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 3 – Use “Please” and “Thank you.”
(begins Monday 8th February)

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 School Active School Apps

Under Mona Vale Public Leigh Kostiainen
Dear Parents

As you would be aware we evacuated the school on Wednesday due to a bomb threat. I would once again like to thank students, staff, parents, Pittwater RSL and the Police for their support during this difficult time. The Mona Vale staff again acted with professionalism and were outstanding. My thanks also to Pittwater RSL for hosting our 1100 students and staff without hesitation at short notice.

I wish to reassure parents that the school is safe and normal school routines are in place. I am in discussions with the Department of Education and the Police to ensure the school remains safe for students, staff and the community. I can confirm that additional Police resources will be monitoring the school and that the threats are being investigated at all levels and with the highest priority. Yesterday the Northern Beaches Local Area Commander visited and updated me on the Police response which includes the forming of a Strike Force to investigate the threats to over 30 schools both in NSW and Victoria.

As parents, our first instinct is to protect our children and remove them from danger, this is only natural. I would again like to express my thanks to you for your trust in letting our Executive Team manage both incidents. When evacuating 1100 students I am responsible for each child and it makes our job so much harder if students are removed by parents without a process to account for them later in the day. As part of our revised procedures, should you deem it necessary to take your child, we will only release them to you after their name has been recorded by a designated member of the Executive Team, in most cases this will be Mrs Leonie Gallard, our School Administrative Manager.

As parents, I ask that you reassure your children that schools are safe places. Have age appropriate conversations with them about what is happening and how adults, both at school and in the community, are making sure schools remain safe. I have again included the article "Managing Tough Times" for your information.

I have asked staff to direct all enquiries about school security to Administration and a member of our Senior Executive Team will assist with that. Social media is a wonderful thing when used appropriately but please be mindful of what you put on it. Today we have reports on social media that the school was evacuated due to a suspicious package being delivered, this is not true and makes our job more difficult. I understand we are all on edge, let's remain calm, continue our normal routines and most importantly keep your children's routine as normal as possible.

Again thank you for your trust and support during this time of unrest.

Regards

Greg Jones BA Macq, MA Ed Macq
Principal, Mona Vale Public School
Excellence, Innovation, Community
Member, Macquarie University Council
Board Member, Macquarie University Hospital
Firstly I would like to thank all the parents for their support in what was a stressful start to the term.

**SCHOOL APP**
The events of Friday highlighted the importance of parents having the app on their phone. The school app has proved many times over the past year our most effective form of communication to parents. While technology has it challenges and nothing is perfect, we have had situations where our emails have gone down and our phones have been knocked out, however, we have still managed to be able to get messages out on the app. We do have limited characters on the app, so messages will be straight to the point. We apologise if some messages sound blunt when we are trying to convey information. We urge you to stay informed, download the app and to please read our newsletters.

**SCHOOL WEBSITE**
We are building our school website [www.monavale-p.school@det.nsw.edu.au](http://www.monavale-p.school@det.nsw.edu.au), as the go to place for parents. Paper notes tend to get lost on buses, left in the playground or squashed with the banana in the bottom of the bag. While we will still occasionally send out notes, we will often send an alert on the app to take you to a note on the website. These notes are then stored on the website for you to view again and again.

**FACEBOOK**
The school does not have a Facebook account. We are aware parents have formed their own Facebook groups, which I am sure most parents find useful to chat to other parents, however, some parents have voiced concerns about the information issued on these forums. Any information/opinions/gossip voiced on these forums are not school authorised information. If you are unsure about anything, have a look at OUR website or just ask us. Teachers will be communicating with parents directly about classroom routines ie sport day, library, music etc. Some timetables are being finalised so please be patient, you will be informed.

**TERM 1 ACCOUNTS AND PERMISSION NOTES**
For the benefit of new parents, I will briefly explain how accounts and permission works at Mona Vale. Each term students will come home with a Term Account and a Term Permission note for activities the students are involved in. These documents usually come home during the first week of each term, with exception of Term 1. I anticipate sending these home soon. The account will have any activities that your child is participating in during the term. We would appreciate prompt payment of the accounts to enable us to have funds available to pay our suppliers. Our preferred method of payment is credit card or direct credit. Please do not send large amounts of money with your child. As you can imagine, money is easily lost in the playground! Please return payments to the office in the appropriate box, in an envelope clearly marked with the child’s name and class. **Permission notes are to be given directly to your class teacher. Please do not send them to the office.**

The term permission note covers all activities within the term. This term it will be **lime green** in colour. I will inform parents via the school app when these documents have been sent home with students.

**TEXT AND EXERCISE BOOKS**
Did you order your text and exercise books over the holidays? If not, please do so now as books are being delivered to students. All the notes are on our website [www.monavale-p.school@det.nsw.edu.au](http://www.monavale-p.school@det.nsw.edu.au) go to Notes and Forms/Planning 2016. Dominie and Five Senses are keeping us up to date with who has paid. If your teacher indicates that you have not paid for your books, please contact them directly.

**TIPS, REMINDER, RULES AND PROCEDURES FOR SCHOOL**

**FOOD ALLERGIES**
We have a number of students at Mona Vale Public School who suffer from food allergies. For some students their allergies can be life-threatening. Therefore, our number 1 rule is **NO FOOD SHARING**. Whether your child suffers from a food allergy or not it is important that they are aware that they are not to give or take food from another student.
Please do not send any nut products to school with your child. Whilst we cannot guarantee a nut free school, it would be appreciated if you consider the safety of other students and keep these products to enjoy at home.

**BIRTHDAYS**
Parents are welcome to send in a treat for the class to celebrate their child’s birthday. Cupcakes or individual treats are the most convenient option. Please do not send your child to school with a cake and a knife!

If your child has an allergy you can send in a small supply of food that they can have as a treat when the class celebrates a birthday ie jelly lollies. Please give these to the teacher to keep for these occasions. Please do not purchase iceblocks for the office to store. Our freezer is full of ice packs for the lunchtime sick bay rush and, we are unable to store food.

**STUDENT MEDICATIONS**
If your child requires an Epipen, ventolin or any other emergency medication the office must have an Emergency Action Plan.

Other medications such as antibiotics should be administered at home. Should your child require a one off medication at school please bring the medication to the office and sign a medication authorisation form. **DO NOT SEND YOUR CHILD TO SCHOOL WITH MEDICATIONS** (apart from Asthma puffers).

**STAFF CARPARK**
There are several carparks on the grounds of Mona Vale Public School. These carparks are for staff only. For student safety they are NEVER to enter a carpark. Parents, please help your children to follow this rule by not using the carpark at any time of the day. **PLEASE DO NOT PERFORM U-TURNS IN THE CARPARK DRIVEWAY, NOT ONLY IS IT ILLEGAL IT IS DANGEROUS.**

**CARPARKS ARE A NO GO ZONE**
Please park your car legally and walk your child into school. Alternately, use the “Kiss and Drop Zone” located on Waratah Street. Please remember this is a drop zone only, if you leave your vehicle the Council Ranger will gladly fine you!

**STUDENT ABSENCES**
If your child is away for a short period of time due to illness or leave, **please write a note directly to the teacher when your child returns to school. Please do not send notes to the office**, as the teachers need to have a written confirmation for their records. If you are planning a holiday and will be away for 10 school days or more please see the office for a holiday exemption form. Please note all absences must be supported by a letter of explanation within 7 days of the absence.

**KEEP INFORMED**
The school newsletter, known as the Mona Vale Mail is uploaded to the website at the end of each week. Parents are informed via the school app when the newsletter is available to view.

**KEEP US INFORMED**
If you change your address, or any of your phone numbers please notify the office in writing.

**LABEL EVERYTHING!**
Items which have a name clearly marked are more likely to be returned to your child. There is nothing worse than finding a beautiful brand new hat (or IPAD!) without a name.

**UNIFORM**
All students must be in full school uniform at all times. We have a “no hat, no play” policy, so please make sure your child wears a hat to school every day.

Thanking you

Leonie Gallard
School Administration Manager
## Dates For Your Diary

### Week 3
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>February 8th</td>
<td>Year 3-6 Swimming Carnival</td>
</tr>
<tr>
<td>Tuesday</td>
<td>February 9th</td>
<td>Support classes K-6C &amp; 3-6S @ nippers</td>
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</tbody>
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### Week 4
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>February 15th</td>
<td>Year 3 Just Like You</td>
</tr>
<tr>
<td>Tuesday</td>
<td>February 16th</td>
<td>Year 3 Just Like You</td>
</tr>
<tr>
<td>Wednesday</td>
<td>February 17th</td>
<td>Year 4 &amp; Year 5 Just Like You</td>
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<tr>
<td>Thursday</td>
<td>February 18th</td>
<td>Year 4 &amp; Year 5 Just Like You</td>
</tr>
<tr>
<td>Friday</td>
<td>February 19th</td>
<td>Year 4 &amp; Year 5 Just Like You</td>
</tr>
</tbody>
</table>

### 2016 School Term Dates

**Term 1:**  Staff Development Day - Wednesday 27th January  
Students return - Thursday 28th January (Years 1-6)  
Kindergarten Best Start Assessments - Thursday 28th, Friday 29th January & Monday 1st February  
Kindergarten starts - Tuesday 2nd February  
Last day for students - Friday 8th April  

**Term 2:**  Staff Development Day - Tuesday 26th April  
Students return – Wednesday 27th April  
Last day for students – Friday 1st July  

**Term 3:**  Staff Development Day - Monday 18th July  
Students return – Tuesday 19th July  
Last day for students – Friday 23rd September  

**Term 4:**  Students and Staff return – Monday 10th October  
Last day for students – Friday 16th December
A very warm welcome back to Term 1 2016 to all teachers, students and school families. I hope you've all enjoyed a happy and healthy holidays.

Welcome back to my lovely canteen volunteers and welcome "on board" to the 10 new Kindy canteen volunteers.

If you're a mum or dad at home not working, pop into the canteen and say hello, sign up for a day - I can guarantee you will enjoy your day in the canteen. Friendships are made in the canteen. Take the plunge.

All volunteer time in the school environment is greatly valued and appreciated.

Look out for a few changes on flexischools for 2016. Please remember to change your child's class details.

I’d like to officially welcome to the canteen, Helen Mijacovic as a Canteen Assistant this year. Helen is a school mum and has been a canteen volunteer for 5 years. Luckily for us, Helen has accepted an Assistant role in the canteen and I am very happy to work alongside Helen. She's a superstar.

As there were so many unpaid forgotten lunches last year, as in previous years, the canteen will now provide the same thing to every child who arrives at school without their recess or lunch.

If your child arrives at school without their recess or lunch they will be given boiled rice and fruit.

Recess will now include cheese toasted sandwiches, homemade baby quiches and assorted muffins.

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**Week 3 & 4 Roster**

<table>
<thead>
<tr>
<th>Monday 8th</th>
<th>Tuesday 9th</th>
<th>Wednesday 10th</th>
<th>Thursday 11th</th>
<th>Friday 12th</th>
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<tbody>
<tr>
<td>Emily Wearne</td>
<td>Linda Newman</td>
<td><strong>Swimming</strong></td>
<td>Helen Mijacovic</td>
<td>Sandra Avidson</td>
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<tr>
<td>Therese Creed</td>
<td>Helen Mijacovic</td>
<td><strong>Carnival</strong></td>
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<td>Corrina Bowman</td>
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<td>Dimity Sawyer</td>
<td><strong>Canteen Closed</strong></td>
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<td>Julie Shirdon</td>
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<tr>
<td>Angus Gamson</td>
<td>Donna Radinovic</td>
<td>Craig Raikuna</td>
<td>Hannah Jones</td>
<td>Gay McCorby</td>
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<td>Tina Naylor</td>
<td>Brian Gidney</td>
<td>Jack Pfeiffer</td>
<td>Lauren Rubin</td>
<td>Sascha Rundle</td>
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<tr>
<td>Elham Shams</td>
<td>Kirstee Humphrey</td>
<td>Jason Death</td>
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Here's to a happy and healthy 2016.
Year 6 2016 – Graduation Jacket

Year 6 students are given the opportunity to purchase a Graduation Jacket. The cost of the 2016 Graduation Jacket is $50.00. It will be bottle green with the school emblem on the front and the names of all Year 6 students printed in alphabetical order on the back of the jacket.

Please note that this is the only opportunity to purchase the Graduation Jacket. The jackets are “made to order” and there will be no spares.

The uniform shop has sample jackets, which your child can try on to ensure correct fit. The shop is open from 8:30am–10:30am on Tuesdays and Thursdays and 2:30pm–3:00pm on Mondays. (Please note there will be no refund or exchange if the jacket is the wrong size).

Once you have entered your child’s name, please double check the spelling as it can’t be changed once the jackets have been ordered. You can shorten their names for e.g. Timothy to Tim if you wish.

This year please order your jackets on Flexischools. All orders must be received by Friday, 26th February 2016. Expected delivery date is the end of April.

Week 3 & 4 Roster

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<td><strong>Volunteer Needed</strong></td>
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<td>Rebecca Scicluna</td>
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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
NARRABEEN TIGERS JUNIOR RUGBY CLUB

2016 REGISTRATION DAY

Saturday 6th Feb 12noon- 3pm at Narrabeen RSL, 116 Nareen Pde, North Narrabeen. New and existing players aged 4 to 17 most welcome. More info call 0438 275 928.

“SIBLINGS OF CHILDREN WITH A DISABILITY”

Presented By Kate Strohm
Director, Siblings Australia Inc. & Author of ‘Siblings - brothers and sisters of children with disability’ (Revised edition 2014)

Date: Tuesday 1st March 2016
Time: 7pm - 9pm Refreshments provided
Venue: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen

The workshop will assist parents to:

• Understand the concerns of siblings
• Identify behaviours that might indicate stress
• Explore factors affecting the adjustment of siblings
  • Identify parent’s role in supporting siblings
  • Identify other sources of support for siblings
  • Meet other parents with similar experiences

Cost: $15 per person

For bookings log on to: http://www.trybooking.com/169955
DOES YOUR CHILD HAVE A DISABILITY?

As part of the Stepping Stones Triple P Project, Northern Beaches Interchange invites all parents of children with a disability aged 2 to 12 to attend the following FREE parenting seminar series:

Seminar 1:
Positive Parenting for Children with a Disability
Thursday 11th February 2016 7-9pm

Seminar 2:
Helping your Child reach their Potential
Thursday 18th February
7-9pm

Seminar 3:
Changing Problem Behaviour into Positive Behaviour
Thursday 25th February 7-9pm

Where: Fisher Road School, 115 Fisher Road, Dee Why 2099

RSVP: As these programs are being funded as part of a research project please contact the research team to register your interest.

Phone: 02 9114 4060 Email: fhs.Steppingstones@sydney.edu.au

Your local Pittwater RSL Football Club announces a new GIRLS ONLY SOCCER ACADEMY starting next Tuesday, February 9th at Pittwater RSL Futsal courts, 5:45pm – 6:45pm. Currently registering girls U10 – U13. All are welcome, no trials necessary.

Eight Tuesday sessions for $150 – includes club training top and shorts. For more details, contact Sarah Beckett: sarah@pittwaterrslfc.com.au or 0428 077 358.

Also registrations are now open for winter soccer. New comps this year: GIRLS U8, U9, and U15. Visit http://pittwaterrslfc.com.au to register now!

Learn music on the keyboard at school!

Classes are held every Wednesday after school. All ages are welcome to come along and learn the basics of music theory and practice in a fun environment with friends. Instruments and music are provided in class.

Competitive rates, convenient location and an experienced tutor.

Call 9411 3122 or visit learnmusicatschool.com.au to enrol
Community use hire of facilities

As you may be aware, the school hires out the hall and a classroom for after school activities. These activities are run independently to the school, and are not endorsed by the school. However, you may be interested in the activities that these companies provide. Below I have listed their contact details, if you are interested in the activities that these companies provide, please contact the company direct.

**Tigers Tennis**
Peter O’Malley
0421 990 670

**Australia’s Youth Outreach Program (Karate)**
Matt Klein 9904 5667
(Saturday morning in the hall)

**Art Club**
Michelle Reed 0410 156 165
(Monday and Tuesday afternoon in the chess room)

**VIP Music**
Ursula Koh 9411 3122
(Wednesday afternoon in the chess room)

**ERO School of Dance**
Nicole Ovens 0408 269 536
(Wednesday 4:15pm-8:15pm)
There are a number of ways parents, carers and staff can respond to help children recover from a traumatic event.

**Talk to children about the traumatic event**

When a child brings up the traumatic event take their lead and enter into a discussion. If children pick up that the adults around them don’t feel comfortable to talk about events, they will be reluctant to bring it up. Children do not benefit from ‘not thinking about it’ or ‘putting it out of their minds’. In the long run this can make the child’s recovery more difficult. It is important to keep sharing thoughts and feelings and give children an opportunity to ask questions. It is also important for adults to be as honest and clear as possible about the traumatic event. Children who are not given details or explanations about traumatic events often make up stories in their head to try to understand what has happened. Use language young children can understand and give basic facts. Just as for adults, children often find the unknown is more frightening than the reality.

Some of the ways to talk with children about traumatic event include:

- calmly listening to a child’s repeated retellings of events
- letting a child express their feelings through play, such as physically re-enacting the trauma
- helping a child identify their feelings such as drawing the way they feel and naming these feelings.

**Provide consistent and predictable routines**

Change to routines and the environment can be frightening to young children who have been traumatised. They are very sensitive to changes in routines, transitions, surprises, unstructured social situation and new situations. Letting children know about changes in routine in advance and why there is a change helps children manage their fears (e.g., a new person visiting the home, going to see the doctor). Most children respond well to structured environments with clear goals, timelines and activities. Keeping familiar routines, having trusted people around, predictable routines and familiar places reduces unnecessary stress and helps children feel safe.

Some of the ways to do this are:

- having regular routines around sleeping, eating, playtimes
- telling children about what is coming up next and give them details of what to expect
- being sensitive when moving from one task or place to another, such as ending playtime or getting ready for bed.
Tuning in and being responsive to children

Children who have experienced traumatic events often need help to tune into the way they are feeling. When parents, carers and staff take the time to listen, talk and play they may find children start to tell or show how they are feeling. Providing children with time and space lets them know you are available and care about them.

It takes time to understand how to respond to a child’s needs and there can often be ups and downs before parents, carers and staff work out the best ways to support a child. It is helpful to keep in mind a child’s behaviour may be a response to the traumatic event rather than just ‘naughty’ or ‘difficult’ behaviour. It is common for a child to temporarily go backwards in their behaviour or become ‘clingy’ and dependent. This is one of the ways children try to manage their experiences.

Some of the ways to do this are:

▶ observing the behaviours and feelings of a child and the ways you have responded and what was most helpful in case of future difficulties
▶ creating a ‘relaxation’ space with familiar and comforting toys and objects children can use when they are having a difficult time
▶ having quiet time such as reading a story about feelings together
▶ trying different types of play that focus on expressing feelings (e.g., drawing, playing with playdough, dress-ups and physical games such as trampolines)
▶ helping children understand their feelings by using reflecting statements (e.g., ‘you look sad/angry right now, I wonder if you need some help?’).

Living or working with traumatised children can be demanding—be aware of your own responses and seek support when you need it.

Managing your own reactions

It is important to acknowledge and manage the feelings that parents, carers and staff have when they are caring for children who have experienced traumatic events. Adults can become physically and emotionally worn out and may feel overwhelmed by the child’s trauma and reactions. This can lead to a traumatic stress of their own, often called secondary trauma. The signs are similar to those caused by the direct experience of trauma, although less intense.

There are a number of ways for adults to reduce their own stress and maintain awareness so they continue to be effective when offering support to children who have experienced traumatic events.

Some of the ways to do this are:

▶ Taking time to calm yourself when you have a strong emotional response. This may mean walking away from a situation for a few minutes or handing over to another carer or staff member if possible.
▶ Planning ahead with a range of possibilities in case difficult situations occur.
▶ Remembering to find ways to look after yourself, even if it is hard to find time or you feel other things are more important. Taking time out helps adults be more available to children when they need support.
▶ Using supports available to you within your relationships (e.g., family, friends, colleagues).
▶ Identifying a supportive person to talk to about your experiences. This might be your family doctor or another health professional.

This resource and further information on the national KidsMatter Early Childhood initiative is available to download at www.kidsmatter.edu.au. The KidsMatter Early Childhood team also welcomes your feedback which can be submitted through the website.

The KidsMatter Early Childhood information sheets are resources that have been developed in collaboration and with funding from the Australian Government Department of Health and Ageing. While every care has been taken in preparing this publication, the Commonwealth does not accept liability for any injury or loss or damage arising from the use of, or reliance upon, the content of this publication.

KidsMatter Early Childhood – www.kidsmatter.edu.au
Beneficiary:
All proceeds from the Love for Lachie Golf Day will go to the University of NSW Brain Cancer Research Center, to provide much needed funding to advance the treatment options and accelerate the speed at which personalized medicine can be offered to individuals diagnosed with brain cancer.

www.loveforlachie.com.au
https://www.facebook.com/Love-for-Lachie-922484601128878/

To make a booking or for more information, please contact Meredith O’Ryan at info@loveforlachie.com.au or call 0420 972 509
# The Mona Vale Music Program
## “The Musical Dream” - 2016

<table>
<thead>
<tr>
<th>Times</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td><strong>Intermediate Band (Year 4)</strong> Conductor: Jacqui Shaw</td>
<td><strong>Orchestra</strong> Conductors: Holly Doyle and Jacqui Shaw</td>
<td><strong>Concert Band (Year 5)</strong> Conductor: Josh Hughes</td>
<td><strong>Performance Band (Year 6)</strong> Conductor: Jacqui Shaw</td>
<td><strong>Senior Strings</strong> Conductor: Yenny Huang</td>
</tr>
<tr>
<td>7:30am to 8:30am</td>
<td><strong>Senior Choir (Y5-6)</strong> Conductor: Hester Wright</td>
<td></td>
<td><strong>Intermediate Strings (Years 3 &amp; 4)</strong> Conductor: Holly Doyle</td>
<td><strong>Boys’ Vocal Ensemble (Y3-5)</strong> Conductor: Hester Wright</td>
<td><strong>Training Band (Year 3)</strong> Conductor: Jacqui Shaw</td>
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<td></td>
<td></td>
<td><strong>Junior Choir (Y3-4)</strong> Conductor: Hester Wright</td>
<td><strong>Performance Band (Year 6)</strong> Conductor: Jacqui Shaw</td>
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<td><strong>Percussion Ensemble</strong> Conductor: Charles Wilkinson</td>
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<tr>
<td><strong>Lunchtime</strong></td>
<td><strong>Junior Choir (Y3-4)</strong> Conductor: Hester Wright</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td><strong>Training Band (Year 3)</strong> Conductor: Jacqui Shaw</td>
<td><strong>Performance Band (Year 6)</strong> Conductor: Jacqui Shaw</td>
<td><strong>Intermediate Band (Year 4)</strong> Conductor: Jacqui Shaw</td>
<td><strong>Concert Band (Year 5)</strong> Conductor: Josh Hughes</td>
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<tr>
<td>3:00pm to 4:00pm</td>
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<td><strong>Tyro Strings (Year 2)</strong> Conductor: Holly Doyle</td>
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<td><strong>Afternoon</strong></td>
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<tr>
<td>4:10pm to 5:10pm</td>
<td><strong>Big Band (Audition Based)</strong> Conductor: Josh Hughes</td>
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<td><strong>Jazz Ensemble</strong> Conductor: Josh Hughes</td>
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