



Mona Vale Mail

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**Welcome to
WEEK 8!**

Reminder:
K-6 Text and Exercise
Books are now
available to order
online.

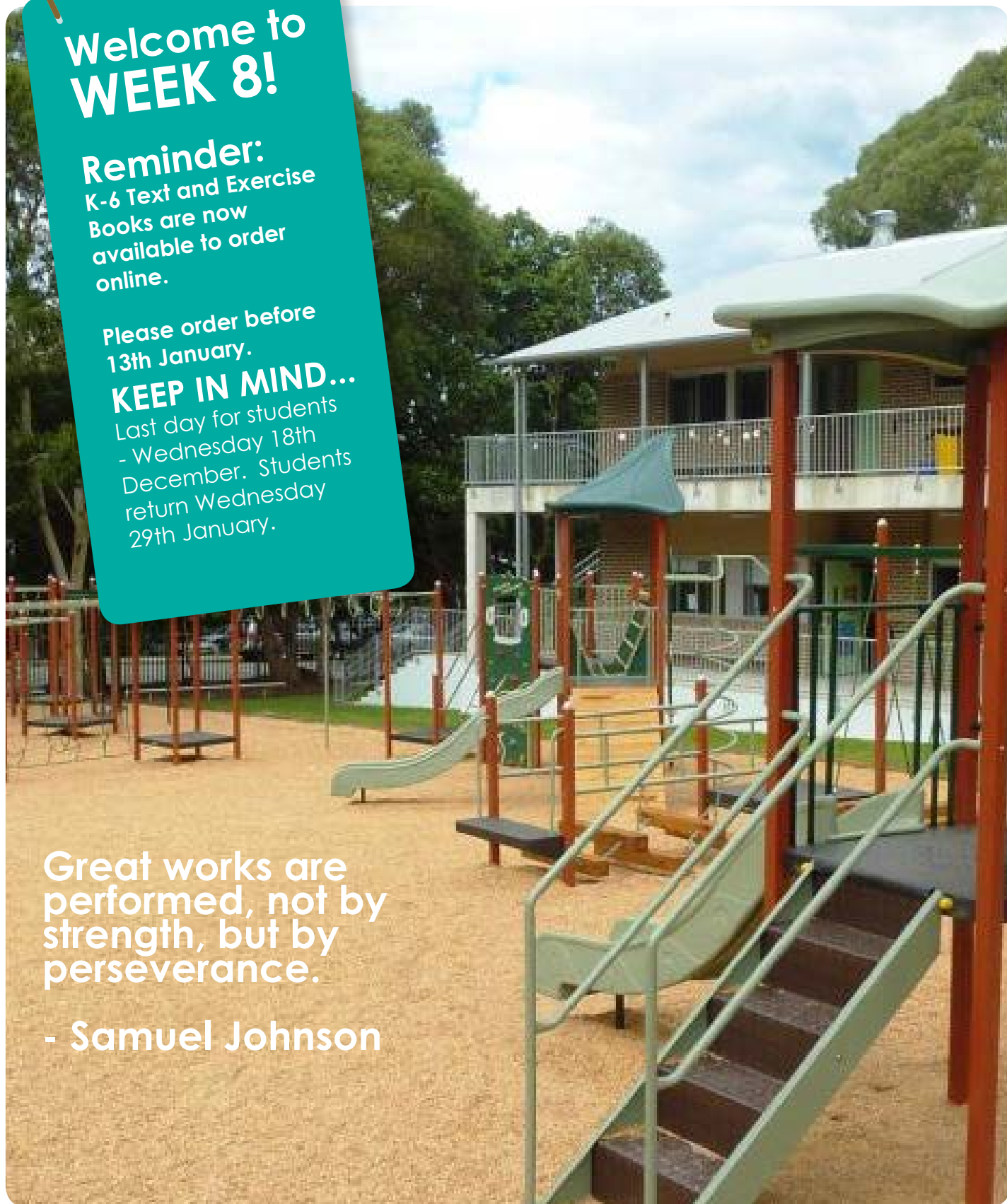
Please order before
13th January.

KEEP IN MIND...

Last day for students
- Wednesday 18th
December. Students
return Wednesday
29th January.

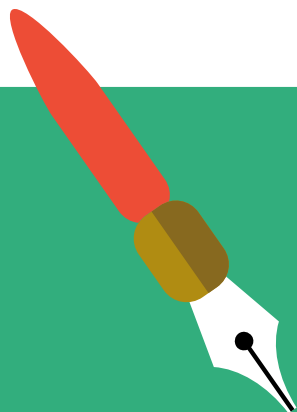
Great works are
performed, not by
strength, but by
perseverance.

- Samuel Johnson





From the Principal



How wonderful it was to join with our school captains, Archie and Eliza last Friday at NSW Parliament House. The Hon. (Rob) Robert Gordon STOKES, MP presented our school leaders with a certificate recognising their contributions as school leaders. I was very proud of how they represented our school, the insightful comments they made and the information they shared with the other leaders there. I sincerely hope that the leadership experiences our students have at Mona Vale PS travel with them as they move onto high school.

Many of our senior students played in the Eagle Tag Gala day last week. I was fortunate to attend this to see our teams progress to the finals and then win their games. Congratulations to the Senior Boy and Senior Girl team who will both now move onto the next stage of the competition. Thank you to our wonderful teachers, Miss Kelsall, Mr Johnston, Mr Johnson, and Mrs Warne who have invested their time and talents into coaching the teams and providing this opportunity for our students.

Last Thursday evening we were treated to a wonderful showcase of music education by our Year 1 students who showed parents, community and staff what they had learnt in violin class with Mrs Phelan. How amazing to think that students as young as six and seven could have such talent! Thank you so much Mrs Phelan for sharing your passion for music with our students and to our committed staff for taking the time to be there. We look forward to our Year 1 students continuing their music education through our RFF program or by becoming involved in our strings program.

On Tuesday we held our scripture assembly and thanked the volunteer scripture teachers for their service to our students. Unfortunately I wasn't able to attend the morning tea but I would like to take the opportunity to publically recognise our scripture teachers and Mrs Hodgman who coordinates our scripture program.

Finally, I would like to reflect on our Honour Assembly today. Here we honoured our students who have made a concerted and focused effort to improve their reading, recognised sporting or cultural achievements and thanked our Year 6 students for their service to the school. Thank you to Mrs Pimental and Mrs Gobbe for coordinating the assembly and to the many teachers who made sure it was a special occasion for our students. Thank you also to the many family members who came along. I am sure you are very proud of your children!





From the Principal





From the Principal





From the Principal



Regards

Shannan Judge
Principal



Calendar

Mona Vale Manners

Week 9

Show respect
to adults when
going through
doorways or
walking along
paths by moving
out of the way.

(begins Monday 9th
December)

WEEK 9

MONDAY 9th

Super String Soiree

TUESDAY 10th

10:30am Parent Helpers Morning
Tea

7pm Class Parent Meeting

7:30pm P&C Meeting

WEDNESDAY 11th

THURSDAY 12th

Presentation Day

Big Band Bash

FRIDAY 13th

Kindergarten 2020 Welcome
Assembly

WEEK 10

MONDAY 16th

Year 6 Farewell @ PHS

Year 5 Surf School

TUESDAY 17th

Year 6 Fun Day

Year 5 Surf School

WEDNESDAY 18th

Sockey Match

Year 6 Graduation

Last Day For Students

THURSDAY 19th

Staff Development Day

FRIDAY 20th

Students return Wednesday
29th January (School Swimming
Carnival)



From the Office

Administration Hours:

8:30am - 3:15pm



Text And Exercise Books

Text and Exercise books are ready to order online!

In previous years we have used two suppliers for text and exercise books. This year it is a "one stop shop" so you only need to purchase one pack per child which will include text and exercise books.

Please go to our website to the "Notes and Forms" tab, "Planning for 2020". All the instructions are there for you to order your books online.

Please make sure you order **BEFORE MONDAY 13TH JANUARY**, so that your books are ready for a smooth transition into 2020. Late orders will incur an administration fee.

Stationery lists are also on the website. Stationery can be purchased from the supplier of your choice.

Giving Tree

Thank you to all of your kind donations to our giving tree! If you would like to donate a present to charity, please bring your present in a gift bag and leave it at the giving tree in the office. This year we will be supporting charities such as Bushfire victims, Bear Cottage, Stewart House and Dalwood Spilstead. Thank you

Planning For 2020

We are currently planning classes for 2020. If you are leaving Mona Vale Public School in 2020 please notify the office by email monavale-p.school@det.nsw.edu.au.

Student Illness

We have had a nasty tummy bug going around particularly Year 3. If your child feels unwell please keep them at home. If your child is sick please exclude them from school for at least 24 hours after they stop vomiting or any other symptoms.

Year 5 – 2020 PCS High School Extension Test

Please see our website for information regarding applications for 2020 PCS High School Extension tests. Applications close in February, 2020.

Leonie Gallard
School Administration Manager



School Hats

From Day 1, Term 1, 2020 all Mona Vale PS students will be required to wear the new school hat. In line with Department policy, there has been a two year roll-over period and from the beginning of next year, students who continue to wear the old style caps will no longer be able to play outdoors and will be asked to sit in the shade, in line with our 'no hat no play' policy.

The new hat was brought in after consultation with the school community, including the Student Representative Council (SRC) and based on the most up to date advice provided by the Cancer Council.

As we move in to the warmer months of summer and the increased risk of UV damage we would encourage those of you whose children are still in the caps to consider purchasing a school hat in the near future, and certainly before the end of term.

Hats can be purchased through the school uniform shop.





Presentation Day

Our annual Presentation Day is taking place on the 12th December. This is a day when the school community comes together to celebrate our students' successes from the current year.

What you need to know

- If your child is an award recipient you will receive an invitation to the event which includes all the relevant details but will not name the award they are receiving – it's a surprise!
- All our students will be attending the assemblies which will be held at Pittwater High School. The day will be split into two, 3-6 in the morning and K-2 in the afternoon.
- Year 3-6 need to be at school by 8:30am, K-2 at normal time.
- All students will be bused to and from the venue.
- The canteen will be closed on the day and we ask all students to bring their fruit break, recess and lunch in disposable containers, as some food may need to be eaten at the High School before entering the hall.
- **Due to space restrictions, please note that only families that receive an invitation are to attend.**



Stone Bone



This term all our classes had a session with Stone and Bone to gain a greater understanding about Australian Aboriginal Peoples. Dave and Glen worked with students in our outdoor learning areas and each grade or stage had a different focus.

Kindergarten and Grade 1 learned how to use ochre and its place in ancient trade in Australia. Grade 2 looked for evidence of plants and animals that could be used for food, medicine and tools. Stage 2 learned how wood, stone and fibre can be used with great skill to make working axes. Grade 5 studied how firestick farming can be used to manage local micro environments and Grade 6 experimented with the physics of the woomera, making predictions and testing them.

Many of our younger students also benefited from and enjoyed the amazing performance dance skills of Glen!





Support Unit Visit

Support Unit Visit To The Basin

Support Unit students, parents and staff were invited by the lovely Steve and Dee at the Quay's Marina on an outing to The Basin.

We all met at the Quays Marina and boarded a large rubber ducky enjoying an exhilarating boat trip to The Basin, taking in the beautiful sites of Pittwater.

At The Basin everyone participated in games, relaxed in the beautiful surroundings and explored the local flora and fauna. It was a wonderful opportunity for families and staff to come together. Steve and Dee also provided us with a wonderful BBQ lunch and refreshments before heading back to the Marina on, again another exciting boat trip!

All the staff would like to thank the ongoing support of the Quays Marina for the generosity shown to our Support Unit students, families and the school.





Canteen

OMG I cannot believe we have reached the end of the year AGAIN so quickly! How does that happen.

What a terrific year in the canteen. Thanks so much to all the many canteen volunteers who have been amazing giving up their time to help out. It's really appreciated and enjoyed.

Thanks to the P&C, and especially Christina for another year of devoted commitment to the canteen and to Helen and Danni for their hard work and smiles.

Thanks for all the great feedback from the school community and staff on our canteen menu.

Looking forward to seeing you all next year.

Term 1 2020

The roster for Term 1 2020 will be available next week. If you've not volunteered before and would like to in Term 1 2020 please email me at canteen@monavalepspc.com.au. Be great to see some new faces to join our merry band of canteen volunteers. At the moment we have around 45 regular canteen volunteers from the school community. Be great to swell the ranks in 2020.

Make it your New Year's resolution to commit to one day in 2020 volunteering in the canteen. That would be amazing.

Reminders:

Thursday 12th December Canteen will be closed due to Presentation Day @ PHS.

Monday 16th and Tuesday 17th December will be SUSHI only on Flexischools.

Wednesday 18th December the canteen will be closed for cleaning; no recess and no ice blocks at lunch.

IOU Payments

Please can all parents who owe money on FlexiSchools for sandwiches provided to children for lunch when the child has not had lunch ensure IOU payments at up to date before the end of Term.

Last Friday we had over 10 children come to the canteen at lunch time without a lunch order or lunch.

The IOU payment is \$2 which isn't a lot but it all adds up if it's not repaid.

All the profit the canteen makes during the year goes directly to the P&C and to the school.

Friday 13th December

Currently we have no volunteers rostered for Friday 13th December. If anyone has a couple of hours free to help out in the Canteen at this terribly busy time of year please can you email me at canteen@monavalepspc.com.au or pop in. Thank you.



Canteen

	MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
9	Kerry W Helpers Needed	Christina G Michelle Felicity B	Jack P Steve T Nadine D	Presentation Day CANTEEN CLOSED	Help! Helpers Needed
	MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	
10	SUSHI ONLY	SUSHI ONLY	CANTEEN CLOSED LAST DAY OF SCHOOL	STAFF DEVELOPMENT DAY	

Rebecca O'Donnell
Canteen Supervisor
9997 2442



Uniform Shop

Opening Hours

Mondays 2:30pm - 3pm

Tuesdays & Thursdays 8:30am - 10:30am

Thank you to all of our lovely volunteers who have helped in the shop this year, it is very much appreciated. Also a big thank you to those that helped with Stocktake last week. It is always a big day, your time is very much appreciated.

Hats: Reminder that as of the beginning of 2020, ALL students will be required to wear wide brim hats, caps will no longer be a part of our uniform.

2020 Volunteer Portal is now active for Term 1. Volunteers are always needed, even if you can spare a couple of hours once or twice a month. We are also looking for volunteers on January 23rd, 28th and 29th to assist with back to school open days.

If you are able to volunteer in the shop, please go to website www.carebookings.com.au.

Enter event code: B7MJN in the green box

Flexischools Orders: Last day for orders for 2019 (deliveries to classrooms) will be Tuesday 17th December.

We will be again offering Flexischools service for the January holiday period. Beat the queues during January by ordering and paying online, then coming to collect during the opening times listed below.

On January 6th, Flexischools will be online and taking orders. You will not need to update classes just yet, as it is a pickup service from the uniform shop (note: classroom delivery recommences first week of term).

The shop will be open on Thursday 23rd January, you will be able to come and collect your package.

Thursday 23rd 8:30am -12:00pm. Online pickup day.

Tuesday 28th 8:30am -12:00pm. Pupil Free Day.

Wednesday 29th January 8:30am -11:30am. Day One.

Thursday 30th January 8:30am -10:30am (Back to normal shop opening hours).

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

Regards

Hanna Jones
Uniform Shop Supervisor

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2020 Term Dates



TERM DATES



1

Students return - Wednesday 29th January (Years 1-6) (Year 3-6 School Swimming Carnival)

Kindergarten Best Start Assessments – Wednesday 29th, Thursday 30th & Friday 31st January

Kindergarten starts - Monday 3rd February 2020

Last day for students - Thursday 9th April 2020

2

Staff Development Day – Monday 27th April 2020

Students return – Tuesday 28th April 2020

Last day for students – Friday 3rd July 2020

3

Staff Development Day – Monday 20th July 2020

Students return – Tuesday 21st July 2020

Last day for students – Friday 25th September 2020

4




Students and Staff return – Monday 12th October 2020

Last day for students – Friday 18th December 2020

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

***It is important that the rest of the family is checked for head lice, scabies and ringworm**