**Mona Vale Manners**

**Week 8** – Look at people when they are speaking to you. Have ‘eye contact’.
(begins Monday 31st August)

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**Mona Vale 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.

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

Use this app if you have an **ANDRIOD**

Use this app if you have an **APPLE**

Under Mona Vale Public School Active School Apps
Under Mona Vale Public School Leigh Kostiainen
Administration hours are Monday to Friday 8:30am – 3:15pm

TERM ACCOUNTS
Term 3 accounts are now overdue. If you have not already done so, please settle your account immediately. We have a large number of Year 6 Camp deposits which are still outstanding. Please pay your deposit on Monday so we can confirm our numbers.

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.

### Dates For Your Diary

<table>
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<tr>
<th>Week 8</th>
<th>Monday</th>
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<tr>
<td>August 31st</td>
<td><strong>Intermediate Chess Club</strong> – lunch</td>
<td>September 1st</td>
<td><strong>Year 5 Dancesport</strong>&lt;br&gt;7:30pm&lt;br&gt;P &amp; C Meeting</td>
<td><strong>PCS Science Fair</strong>&lt;br&gt;<strong>Advanced Chess Club</strong> – lunch</td>
<td>September 3rd</td>
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<thead>
<tr>
<th>Week 9</th>
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<tr>
<td>September 7th</td>
<td><strong>Regional Athletics Carnival</strong></td>
<td>September 8th</td>
<td><strong>Senior Choir</strong> at Choral Festival rehearsal</td>
<td><strong>Advanced Chess Club</strong> – lunch</td>
<td>September 10th</td>
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<thead>
<tr>
<th>Week 10</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>September 14th</td>
<td><strong>Musical</strong></td>
<td>September 15th</td>
<td><strong>Junior Choir at Town Hall</strong>&lt;br&gt;Debating Camp</td>
<td><strong>Honour Assembly</strong>&lt;br&gt;Debating Camp&lt;br&gt;<strong>Advanced Chess Club</strong> – lunch</td>
<td>September 17th</td>
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</table>
CONGRATULATIONS to our amazing Mona Vale Athletics Team who participated so brilliantly at the Zone Athletics carnival on Tuesday.

Mona Vale were the overall winners. A fantastic team effort!

Results were:

Prince Kamara 1st 8yrs 100m  
Taj Thompson 2nd 8yrs 100m  
Lachie Bunning 3rd 8yrs 100m WOW! Go 8yrs!  
Owen McNicol 1st 9yrs 100m and Junior 200m + 2 broken records!! WOW!  
Tom Morrison 2nd 12yr 100m, 3rd Senior 200m, 1st Senior 800m, 2nd Senior Long Jump, 2nd Senior Discuss WOW!!!  
Will Allan 3rd 12yr 100m, 1st Senior High Jump  
Daniella Glur 1st 13yr 100m  
Beau Morrison 2nd Junior 200m, 3rd Junior Shot Put, 1st Junior Long Jump  
Meg Wannell 3rd 800m  
Harley Ratcliff 3rd 800m  
Melissa Turner 2nd Junior Shot Put  
Byron Grant 1st Senior Shot Put  
Matty Macarthur 1st 11yr Long Jump  
Jamie Saggers 3rd 11yr High Jump  
Maddie Binding 2nd Senior High Jump  
Bianca Raffin 1st 11yr Discus  
Oskar Warner 1st Senior Discuss  
Junior Boys Relay 2nd - Owen McNicol, Beau Morrison, Prince Kamara, Corin Lane  
Senior Boys Relay 3rd - Tom Morrison, Will Allan, Byron Grant, Matty Macarthur

Well done team Mona! So proud of all of you!

Miss Kelsall, Mrs Elsley and Mrs Stevenson
CONGRATULATIONS to Maddie Binding and Malayika Russell who were part of the Sydney North Regional Touch Team last week. The team won the State title!!! Wow!!! Amazing news!! Well done girls. We are so proud.

CONGRATULATIONS to our super PSSA Winter teams. It has been an amazing year for Mona Vale. Our Senior Boys Football, Senior Boys Rugby League and our Senior A netball teams all won their competitions. WOW! Amazing work!

- Junior Boys football 4th
- Senior Girls football 5th
- Junior Girls football 4th
- Junior Boys rugby league 3rd
- Senior B netball 2nd
- Junior A netball 2nd
- Junior B netball 3rd

The winning Sport House for Week 7 is: Hawkesbury
The K-2 Athletics Carnival has been rescheduled!! It will take place on **Friday 4th September 2015** at Mona Vale Public School on Waratah Oval. We would love you to stay after the Fathers' Day Breakfast, to watch your child/children enjoy the carnival.

On Friday morning at 9:00am, students will walk down to Waratah Oval with their class teacher ready for the commencement of the carnival at 9:15am. Activities will conclude at 10:55am, in time for recess.

**WHAT SHOULD I WEAR?**
Students must wear the school sports uniform or appropriate clothing representing their sport house colour. Please ensure students are in suitable sport shoes.

- **House Colours:**
  - Warringah - Green
  - Hawkesbury - Blue
  - Pittwater - Red
  - Barrenjoey - Yellow

**WHAT SHOULD I BRING?**
Students should bring to the oval the following items:

- A hat (the school hat)
- A water bottle (full of water)

**WHAT WILL I BE DOING?**
Students will be participating in a range of track and field based activities on Waratah Oval. These include, but are not limited to:

- Tunnel Ball
- Tug of War
- Throwing and Catching
- Skipping races
- Hurdle races
- Egg and Spoon races

**CAN PARENTS/CARERS COME AND WATCH?**
Parents/carers are welcome to come and watch students participate in this fun and exciting morning. Due to safety concerns and limited space, we respectfully ask parents to be mindful of where you stand and to please remain in the spectator area.

Remember to return your permission note to your class teacher so you can join in the fun!
Monday 14th September 6:30pm is our biggest night of nights with the school Musicale. All ensembles should have had a note go home by now; however for your convenience I have attached the note so the details are clear for all performers.

On the day of Monday 14th September all students, (unless they are in band, string ensembles or dance groups), should come to school as normal and will walk down to Pittwater High School with their class teachers. The Musicale has been designed this way so all students can see the wonderful opportunities that our school has to offer in the area of Creative Arts.

There will be an opportunity to donate at the front door: all money raised will continue to see the Creative Arts program offer amazing opportunities to our students.

Year 2 head to the Opera House

Last Thursday all our Year 2 students headed into the city to have a tour and show in the Opera house. Our students got to go on a walking tour of the iconic building including learning how many tiles cover those infamous sails. Then off to a live concert watching “Tubby the Tuba”. The student’s behaviour was fantastic and it was such a glorious sunny day to see our wonderful city. The best quote of the day was: “Mrs Shaw I hope my mum and dad will take me to more shows at the Opera House soon.” 😊
Art Club

Art Club needs your help: we need families to be collecting drink bottle tops: in all shapes and sizes: milk bottle, water tops, sauce lids etc. There are boxes in the playground just near the staff room for students to put these lids at lunchtime. The art students will collect them and use them for an amazing large collage. Your help is much appreciated.

Dancesport

1, 2, 3 cha cha cha. Year 5 have been busy learning to step the tango and jump the jive in the Dancesports program. Last Thursday 20th August all of Year 5 went to Pittwater RSL to showcase their hard work and their amazing abilities. What a fantastic night! All students participated and the audience couldn’t wipe the smiles off their faces as they showed such maturity with their partners as they swirled around the dance floor. This program teaches the students respect for their partner, respect and pride in themselves and gives them a wonderful confidence. A huge thank you to our dance coach and mentor, Jason Gucci, and the wonderful Year 5 teachers who support this program. I would also like to acknowledge two Mona Vale teachers who enthusiastically promote and encourage this program in Mrs Mel Stevenson and Mrs Leesa Martin.

The inaugural Northern Beaches Dancesport Challenge was held last night at Dee Why RSL.

It was an amazing night with five Northern Beaches schools represented. Mona Vale was the overall winner of the night with our top 30 stealing the show.

**Salsa**
1st Matty McCarthur/Amber Rabbitts  
2nd Alex Gaal/Lydia Woodward

**Tango**
1st Josh Wilson/Emma Rous  
4th Rory Hansell/Olivia Tommerup

**Jive**
1st Will Sewell/Phoebe Brian  
2nd James Abadi/Mikaela Felias

**Cha Cha**
5th Dylan Redfern/Sienna Ross
The big umbrella flew away and landed on the newspaper.

Mitchell Body KRW

Lady, lady where are you going? I’m going on a plane to Paris with the white polka dot umbrella and favourite newspaper.

Abi Boyd 1W

The white, spotted, pink umbrella covered the old, rusty newspaper from the stormy, dark thunder.

Charlie Honour 2E
Mr Jones’ winners this week:-

Prince Ali was in the clock shop looking at valuable clocks when his driver called him back to the carriage. He looked out of the window of his carriage and stared in disgust at all the old houses lining the streets. When he got back to his castle he went up to his room to read the newspaper. Ali ordered a box of chocolates to be sent to his room immediately. He looked at his Governess but decided not to share.

Jessica Ferguson 3/4B

I was strolling down a lonely, deserted street when I found an old house, so I went inside. At the front door I saw a dusty, crumpled newspaper with a treasure map inside; it led to a box of chocolates. There was another map in the chocolates that led to an antique grandfather clock. The hands started hypnotising me. They were going faster and faster until...I was gone.

Jade Backer 4G

Oh no! Where are they? Where are my sweet, yummy, chocolates? They WERE in my great grandpa's old army lunch box. I feel empty, what was there to feel? My great grandpa's prized possession is lost. As the clock ticks and tocks, time grows older and in its youngest hour I stop and remembered great-grandpa. I remember when I would sob and I use to crawl up and hug his fair, soft and wrinkled skin and he would often say to me "it's okay". I could hear his voice echo down his old smokey, granny flat. It made me remember that the memories are what matter, not the box that holds them.

Oscar Haynes 5G

As I nibble on the melted box of chocolates, I sob about the fire that burnt the old house down. I’m never playing with a lighter again especially in a house. I hope my parents will come back soon, as I look at the dusty clock. I look at the local newspaper and the article said: 'local house burnt down in dangerous fire.'

Thomas 6B
There are several car parks on the grounds of Mona Vale Public School. These car parks are for staff only. For safety, students are NEVER to enter a carpark. Parents, please put our students’ safety ahead of your convenience. Please help your children to follow this rule by not using the carpark at any time of the day. This includes dropping and picking up in or near the driveways.

This is an on-going issue and we quite often have near misses. We don’t want to have a tragedy in our school due to the misuse of our carparks.

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Thank you parents and students for taking the effort to try to reduce packaging waste in school lunch boxes. So far it has been a very successful program in reducing the waste.

We are striving to eradicate as much rubbish as possible and we have now gone through each grade collecting rubbish from the turtle bins.

The Leadership Team have decided that the winner from each grade will participate on Wednesday 2nd September to determine who the ultimate winner is.

The winning class’ grade will receive a mufti day for their grade. Congratulations to our winners and good luck!

The following classes will be taking part in this competition:

4A, 1SW, 5S, 2E, 6M, 3A and KR

Mrs McGuigan and the Leadership Team
On Wednesday, 19th August, five scientists from Macquarie University, our academic partner, visited Mona Vale Public School. Professor Mark Williams, Associate Professor Anina Rich, Dr Alexandra Woolgar, Dr Regine Zopf and Dr Trevor Chong worked with Kindergarten students to understand the complexity of the brain.

Students participated in a rubber hand illusion, and many believed that the rubber hand was actually their hand! The temperature illusion involved putting one hand in very warm water and one hand in very cold water for a few seconds. When both hands were put in lukewarm water, there was a strange mix of messages, because the brain gets signals from the 'hot' hand that the water is cold, and signals from the 'cold' hand that the water is hot!

We all discovered that our brain puts together information from our senses of sight, touch, hearing, smell and taste to understand the world around us. Principal Greg Jones thanked the scientists from Macquarie University for providing an incursion which promoted experimentation and scientific inquiry.
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 7 WINNERS

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<th>Individual</th>
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<tbody>
<tr>
<td>K-2</td>
<td>1/2B Matthew Ebert (1D)</td>
</tr>
<tr>
<td>3-6</td>
<td>6F Mikaela Felias (5ET)</td>
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<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
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<tbody>
<tr>
<td>K-2</td>
<td>1C Cameron Broadrick (1C)</td>
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<tr>
<td>3-6</td>
<td>5G Finlay Marks (5G)</td>
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</table>
This week’s topic from the Live Life Well Team is:

- Toss small white or kidney beans into tuna or chicken salad.
- Add extra vegetables to soup. Often, kids forget they’re eating "vegetables" when it’s part of a soup or stew.
- Toss some of the following ingredients into salads: kidney or garbanzo beans, chunks of artichoke hearts, cherry or grape tomatoes, grated fresh carrot, summer squash and broccoli flowerets.
- Substitute whole wheat flour in baked goods like muffins, scones or pikelets. Start with partial substitution and gradually add a larger percentage each time.
  - Try using wholemeal pasta; generally children cannot taste the difference.

Regards

Mrs Kristy Waterhouse
Classroom Teacher
Congratulations to Mona Vale Public School for achieving third place in the NSW Interschool Girls’ Teams Chess Challenge on August 20th in Strathfield.

With 80 teams registered from all over NSW, our MVPS team of Olivia Pfefferle, Gloria Thomas and Alexandra Lawrence did an outstanding job representing the school. Their behaviour, sportsmanship and chess skills were excellent, and they should be very proud of their result against some very strong schools.

In the Primary Division (mostly Year 5 & Year 6 students), our girls scored 10/15, only a fraction behind Strathfield South PS in 2nd place (10.5/15) and Summer Hill Primary who won with 11.5/15. Congratulations Alexandra, Gloria & Olivia!

Coaching takes place on the following days at MVPS;

Monday Intermediate in Mrs Best’s room at lunchtime from the first lunch bell
Tuesday Free play Tuesday in the library connected classroom, all welcome – even non-members!
Wednesday Advanced in the library connected classroom from the first lunch bell
Thursday Beginner/junior in the library connected classroom from the first lunch bell

Enrolment

Children receiving professional coaching should have by now registered via an enrolment form (new members) and term fees were due at the end of week 3. If you have a keen chess player wanting to enrol they will be made most welcome next term.

Please contact Lisa Ratcliff via chess@monavalepaca.com.au if you have any questions about chess at MVPS.
Fathers’ Day Breakfast

Calling all volunteers!

Fathers’ Day Breakfast is next Friday 4/9/15! Order online on Flexischools by next Wednesday 5pm so you don’t miss out! See the poster for more details.

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

Don’t leave it to the last minute to order your Fathers’ Day Breakfast! Orders must be in by 5pm next Wednesday whether by cash in a clearly marked envelope to the marked box in the office or on Flexischools. For convenience, you can place all orders, including one for dad, under your oldest child. All breakfasts include a bacon and egg roll, fresh fruit and juice so come along and join the fun!
This week the canteen has continued a school wide campaign called EAT FRESH AND WIN.

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

In our second week running the campaign it’s clear that this week the Kindergarten students have eaten the most fresh fruit and vegetables in the school closely followed by the teachers.

I wonder what will happen next week!

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<thead>
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<th>Wednesday 2nd</th>
<th>Thursday 3rd</th>
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</table>
| Dimity Sawyer
Kylie Pinwill | Donna Radinovic
Jade Warner
Kirstee Humphries | Craig Raikuna
Jack Pfeiffer | Amanda Greenwood
Louise Crowther
Hannah Jones | Fathers’ Day
Breakfast
Jenelle Stocken
Help Needed |

Rebecca O’Donnell
Canteen Coordinator
9997 2442

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Uniform Shop Details

**September Roster**

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

Email: uniformshop@monavalepspca.com.au

The uniform shop will be closed this Monday 31st August. Sorry for any inconvenience

As the warmer weather is approaching we are starting to wonder if our kid’s summer uniforms still fit. The Uniform Shop will be changing our stock over to the summer uniform in Week 9 of this Term. There is a 2 week change over period in the first 2 weeks of next term.

Any uniforms that you no longer require, are always welcomed for resale through the Uniform Shop.

Profits made during the year in the uniform shop are given back to the P&C to support initiatives.

Regards
Kylie Webb
Uniform Shop Supervisor
Please find below the link on our website to the September/October 2015 School Holiday Brochure.


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1 Step Forward

*Move in the Right Direction...*

Ballroom/Latin/New Vogue
Fun! Focus! Fitness! Friendship!

**Avalon Recreational Centre**
Monday Kids Class 3:45-4:30pm
Wednesday Family Class 6-7pm **STARTS 26 AUG!**
Wednesday Adults Class 7-8pm **STARTS 26 AUG!**

**Mona Vale Memorial Hall**
Wednesday Kids Class 3:45-4:30pm

Enquiries and Bookings: Mr Jason Gauci 0414 636 826
jason@1stepforward.com.au
www.1stepforward.com.au
Dear Parents

Your child, who is in Bands, String Ensembles, Choirs, Dance Groups, Year 2 recorders has been invited to perform at the 2015 Mona Vale Public School’s Musicale at the Matinee and Evening concert on:

**Monday 14th September**

We are looking forward to this opportunity to showcase the best of the school’s music, choirs and dance. The ensembles, dance groups and choirs will be showcasing work that they have been preparing all year.

**Matinee**

The matinee performance is for Mona Vale Public School students only. Parents are invited to attend the evening performance. Students will walk to Pittwater High School hall in class groups to begin the matinee performance at 10am. **Bands, string ensemble and Dance students** are to be dropped off at Pittwater High School Hall at 8:30am with their instruments and full make-up and costumes for dancers. Dancers should also have their school uniform packed in their school bag for after the show, for when we head back to school. Please note year 2 recorders will walk to Pittwater High with their classes as their instruments will be already at Pittwater waiting for them.

**Evening**

The Evening concert will begin at 6:30pm. All performers are to be at the designated holding room at 6pm. There will be no supervision of students before 6pm. All performers will be seated in the holding rooms before moving backstage for their item. After performing their item performers will move back to the holding rooms. All performers are encouraged to bring a bottle of water and a quiet activity whilst in the holding room. For the night performance, students can come with a dressing gown or something big to cover their costumes and to stay warm.

As a courtesy to all performers we request as little movement in the hall as possible. The performers will be supervised by staff, enabling the audience to relax and enjoy the entire performance. Students can ONLY be collected at the conclusion of the complete concert at their designated holding room. This year all students will be in a finale to conclude Musicale 2015.

This year there will be an opportunity to donate a gold coin for the Mona Vale creative arts program. We would appreciate any support towards this goal.

**SPECIAL NOTE:** Seating is always at a premium at our Musicales. Please endeavour to fill all seats from the front and leave no gaps. Thank you for your co-operation.

Regards

Jacqui Shaw
CAPA Coordinator

Greg Jones
Principal
The Year 6 Farewell Dinner/Dance

Monday 16th December at Pittwater RSL (details to follow)

Cost – $50.00*

* includes $30.00 for the Farewell Dinner and Celebrations and $20.00 for the Yearbook

Should you be unable to attend the Farewell Dinner but still want the Yearbook, please just pay $20.00.
Should you not want the Yearbook, but your child will attend the Dinner, please just pay $30.00.

Please deposit into:- Clayton Ockerby  BSB 732196  Account No. 618032

PLEASE MAKE SURE YOU WRITE YOUR CHILD’S NAME AND CLASS IN THE DESCRIPTION

Payment would be appreciated asap and must be paid by last day of Term 3 – Friday 18th September.

Thank you from the Year 6 Farewell Committee
COMMUNICATING WITH KIDS

WORKSHOP FOR PARENTS

- Learn communication skills for building positive relationships
- Problem ownership
- Listening and assertiveness skills
- Problem solving skills

VENUE: Community Health Centre, 57 Hercules St, Chatswood
DATE: Monday 31st August 2015
TIME: 7.00pm – 9.30p.m.
COST: $50

For all enquiries and bookings, please phone: 9887 5830

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING

OPEN MORNING
Thursday, 10 September 2015
9.30am – 11.30am

Address by Principal and performances by students 9.30 – 10.30am
Tours of the school 10.30 – 11.30am

Leading Girls’ Education in NSW
• Outstanding academic achievement
• Broad development of each child

Debating Leadership  Music Technology  Drama Duke of Edinburgh  Creativity Sport

RESILIENT  CONNECTED  INNOVATIVE

Please note – there is no parking in the school grounds
Enquiries: Mrs Jenni Cooper, Telephone 9922 6666 ext 104