Mona Vale Manners

**Week 10** – Wait for adults to finish their conversation before speaking to them and remember to say, “Excuse me,” when you do!

*(begins Monday 14th September)*

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
Dear Parents

Our Commitment; Excellence, Innovation, Community

Congratulations to our Support Unit students who represented Mona Vale at the Special Swimming Carnival and came home with a swag of ribbons and second place overall. Well done to students and staff.

Have You Enrolled for 2016?

Kindergarten enrolments for 2016 are being finalized. If you haven’t put in your enrolment form, please do so as soon as possible. Our school is staffed on anticipated 2016 enrolments and planning for next year is starting soon.

Fathers' Day & K-2 Athletics Carnival - Community

This year we had hoped to combine our Fathers’ Day BBQ with our K-2 Athletics Carnival giving dads an opportunity to visit the school for breakfast and then join in the fun of our K-2 Carnival. This year the weather was against us and we had to cancel the carnival. My thanks to our P&C and their S&E committee for cooking and organising and to all the dads who attended despite the rain. We appreciate all the support our dads provide and hope they enjoyed the morning and had a great Sunday.

Kindergarten Science Day at Mona Vale Public School - Innovation

Our Academic partnership with Macquarie University provides wonderful opportunities for students to work with a variety of academic staff and students. On Wednesday, 19th August, five scientists from Macquarie University visited us during Science Week and worked with our 175 Kindergarten students to understand the complexity of the brain. How brave were the Scientists!

Our thanks to Professor Mark Williams, Associate Professor Anina Rich, parents of Arianna in KDW, Dr Alexandra Woolgar, Dr Regine Zopf and Dr Trevor Chong and Macquarie University for providing interesting experiments and enriching our science programs.

Science Presentation - Excellence

On Wednesday our students, combined with other PCS schools, attended Narrabeen Sports High School to celebrate Science Week and display experiments. The day was opened by eminent Macquarie University scientist, Dr Lee Spitler who spoke of the importance to cultivate enquiry and curiosity among our students. My thanks to Miss Peta Gorman, Assistant Principal and Mr Alec Beckett, class 3A for working with our Science Club to showcase our experiment.

School App - Innovation

The success of our School App and at times instability of our email system have led to the school to make the decision to use the App for all school communication from Term 4. During this term we will continue to refine its use to ensure a smooth transition in Term 4.

If you haven’t already downloaded our school app, please do so as it provides great information for parents and is used by the school to keep parents informed of a range of school matters.
Musical Excellence

Next Monday we will be holding our annual Musicale at Pittwater High School and with over 450 students participating it is a real showcase of the extraordinary talent we have at Mona. I would like to acknowledge the outstanding talents of our teaching staff who work with our talented students to bring out the best in them. Mona vale is widely regarded as the premier school on the Northern Beaches and our outstanding Creative and Performing Arts program is second to none.

I look forward to seeing many of you at the evening show.

Ethics @ Mona

"Mona Vale has a great group of volunteer Ethics teachers who run regular Ethics classes, however we are looking for more to fill vacant positions and expand the program to include other years. Those who are interested and accepted to the program will be given two days of training and will be required to teach a 30 minute class each week during the school term.

Mr Greg Jones
BA Macq  MA Ed Macq

Dates For Your Diary

<table>
<thead>
<tr>
<th>Week 10</th>
<th>Monday September 14th</th>
<th>Tuesday September 15th</th>
<th>Wednesday September 16th</th>
<th>Thursday September 17th</th>
<th>Friday September 18th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musicales</td>
<td>Debating Camp</td>
<td>Junior Choir at Town Hall</td>
<td>Honour Assembly</td>
<td>Year 6 Fantasy Day</td>
<td>Last Day of the Term</td>
</tr>
<tr>
<td>Intermediate Chess Club - lunch</td>
<td>Debating Camp</td>
<td>Debating Camp</td>
<td>Chess Club - lunch</td>
<td>Students return Tuesday 6th October</td>
<td></td>
</tr>
</tbody>
</table>

TERM 4

Students and Staff return Tuesday October 6th.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday October 5th</th>
<th>Tuesday October 6th</th>
<th>Wednesday October 7th</th>
<th>Thursday October 8th</th>
<th>Friday October 9th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Holiday</td>
<td>Students &amp; Staff return</td>
<td>Advanced Chess Club - lunch</td>
<td>Beginners Chess Club - lunch</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CONGRATULATIONS to our amazing Regional Athletics team that consisted of:

Tom Morrison
Beau Morrison
Owen McNicol
Prince Kamara
Corin Lane
Oskar Warner
Bianca Raffin
Maddie Binding
Will Allan
Matty Macarthur
Byron Grant
Melissa Turner
Daniella Glur
Taj Thompson

A huge congratulations to Prince 2nd 8yrs 100m, Byron 3rd Senior Shot Put and Owen 3rd Junior 200m.

All 3 will represent Sydney North at the State Carnival next term. An amazing achievement! Well done. We are so proud.

The winning Sport House for Week 9 is:

Warringah
On Wednesday 2\textsuperscript{nd} September, students in the 3-6 Science Club attended the PCS Science Fair at Narrabeen Sports High School. The theme of the Science Fair, and Science Week 2015, was ‘Making Waves: The Science of Light’.

We presented our work on ‘The Colour of Light’. We have been studying this topic with Mr Mollema, Mona Vale’s school scientist from the CSIRO Scientists in Schools program. Eight students from the Science Club presented their work on the composition of light, UV light, how we see, how we see in 3D and how we reproduce colour. Fifteen additional students from 3-6 attended the Science Fair as audience members.

We had a wonderful day and were proud to present our work to other schools in the PCS. Congratulations to all students involved for your amazing efforts!

Miss Peta Gorman and Mr Alec Beckett
Science Club Co-ordinators
OUR WFW GRAND FINAL WINNERS ARE... 4A!

Congratulations to Miss Bull and 4A on being the newly crowned Waste Free Wednesday Warriors for 2015.

Mrs McGuigan and the Leadership Team

Fathers’ Day Breakfast

Well, despite the downpour last Friday morning, we made a new record number of bacon and egg rolls - 950! Our bacon fryers and runners cooked 60kg of bacon and egg crackers cooked an amazing 75 dozen eggs!! It was great to see Dads and kids mingling on the COLA and enjoying their breakfast despite the rain. Thank you to everyone for embracing Flexischools – it really makes our lives so much easier and we can prepare a great event without running out of supplies when everyone pays in advance. These events are simply not possible without each and every one of our wonderful volunteers on set up, registration, preparing and serving food and drinks, crowd control and clean up, so I would like to say a heartfelt thank you to them all for doing such a super job.

Please stay tuned to next week’s Mona Vale Mail for volunteering opportunities as we have a number of events coming up in Term 4 including orientation morning teas, Grandparents Day and more!
On a stormy night there was a black cat. She was lonely and she was scared of the moonlight.

*Lucy Fitzpatrick KG*

In the shadows of the moonlight stood a shiny black cat. Her eyes shined like liquid glass and her back sparkled like ice while she lay on the doostep.

*Izabella Nemeth 1P*

When I saw the moonlight shine, I didn't notice the shadow of a black cat.

*Maya Atkinson 2G*
The shimmering, moonlight was brightly shining on the wide, long river meandering along a snow capped mountain. There was a long, dark tunnel going through the mountain which had so many bright lights shining through both ends. My friends and I climbed the big, purple, snowy mountain and when we got to the top of the mountain, the moonlight looked huge and we stayed there all night long.

Conor Saunders  3C

He slowly and cautiously walked into the long tunnel. He wanted to turn back and looked behind him and saw the river glistening. It was almost teasing him to return but he knew he had to go on so he kept walking. Once he reached the other side of the tunnel the moonlight was like a spotlight waiting for someone to step into it. He emerged from the tunnel and took in his surroundings. The colossal mountains were towering around him in all directions. The glistening river was racing him down the bank. Suddenly the moon was covered by a storm cloud and the world went black.

Toby Kuypers  4R

Joe looked up at the sky, the moonlight flooded his bedroom The stars were making a map. First it said to go through a tunnel that went for 100km. Then to climb a mountain, go to a river and swim to the bottom. It didn't say anything after that, but Joe was brave and he would do anything. He woke with a start... it was all a dream. Joe was left wondering whether the map was real or not.

Elise Pike  5L
A recent major independent research study found that the results of students using Mathletics are up to 9% higher in external Government testing.

### WEEK 9 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>5S Mikaela Felias (5ET)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>1C Edward Pollard (1C)</td>
</tr>
<tr>
<td>3-6</td>
<td>5G Alexandra Jackson (5G)</td>
</tr>
</tbody>
</table>
This week’s topic from the Live Life Well Team is:

Encourage Fair Play:

Sport and games are a great way for children to learn about teamwork, rules, winning, losing as well as providing invaluable physical activity. Parents can encourage fair play by:

- Emphasising effort and having fun, not just winning.
- Cheering and acknowledging good play by both teams.
- Talking about the game not the result.

For more information about encouraging fair play go to the NSW Sport and Recreation website [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au) or phone 131 302.

5 facts about kiwifruit
1. Another name for them is Chinese Gooseberry
2. They come in green and gold varieties
3. Their brown skins are edible, however they can be tough so some people prefer to scoop out the flesh
4. They are a good source of Vitamin C
5. They are a perfect snack for Crunch&Spit!

Regards

Mrs Kristy Waterhouse
Classroom Teacher
Welcome to Spring 2015.

We are into the fifth week of our school wide campaign called **EAT FRESH AND WIN**. For more information please check out: [www.freshforkids.com](http://www.freshforkids.com)

<table>
<thead>
<tr>
<th>Monday 14\textsuperscript{th}</th>
<th>Tuesday 15\textsuperscript{th}</th>
<th>Wednesday 16\textsuperscript{th}</th>
<th>Thursday 17\textsuperscript{th}</th>
<th>Friday 18\textsuperscript{th}</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sylvia Atkinson</td>
<td>Helen Mijakovic</td>
<td>Vikki Kiddle</td>
<td>Help Needed</td>
<td>Last day of Term</td>
</tr>
<tr>
<td>Anne Woolmer</td>
<td>Cheryl Houghton</td>
<td></td>
<td></td>
<td>Madeleine Koo</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Help Needed</td>
<td></td>
</tr>
</tbody>
</table>

Rebecca O'Donnell
Canteen Coordinator
9997 2442

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**Uniform Shop Details**

**REGULAR OPENING HOURS**

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

Email: uniformshop@monavalepspca.com.au

Summer uniforms are now available for change over in the first 2 weeks of next term.

Please see the new attached price list.

Are you missing a pair of kids denim shorts (size 12) as some have been left in the uniform shop sometime this term?

Volunteers are always needed so if you can spare a couple of hours once or twice a month, please email me your contact details to uniformshop@monavalepspca.com.au.

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
Wondering where to send your child to school? Thinking of changing schools? Narrabeen Sports High School is a comprehensive public school focused on delivering excellence in all areas of the curriculum. The school has a unique specialist sporting and scholastic Academy professional coaching staff and world class facilities.

We are offering a free afternoon of activities for interested students in years 4, 5 and 6 to try an Academy sport, followed by a BBQ afterwards.

WHEN: Thursday 12th November 2015
WHERE: Narrabeen Sports High School Hall
10 Namona St North Narrabeen
TIME: 3:45pm - 5:00pm
SPORTS: AFL, Rugby Union/League, Football (Soccer), Tennis, Dance, Touch Football, Basketball, Netball.

Interested parents will be able to attend an information session and school tour during the training sessions.

To secure your space please email Karen.Dipper1@det.nsw.edu.au.

For further information about our Academy afternoon, please visit our website
Narrabeen Sports High School 10 Namona St Narrabeen 9913 7820
You’re invited to Mona Vale Public School’s

Musicale

An evening showcasing our spectacular creative arts ensembles!
Performances from dance groups, choirs, bands and instrumental programs.
Ending with a spectacular surprise finale!

When: Monday 14th September
Students to arrive at 6pm for a 6:30 pm start

Where: Pittwater High School hall
Parking off-site only

Admittance is by gold coin donation to support our creative arts programs.

We look forward to seeing you there!
YEARS 2, 3 AND 4

Friday 11th September - 6.30pm to 8.30pm

Lots of prizes - Best Dancer - Best dressed

Come Dressed in something starting with the letter 'B'

Great DJ dancing music plus an appearance of our very own Stage Band

Mona Vale Public School Hall

Cost: $12 per child – Wristband Ticket
(Includes: a drink, ice block and a packet of chips)

Tickets available on Flexi Schools (preferred option for catering)
or on the night - door sales from 6:20pm (correct change appreciated)

Children must be escorted to the hall no earlier than 6:20pm and collected at 8.30pm promptly
(Please stay with your child until their ticket is purchased)
Children will not be allowed to leave the school without their parent/guardian
Only open to MVPS students.

ACCESS VIA WARATAH STREET CAR PARK ONLY
Orders for uniform items can be placed at any time by completing this order form. Enclose order in an envelope (with payment or credit card authority) and leave in grey box at school office, can also be emailed to uniformshop@monavaлепpsca.com.au or alternately uniform purchases can be processed via flexischools. Orders will be forwarded to your child in his/her class as soon as possible.

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
<th>Size</th>
<th>Total</th>
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<tbody>
<tr>
<td>Bag - Backpack Medium/large</td>
<td>$40</td>
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<td></td>
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<tr>
<td>Bag - chair</td>
<td>$10</td>
<td></td>
<td></td>
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<tr>
<td>Bag - Library/Excursion(with adjust.struts)</td>
<td>$12</td>
<td></td>
<td></td>
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<tr>
<td>Cap - 55cm - adjustable velcro strap</td>
<td>$16</td>
<td></td>
<td></td>
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<tr>
<td>Sunscreen-SPF 50+</td>
<td>$6.50</td>
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<td></td>
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<tr>
<td>Hat - Wide Brim S-S/M-L-XL(with toggle) / L (with adjust.cord)</td>
<td>$20</td>
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</tbody>
</table>

**UNISEX**

- Green Polo Shirt - Sizes 4/6/8/10/12/14/16: $28.00
- Jacket - Zip (Fleecy) - Sizes 4/6/8/10/12/14/16: $40.00
- Sloppy Joe (Fleecy) - Sizes 4/6/8/10/12/14/16: $36.00
- Socks - Grey/White - Sizes 9-12/13-3/2-8 (Packs of 3): $13.00

**BOYS**

- Grey Shorts (Long Leg) - Sizes 4/6/8: $24.00
  - Gaberdine UPF50+/Full elastic/zip pocket
- Grey Shorts (Long Leg) - Sizes 10/12/14/16 or S/M/L Mens: $26/28
  - Gaberdine UPF50+/Full elastic/zip pocket
- Green Polo Shirt - Sizes 4/6/8/10/12/14/16 or S/M/L Mens: $28.00
- Grey Long Pants - Sizes 4/6/8: $29.00
  - Gaberdine UPF50+/Full elastic
- Grey Long Pants - Sizes 10/12/14/16: $32.00
  - Gaberdine UPF50+/Full elastic
- White Shirt (Deluxe) - Sizes 5/6/8/10/12/14/16 Long Sleeve/Yoke: $28.00
- Tie - Bottle Green/White Stripe (regular/elastic): $16.00

**GIRLS**

- Summer Dress - Sizes 4/6/8: $55.00
- Summer Dress - Sizes 10/12/14/16: $59.00
- Skort - Sizes 4/6/8/10/12/14/16: $33.00
  - Worn with Green Polo Shirt
- Winter Tunic - Sizes 4/6/8: $57.00
- Winter Tunic - Sizes 10/12/14/16: $59.00
- Green Long Pants - Sizes 4/6/8/10/12/14/16 (adjust. waist): $34.00
- Blouse - Sizes 5/6/8/10/12/14/16 White/Long Sleeve/Peter Pan collar: $28.00
- Tights - Sizes 5-6, 7-8, 9-10, 11-14: $13.50
  - Black cotton lycra - long wearing
- Tie - Tab Tie (tunic fabric on elastic): $8.00
- Scrunchie - Winter/Summer: $5.50
- Head Band – Winter/Summer: $10.00
- Reversible (Summer/Winter) Alice Band - S/M: $6.50
- Bows on Band - Summer 2 pack: $10.00

**RAIN WEAR**

- Poncho - M / L & Yellow Rain Coat – Sizes 10 and 12 only: $20/28

**SCARF/GLOVES – OSFA**

- $8.00
<table>
<thead>
<tr>
<th><strong>ARTSMOCK-blue/red/yellow/green/Pink – Sizes S</strong></th>
<th><strong>$18.00</strong></th>
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<tbody>
<tr>
<td><strong>SPORTS</strong></td>
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<tr>
<td>Track Suit Jacket (Microfibre) - Sizes 4/6</td>
<td>$40.00</td>
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<tr>
<td>Track Suit Jacket (Microfibre) - Sizes 8/10/12/14</td>
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</tr>
<tr>
<td>Track Pants (Microfibre)-Sizes 4/6/8/10/12/14</td>
<td>$32.00</td>
</tr>
<tr>
<td>Track pants (fleecy ) - Sizes 4 and 6 only</td>
<td>$27.00</td>
</tr>
<tr>
<td>Sport Polo Shirt - Sizes 4/6/8/10/12/14/16</td>
<td>$28.00</td>
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<tr>
<td>Sport Short with MVPS - Sizes 4/6/8/10/12/14/16/18</td>
<td>$30.00</td>
</tr>
<tr>
<td>Sport Skirt with shorts - Sizes 4/6/8/10/12/14/16</td>
<td>$27.00</td>
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<tr>
<td>Sport Pant (boot leg style)- Sizes 4/6/8/10/12/14/16/18</td>
<td>$27.00</td>
</tr>
<tr>
<td>Sport Socks with MVPS - Sizes 9-12 / 13-3 / 2-8 (NEW)</td>
<td>$8.50</td>
</tr>
<tr>
<td>Football(Rugby Style) Shorts 6/8/10/12/14/16</td>
<td>$20.00</td>
</tr>
<tr>
<td>Football Socks - Sizes 2-7 / 8-11</td>
<td>$10.00</td>
</tr>
<tr>
<td>Swimming Cap - House(red/blue/green/yellow)</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

| **Total from Page 1** |  |
| **Total Page 2** |  |
| **Total Amount of Order** |  |

**Child’s Name:** ...........................................  **Class:** ....................

**Payment by Cheque/Cash**

(Please make cheques payable to MVPS Uniform Shop)

**Credit Card Payment**

Please charge this purchase to my Mastercard / Visa .

**Card No.** ........../ ........../ ........../ ........../  **Expiry Date:** ....../......

**Cardholder’s Name:** ...........................................

**Signature:** .......................................................................  **Date:** ....................

**Daytime Phone Number:** ............................................

**Summer Uniform Requirements:**

**Boys:**
Grey shorts, green polo shirt, grey socks, black shoes, school sloppy joe or zip jacket, school hat or cap.

**Girls:**
Summer fabric dress or summer fabric skirt worn with green polo shirt , white ankle socks, black shoes, school sloppy joe or zip jacket, school hat or cap. Head bands and scrunchies in school colours.

**Sport: Year K – 6**
White sports polo, shorts with white stripe, green skirt with short, white socks, sport shoes, microfibre jacket and track pants (optional).

For further information please contact the Uniform Shop Supervisor, Kylie Webb,
**EMAIL:** uniformshop@monavalepspca.com.au

**Update 27th August 2015**