or whatever?

The P&C is made up of parents just like you, most with full or part time work who manage to fit tasks in via emails/phone calls out of hours. So don’t fill like you need loads of time or any particular experience. Your intention to help is all that is required! You would be surprised at how many of us had zero experience with these roles prior actually - that's part of the fun and challenge. You can create and contribute your way. What a wonderful example to the kids!

As always please fee to contact me if you have any questions about the P&C or would like more information about what volunteering opportunities are available.

Best Regards

Mark Welch
President, MVPS Parents and Citizens Association
(m) 0400 326 119
(e) president@monavalepspca.com.au
This week’s topic from the Live Life Well Team is:

Some Interesting Vegetable Facts:

Frozen vegetables are usually snapped frozen on ripening and can have the same nutritional value as fresh vegetables. Try to include different vegetables everyday.

Different coloured vegetables provide different vitamins and other nutrients. Eating enough vegetables can protect you against many lifestyle diseases including heart disease, stroke, some cancers and diabetes.

Did You Know?

✓ Red plant foods, like tomatoes and watermelon contain lycopene, which is thought to reduce the risk of some cancers and heart disease.
✓ Green vegetables including spinach, cabbage and broccoli contain lutein and zeaxanthin, which can protect against certain eye diseases.
✓ Blue and purple foods like eggplant and blueberries contain anthocyanis, which protect against cancers.
✓ White foods like cauliflower contain sulforaphane which protect against cancer.
✓ Raw vegetables can be rich in the antioxidant vitamin C. Cooking vegetables can release specific antioxidants like lycopene.

Regards

Mrs Kristy Waterhouse
Classroom Teacher
This week the canteen is starting a school wide campaign called EAT FRESH AND WIN.

Children accrue stickers for any fresh fruit or vegetables lunch orders on Flexischools. Stickers equal prizes – 7 different coloured pencil and erasers – captain capsicum, bassa banana, tamara tomato etc… Stickers are place onto vouchers which are completed and returned to the canteen.

There are many prizes to be won – home entertainment units, ipads, lunch bags, movie cards.

For more information please check out: www.freshforkids.com.au

It’s a wonderful initiative and I hope it is well supported by the school community.

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.

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### August Roster

<table>
<thead>
<tr>
<th>Monday 17th</th>
<th>Tuesday 18th</th>
<th>Wednesday 19th</th>
<th>Thursday 20th</th>
<th>Friday 21st</th>
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<tbody>
<tr>
<td>Anne Woolmer</td>
<td>Helen Mijakovic</td>
<td>Susan Senior</td>
<td>Amanda Green Jarmila Bojkovska Kylie Pinwill</td>
<td>Lizzie Robertson Madeleine Koo</td>
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<tr>
<td>Kylie Pinwill</td>
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<thead>
<tr>
<th>Monday 24th</th>
<th>Tuesday 25th</th>
<th>Wednesday 26th</th>
<th>Thursday 27th</th>
<th>Friday 28th</th>
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<tbody>
<tr>
<td>Emily Wearne</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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<td>Therese Creed</td>
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<tr>
<th>Monday 31st</th>
<th>Tuesday 1st</th>
<th>Wednesday 2nd</th>
<th>Thursday 3rd</th>
<th>Friday 4th</th>
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</thead>
<tbody>
<tr>
<td>Dimity Sawyer Help Needed</td>
<td>Donna Radinovic Jade Warner</td>
<td>Craig Raikuna Jack Pfeiffer</td>
<td>Amanda Greenwood Louise Crowther Hannah Jones</td>
<td>Bianca Berkley Jenelle Stocken Kylie Rose</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

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**Community News**

Pittwater Council is working on a new Bike Plan which will encourage an active Pittwater, where cycling is supported as a travel choice around our town centres and villages. It will identify aims for the Bike Plan and projects that can be implemented in the local area. By providing your input we can get a clearer understanding of bike usage and behaviour in Pittwater. Please complete the survey, which will take approximately 10 minutes. To be in the running to win one of five gift vouchers from a local bike shop, please include your contact details. Have your say at [www.pittwater.nsw.gov.au/bikeplan](http://www.pittwater.nsw.gov.au/bikeplan).

Regards

Michelle Carter  
Road Safety Officer
Top Students at your school*

Lily Douglass
has spelt 3866 words correctly in 2015

Charlie Borg
has spelt 4010 words correctly in 2015

Georgia Gregory
has spelt 2551 words correctly in 2015

Zan Lee Sormaz
has mastered 97.86% of activities attempted.

Mikaela Felias
has mastered 99.44% of activities attempted

David Tulk
has mastered 98.86% of activities attempted.
Art Club have been furiously working on an installation to display in the school. It is a tribute to the ANZAC’s and is made of new and recycled materials.

This is where you come in... we need YOUR help!

We are collecting bottle tops to use in our artwork and are asking for bottle tops of any shape, size or colour.

We will put collection boxes in the infants and primary COLAS each morning and lunch time. They will be labelled RED, GREEN and MULTI-COLOURED. Please help us if you can... and remember each recycled bit of plastic is another step closer to saving the Green Sea Turtles!

We would also like to mention that if you have family members fought in World War I we would appreciate their names to add to our artwork. The names will not be in a list, instead, they will be delicately woven into the artwork. So, if you would like someone from the community remembered in our artwork please send an email to the school with the names and the subject titled ART CLUB.

Thank you!
From,
Mrs Fairs and the Art Club
Free ThinkUKnow? Online Safety Presentation 20 August

A ThinkUKnow? Online safety presentation is being run in our area in a few weeks’ time.

**Date:** 20 Aug 2015  
**Time:** 6:00PM  
**Location:** Wheeler Heights Public School  
36 Veterans Parade,  
Wheeler Heights NSW, 2097

ThinkUKnow is an internet safety initiative which aims to raise awareness of the issues which young people face online and whilst using mobile phones. It is a partnership between the Australian Federal Police (AFP) and Microsoft Australia, and is now proudly supported by ninemsn and Datacom.

The presentation is for parents, carers and teachers, is free to attend and is open to parents and teachers of neighbouring schools as well as those of Wheeler Heights Public School.

The purpose of this presentation is to raise awareness of the issues facing young people online including:

- Online grooming;
- Inappropriate content – both self-created and accessed;
- Cyber-bullying;
- Scams, fraud and identity theft;
- Social networking;
- Gaming;
- Instant Messaging & Chat;
- Peer to Peer;
- Mobile Technologies;
- Reputation management;
- Privacy;
- Protecting your computer;
- Where to go if things go wrong

ThinkUKnow is centred on three key areas: how youth have fun online, how to help them stay in control on the net, and how to report when things go wrong. The presentation will discuss the popular applications used by young people, the risks they may be exposed to and how to minimise these risks, and finally where to report problems.

The session includes short videos and real life case studies. Fact sheets on the issues outlined above will also be provided and can be downloaded from the ThinkUKnow website: [www.thinkuknow.org.au](http://www.thinkuknow.org.au).

This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

For more information, you can visit the ThinkUKnow Australia website at [www.thinkuknow.org.au](http://www.thinkuknow.org.au).

The presentation is tailored for the adult audience and we ask that young people are not present.

Please complete the following expression of intention to attend to give us an indication of audience numbers and assist us in supplying the appropriate space and resources.

We look forward to seeing you all at the presentation.

- I intend to attend the ThinkUKnow? Online Safety Presentation at Wheeler Heights Public School on Thursday 20th August at 6pm.
- I understand that this presentation is for adults only.

Name: ____________________ School: ____________________ No. attendees _____
Signed: ____________________ Date: __________

**WHPS parents** return to School office by Monday 17th August
or
**Non-WHPS parents** please email above details to wheelerhts-p.school@det.nsw.edu.au
Avalon Sailing Club
Registration Day
Sunday 30th August 2015

Registration for the 2015/16 season will be held at the club from 9am to 12 noon. Avalon sailing club is a family friendly club run with a focus on young sailors of primary & secondary school age. We also offer Adult sailing options along with enabling parents to be active participants on & off the water.

This is your chance to sign up for the learn to sail Blue Group which is aimed at children in grades 2 – 6. Registration will also open for the learn to sail camp aimed at the older children during the September holidays. Spaces for both are limited.

We have Red Group for those who already have some sailing experience and want to develop their skills, and Gold Group for those ready to race.

Club members and sailors will be available to show you the facilities and discuss the various sailing programs offered by the club.

Where: Avalon Sailing Club
Old Wharf Reserve
28B Hudson Parade
Clareville Beach

When: 9am – 12 noon

www.avalonsailingclub.com.au
The North Sydney Boys community invites you to Open Day. Join us to discover how we deliver excellence and innovation in boys’ education. Our students, parents and teachers look forward to welcoming you to the school and sharing with you what make North Sydney Boys so unique.

School Tours: 9:15am; 9:30am; 9:45am; and 11:15am
Principal’s Address and student presentations: 10:45am

Corner of Falcon and Miller Streets, CROWS NEST
Phone: 9955 4748
Parking in the surrounding streets is limited to 2 hours. Public transport links to the school are very good; visit the transport website at transportnsw.info for timetable information.
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
The Annual Father's Day BBQ!

Breakfast for Mona Vale Public School

The Mona Vale P&C

Invites students and their fathers to this special morning where for $3.50 each, you will be able to enjoy a bacon and egg roll, fruit and juice before school and work (cooked by the teachers and Mums!). Tea and coffee will be available for purchase from the coffee van.

Since we expect to be making over 1000 bacon and egg rolls on the morning, we strongly encourage you to pay by Flexischools. If you are already registered for Flexischools simply go to www.flexischools.com.au and log in to your account.

- For YOUR ELDEST CHILD, select Fathers Day Breakfast.
- Add the number of breakfasts you would like to purchase in total (don’t forget to include one for Dad!). For example, if you have two children and one Dad, select 3 bacon and egg rolls (juice and fruit included).
- Select Check Order to confirm then select Place Order.
- ** No receipt is required – print outs from Flexischools will be checked off by volunteers on the day.

Please note: there will be no cash payments taken on the day. If you cannot or do not wish to pay by Flexischools, cash payment by exact money can be made in an envelope clearly marked and delivered to the Social and Events Committee mailbox in the school office by Wednesday 2nd September 2015.

Got Questions?

Please contact

Tanya van der Wall
events@monavalepspca.com.au
or 0411 044 490

Chair Social & Events Committee
Mona Vale PS P&C