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**

**Week 8** – Look at people when they are speaking to you. Have ‘eye contact’.
(begins Monday 14th March)
In response to feedback and in an effort to streamline our newsletter, we will now be putting all community related events and publications on our website’s “Community News and Events” page – rather than you having to download it. We hope this enables more families to access the newsletter more easily.

**Swimming Champions – Mona Vale takes home GOLD!**

What a wonderful achievement for our Zone Swimming Team who competed at the Zone Carnival on Monday. We were the winning school at the event, with so many place getters in the finals who will now compete at the Regional Carnival. Congratulations to our talented swimmers; we can't wait to cheer you on at the Regional. Thank you to Mrs Mel Stevenson and Mrs Lee Elsley who managed our stellar team.

**Parent Teacher Interviews**

Have you booked an interview time with your child’s teacher yet? We will be holding our parent/teacher interviews **on Tuesday 22nd and Wednesday 23rd March** from 3:00 – 7:00pm. All interviews will be held in your child’s classroom. These interviews are provided for parents to meet with their child’s teacher to share information about how your child is settling into the school year, any social issues they may be having and how they are generally progressing academically. Reports of academic achievement are distributed at the end of Terms 2 and 4.

If you have recently had an interview with your child’s teacher then you may not need to come again, however, we look forward to seeing many of you over these two evenings.

**Welcome Healthy Harold!**

Healthy Harold and the Life Education van arrived this week and all classes from K-6 have been scheduled for a visit sometime in the next 3 weeks. A visit to the van has become a much anticipated yearly event for our students and we welcome the Life Ed team to our school. My thanks to Mrs Tara Sheppard for her coordination of this visit.

**Kinder Parent Information Session**

On Tuesday evening we hosted the first of two Kindergarten Parent Information Sessions in the Kindergarten classrooms. This week’s session was on how we teach literacy skills and I would like to thank Mrs Jacqui Davies, Miss Alex McGain, Mrs Karyn Brown and Mrs Erin Comino for their outstanding presentation. Next week’s session will be on numeracy skills. Thank you to Mrs Simone Rizzuto for this excellent initiative within school community.

Leesa Martin, BEd Dip Teach
Deputy Principal
Term 1 Accounts
Term 1 accounts were due on Monday. If you have not already settled your account please do so this week.

Parent Teacher/Interviews
You are cordially invited to attend the Parent/Teacher Interviews to be held on Tuesday 22nd March and Wednesday 23rd March, 2016.

Go to website www.schoolinterviews.com.au
Enter event code: xtrz9 in the green box
For full details on how to book, see the note on the website.

K-2 Easter Hat Parade
Thursday 24th March – see note on website for full details

Missed Anything This Week?
The school website is updated on what seems like a daily basis! There is always something going on at Mona Vale. If you think you have missed any notes this term, you can always check on our website.

Here are some helpful links:
Notes

Calendar

Newsletters

Community News & Events (this is a new page)

Car Raffle
Thank you to all the students who are selling lots of raffle tickets. Please return all raffle tickets (sold or unsold) by Monday 21st March ready for the big draw on Wednesday 6th April. Good luck to everyone!

We would really appreciate it if you converted your coins to notes before you send them back to the office.
Kindergarten 2017
Do you have friends, family or neighbours planning to come to Mona Vale PS in 2017? Our Open Days are on Wednesday 1st June and Wednesday 29th June from 9:30am – 11am.

We will be taking enrolments for Kindergarten 2017 from the beginning of next term.

Thanking you
Leonie Gallard
School Administration Manager

Sport News

Zone Swimming Carnival Results

Congratulations to all of our MVPS swimmers who swam at the Zone carnival at Warringah Aquatic Centre on Monday. We were all so proud of your sportsmanship, camaraderie and in awe of your swimming ability.

Mona Vale placed FIRST overall. An amazing achievement!

Go Mona!
Results on the day were:

I Buchanan - 4th Individual Medley, 1st 12yr 50m Freestyle, 1st Senior Breaststroke, 2nd Senior Backstroke, 1st Senior Butterfly, 5th 100m

A Laing – 5th Individual Medley, 8th 11yr 50m Freestyle, 7th 11yr Breaststroke, 6th 11yr Backstroke, 6th 11yr Butterfly

J Wilson - 2nd Individual Medley, 8th Senior Butterfly

M Macarthur - 6th Individual Medley, 4th Senior Breaststroke, 4th Senior Butterfly

M Lawrence – 1st 8yr 50m Freestyle, 1st Junior Backstroke, 1st Junior Butterfly

T Kennett - 3rd 8yr 50m Freestyle

S Chaffer – 1st 8yr 50m Freestyle

J Ducarme – 2nd 8yr 50m Freestyle

J England – 1st 9yr 50m Freestyle, 7th Junior Breaststroke

M Atkinson – 7th 9yr 50m Freestyle

C Stamp – 6th 9yr 50m Freestyle

C Cooper – 3rd 10yr 50m Freestyle, 4th Junior Backstroke

L Bartlem – 1st 10yr 50m Freestyle, 4th Junior Breaststroke, 6th Junior Backstroke, 1st Junior Butterfly

A Lawrence – 5th 11yr 50m Freestyle, 8th 11yr Breaststroke, 3rd 11yr Backstroke, 4th 11yr Butterfly

J Ewers – 2nd 11yr 50m Freestyle, 2nd 11yr Breaststroke, 1st 11yr Backstroke, 2nd 11yr Butterfly

B Morisson – 3rd 11yr 50m Freestyle, 3rd 11yr Breaststroke, 3rd 11yr Butterfly

B Raffin – 2nd 12yr 50m Freestyle, 1st Senior Backstroke, 1st 100m

W Robertson - 1st AWD 50m Freestyle, 1st AWD Junior Breaststroke

Z Zofrea - 1st AWD 50m Freestyle

E Jones - 1st AWD 50m Freestyle, 1st AWD Backstroke

K Ginsburg - 1st AWD 50m Freestyle

M Glavan - 4th Junior Breaststroke, 4th Junior Butterfly

T Frogatt - 1st Junior Breaststroke

S Clarke - 1st AWD Breaststroke

E Cooper - 3rd Senior Breaststroke

L Thornton - 3rd 11yr Backstroke

J Roberts - Coles - 8th Senior Backstroke

Z Wasley – 5th Junior Butterfly
L Woodward – 2nd Senior Butterfly
Junior Girls Relay – 1st S Bonadio, J England, M Lawrence, C Cooper
Junior Boys Relay -1st Z Wasley, L Bartlem, L Chaffer, P Kamara
Senior Girls Relay - 1st A Laing, I Buchanan, A Lawrence, B Raffin
Senior Boys Relay - 4th M Macarthur, E Cooper, B Morisson, J Euers
Thanks so much to all of our MVPS supporters and our parent timekeepers: Mrs Lawrence, Mrs Macarthur, Mrs Cooper and Mrs Fitzgerald.
What a great day!!

Good luck to all our Regional competitors-
Imogen, Abby, Alex, Bianca, Sofia, Jess, Milla, Ciara, Zac, Logan, Luke, Prince, Lydia, Theo, Beau, James, Joan, Sam, Tia and Josh.

Mrs Stevenson and Mrs Elsley 😊

CONGRATULATIONS to P Popovich who was successful in gaining a position on the Sydney North Regional tennis team. He will now play at the State carnival at Tweed Heads.
We are so proud of you ! Good Luck!!!

CONGRATULATIONS to I England who made the reserve list for the Sydney North Region Tennis Team who will play at the State Tennis Championships at Tweed Heads.
We are so proud of you ! Good Luck!!!
Next week (week 8) will be the start of the Winter PSSA trials.

Winter sports are:

Boys and Girls Junior and Senior Soccer and AFL
Boys Junior and Senior Rugby League
and Girls Junior and Senior Netball

Students will need to listen for announcements at lines for trial days.

The winning Sport House for Week 7 is: Barrenjoey
Turn off the TV or computer and get active

- Set a limit on the amount of time children watch television or spend on the computer. Too much screen time limits physical activity.
- On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear “I’m bored” – think of something active to do.
- During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Why reduce television time?

- studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours
- TV replaces time a child can be active and enjoy physical activity
- there is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.

From the ‘Live Life Well team

Eco-Warriors

This week, the Eco-Warriors met for the first time for 2016 and started preparing for a new crop in our vegetable garden. Everyone was very excited about filling our 3 raised garden beds with soil ready to start planting in a few weeks. The beds are made from corrugated iron. The Eco-Warriors worked well as a team and are looking forward to providing the school canteen with more fresh, organic produce and helping the school to be more aware of the environment and sustainable living.

Remember to pick up two pieces of rubbish on Tuesday and three on Thursday!

Thank you to New Leaf Nursery in Ingleside for the garden beds and E.J. Shaw & Sons in Mona Vale for the soil.
Canteen News

Week 8 Roster

<table>
<thead>
<tr>
<th>Monday 14th</th>
<th>Tuesday 15th</th>
<th>Wednesday 16th</th>
<th>Thursday 17th</th>
<th>Friday 18th</th>
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<tr>
<td>Angus Gamson Eltham Shams</td>
<td>Donna Radinovic Kirstee Humphreys Brian Gidney</td>
<td>Craig Raikuna Jack Pfeiffer Jason Death</td>
<td>Hannah Jones Laura Rubin Helen Mijacovic</td>
<td>Jenelle Stockan Michelle Tasker Help Needed</td>
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</tbody>
</table>

Rebecca O'Donnell
Canteen Coordinator
9997 2442

Uniform Shop News

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

Email: uniformshop@monavalepspca.com.au

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<tr>
<td><strong>Volunteer Needed</strong> 2:30pm-3:15pm</td>
<td><strong>Volunteer Needed</strong> 8:30am-10:30am</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
### Dates For Your Diary

#### Week 8

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<td><strong>Year 6</strong> Interrelate</td>
<td>4:30pm Kindergarten Parent information evening - Numeracy (in KR/KO classroom see flyer attached)</td>
<td>Chess Tournament Life Education Van visits continue</td>
<td>Year 4 &amp; 5 Just like you program Year 2 Powerhouse Museum Excursion Life Education Van visits continue</td>
<td>Northcott Swimming Carnival for support classes PCS Extension Test High School 2017 Life Education Van visits continue</td>
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<tr>
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For the full calendar please visit our website


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### 2016 School Term Dates

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

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

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

**Term 4:** Students and Staff return - Monday 10<sup>th</sup> October
- Last day for students - Friday 16<sup>th</sup> December
The Scripture teachers of Mona Vale Public School present...

When: Tuesday March 22  
What: Easter Assemblies

Where: Mona Vale Public School hall

Who: Infants @ 9:15am  
Primary @ 10:15am

Scripture classes will all attend

ALL ARE WELCOME! (including families)

Please detach and return to your MVPS class teacher by Friday March 18, if your child is in Ethics or Non Scripture and would like to attend the Easter Assembly.

Child’s Name: __________________ Class: ____ Signed: ____________
Kindergarten parents are invited to attend an afternoon session to learn how Numeracy skills are taught in the first year of school, and how you can help at home.

We hope to see you there!