



Mona Vale Mail

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Welcome to
WEEK 3!

Reminder:

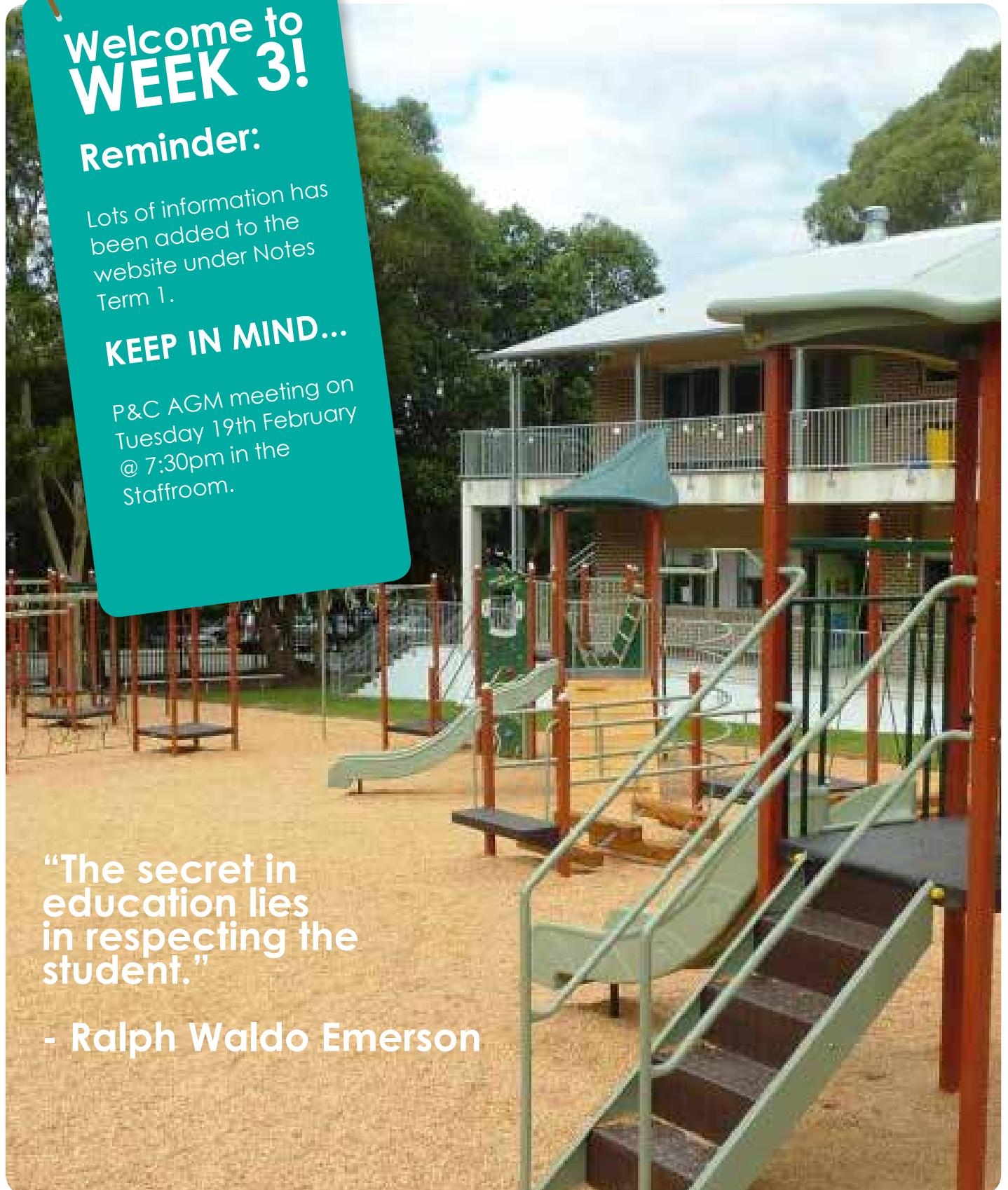
Lots of information has been added to the website under Notes Term 1.

KEEP IN MIND...

P&C AGM meeting on
Tuesday 19th February
@ 7:30pm in the
Staffroom.

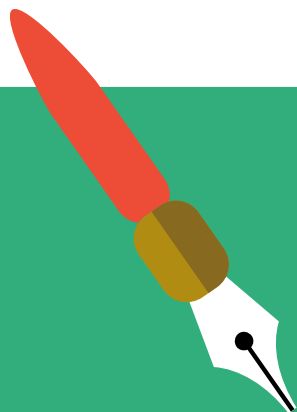
"The secret in
education lies
in respecting the
student."

- Ralph Waldo Emerson





From the Principal



Dear Parents

It was great to see so many parents attending the meet the teacher afternoon yesterday, staff reported that there was a great feeling around the school. I understand that the timing of the meetings made it difficult for some working parents and have asked the staff to consider two later time slots in 2020.

Parent Communication To Community

I've been made aware of communication being handed to parents by a Mona Vale parent that contains many errors in relation to the schools organisation and process around student welfare. While I appreciate parents raising concerns, I have an expectation that it be in a productive and respectful manner and not targeting staff who have a right to come to a work place free of harassment and bullying.

In relation to the letter distributed yesterday and today I provide the following information.

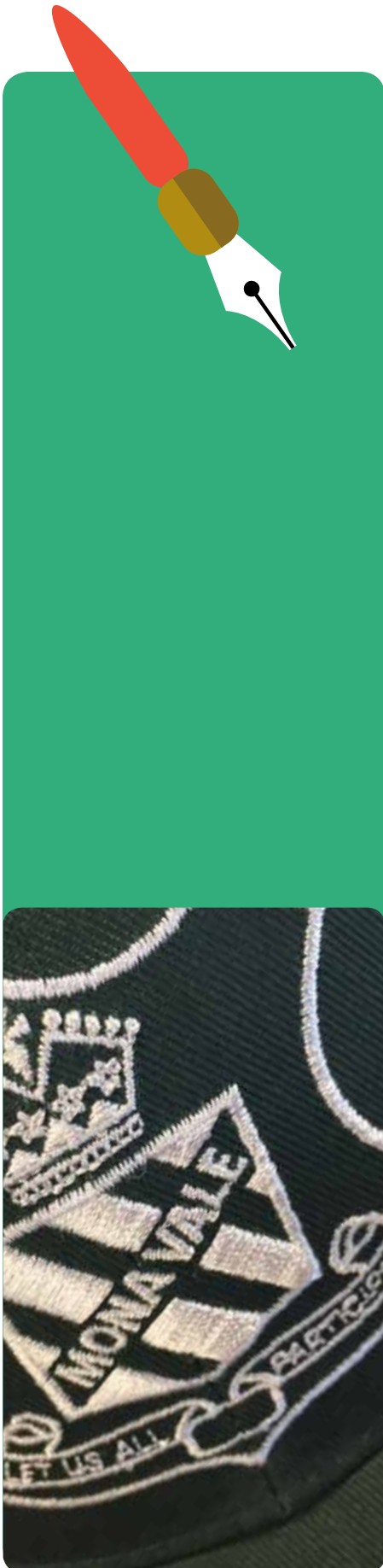
Mona Vale has a strong stance on not tolerating Bullying, the school's Anti-Bullying Plan, developed in consultation and endorsed by the P&C, can be found on our website and a copy is in this newsletter. The Plan is based on the Department of Educations guidelines and endorsed programs, it sets out the schools expectations and processes for dealing with, observed, reported and identified bullying. All students are encouraged to report bullying to staff and are supported when this occurs.

The school has a practice of always sending students to toilets in pairs, I have again reinforced this with staff as it is an important strategy in ensuring student safety.





From the Principal



Our Student Leadership Team as part of their responsibilities, encourage respectful behaviours among students. Students are aware that they can raise concerns with these students and work with them to resolve minor playground issues. Student leaders are not teachers but they do play an important role in monitoring and supporting positive student interactions.

This year we have appointed seven Wellbeing Ambassadors whose roll as part of the Leadership Team, is to look for opportunities to support student wellbeing across the school.

The school has a documented Internet and BYOD policy that covers instances of Cyber Bullying. Last year the school ran, in conjunction with the P&C, a community information evening to keep the community abreast of current trends and strategies to keep children cyber safe.

The school has never conducted “unethical Human Experimentation” on Kindergarten students as a component of the teaching of sight words to Kindergarten students. All teachers use appropriate and recognised methods to deliver learning and teaching to students, some grades use a variety of methods, reflect on their effectiveness and change strategies as appropriate. This is common practice in schools and does not constitute unethical research and human experimentation.

Parent participation in school activities is a privilege not a right, last week I referred to the “Parent Charter” that governs expected standards of parental behaviour in schools. In consultation with the Executive of the P&C, the School Executive through the Principal can have a Mona Vale Public School parent removed from Grade Facebook groups if the parent's behaviour is deemed unacceptable.

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/school-community-charter>

While addressing these matters is not pleasant, the continuation of long standing harmonious relationships between our community and the staff need protecting.

Greg Jones



From the Office

Administration Hours:

8:30am - 3:15pm

Notes On The Website

Please check the notes on the website regularly

Term Accounts And Permission Notes

Yellow Term 1 permission notes went home with students this week. Please sign and return the permission note to your classroom teacher immediately. If you did not receive a copy please ask your child to collect one from their teacher.

Term 1 accounts have been emailed home to parents. Your prompt payment is appreciated. Thank you to all the parents who have already paid.

Please note, some PSSA teams are being finalised and the amount will not reflect on your account. If your child comes home with a note confirming a place in a PSSA team, please pay on POP immediately. PSSA is an optional activity and we have a "Pay before you play policy".

Year 6 – High School Extension Test Applications - Closing Soon

Please refer to the website for information regarding High School Open Days and Extension Class information for High Schools. Please refer any enquiries to the relevant High Schools.

Year 6 Camp

The Year 6 camp will be held on Monday 18th February to Wednesday 20th February. Please finalise any outstanding payments now.

Leonie Gallard
School Administration Manager



Calendar

Mona Vale Manners

Week 4

Sharing
and
taking turns.

(begins Monday 18th February)

WEEK 4

MONDAY 18th

Year 6 Camp

TUESDAY 19th

Year 6 Camp

7:30pm P&C AGM in Staffroom

WEDNESDAY 20th

Year 6 Camp

THURSDAY 21st

5B & 5S Macquarie Uni

FRIDAY 22nd

WEEK 5

MONDAY 25th

Wellbeing Week

TUESDAY 26th

Wellbeing Week

WEDNESDAY 27th

Wellbeing Week

THURSDAY 28th

Wellbeing Week

FRIDAY 1st

Wellbeing Week

5pm P&C Welcome Picnic



House Winner

Week 3
placegetters are:

1st: Pittwater

2nd: Warringah

2nd: Hawkesbury

4th: Barrenjoey

The winner this week is...

Pittwater!

Congratulations
to **Minh V, Anthony S**
and **Angie R** who
were
successful at the
combined zone
tennis trial and will
now trial at Sydney
North.

Good luck!



	MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
4	Angus G Jodie H	Corrina Amy Kirsty L	Natalie W Anthea F Danielle R	Helen M Rebecca W	Vikki K Helen M Kerri W Annie
	MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 1st
5	Stuart Annette Danielle R	Gi G Leonie T Xtina G	Emma K Bec Sanet Danielle R	Terry K Sandy C Emma B Helen M	Mel D Julie R Nikki H Helen M
	MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
6	Hanna J Angela I Danielle R	Kirstee H Donna R Brad S	Danielle R Emma K Tracie Barb LG	Sandy C Marcela Bec S	Helen M Jodi H Zoe S Danielle G
	MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
7	Danielle R Elaine G	Corrina B Amy Xtina G	Annie T Jack P Danielle R	Tatum M Mel S Helen M	Skye R Helen M Vikki K Kerri W
	MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
8	Danielle R Angus G	Gi G Deanne B	Donna R Kirstee H Danielle R	Michelle HA Terry K Helen M	Bec S Vanessa B Helen M



Uniform Shop

Opening Hours

Mondays 2:30pm - 3pm

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

Please remember to register with Ragtagd all those new hats and jackets before they get lost. We did find items in lost property last year with no name and not registered. Please also label your items very clearly so they can find their way back (particularly hats and jackets), name and class.

If you have lost your name tag from your school backpack and need to replace, we have blank tags for sale for \$2.00.

2019 Volunteer Portal is active for Term 1. Volunteers are always needed, even if you can only spare a couple of hours once or twice a month.

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

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

MONDAY 18th	TUESDAY 19th	WEDNESDAY	THURSDAY 21st	FRIDAY
Volunteers Needed	Volunteers Needed		Volunteers Needed	
MONDAY 25th	TUESDAY 26th	WEDNESDAY	THURSDAY 27th	FRIDAY
Volunteers Needed	Sandy N		Claudia S	

Regards

Hanna Jones
Uniform Shop Supervisor
uniformshop@monavalepsca.com.au



2019 Term Dates



TERM DATES



1

Students return - Wednesday 30th January (Years 1-6) (Year 3-6 School Swimming Carnival)

Kindergarten Best Start Assessments – Wednesday 30th January, Thursday 31st January & Friday 1st February

Kindergarten starts - Monday 4th February 2019

Last day for students - Friday 12th April 2019

2

Staff Development Day – Monday 29th April 2019

Students return – Tuesday 30th April 2019

Last day for students – Friday 5th July 2019

3

Staff Development Day – Monday 22nd July 2019

Students return – Tuesday 23rd July 2019

Last day for students – Friday 27th September 2019

4

Students and Staff return – Monday 14th October 2019

Last day for students – Wednesday 18th December 2019



Education &
Communities

Anti-bullying Plan

Mona Vale Public School





Bullying:

Preventing and Responding to Student Bullying in Schools Policy (2011)

The NSW Department of Education and Communities rejects all forms of bullying. No student, employee, parent, caregiver or community member should experience bullying within the learning or working environments of the Department.

Bullying

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies.

Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long term effects on those involved including bystanders.

Conflict or fights between equals or single incidents are not defined as bullying.

Bullying behaviour can be:

- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

The term “bullying” has a specific meaning. The school’s Anti-bullying Plan sets out **the processes for preventing and responding to student bullying**. The school has a range of policies and practices, including welfare and discipline policies that apply to student behaviour generally.

Schools exist in a society where incidents of bullying behaviour may occur. Preventing and responding to bullying behaviour in learning and working environments is a shared responsibility of all departmental staff, students, parents, caregivers and members of the wider school community.

School staff have a responsibility to:

- respect and support students
- model and promote appropriate behaviour
- have knowledge of school and departmental policies relating to bullying behaviour
- respond in a timely manner to incidents of bullying according to the school’s Anti-bullying Plan.

In addition, teachers have a responsibility to:

- provide curriculum and pedagogy that supports students to develop an understanding of bullying and its impact on individuals and the broader community.

Students have a responsibility to:

- behave appropriately, respecting individual differences and diversity
- behave as responsible digital citizens
- follow the school Anti-bullying Plan
- behave as responsible bystanders
- report incidents of bullying according to their school Anti-bullying Plan.

Parents and caregivers have a responsibility to:

- support their children to become responsible citizens and to develop responsible online behaviour
- be aware of the school Anti-bullying Plan and assist their children in understanding bullying behaviour
- support their children in developing positive responses to incidents of bullying consistent with the school Anti-bullying Plan
- report incidents of school related bullying behaviour to the school
- work collaboratively with the school to resolve incidents of bullying when they occur.

All members of the school community have a responsibility to:

- model and promote positive relationships that respect and accept individual differences and diversity within the school community
- support the school’s Anti-bullying Plan through words and actions
- work collaboratively with the school to resolve incidents of bullying when they occur.

Mona Vale Public School

Anti-Bullying Plan

This plan outlines the processes for preventing and responding to student bullying in our school and reflects the *Bullying: Preventing and Responding to Student Bullying in Schools Policy* of the New South Wales Department of Education and Communities.

This plan was developed in collaboration with staff, students, parents and carers of the Mona Vale Public School community. Staff initially reviewed existing school anti bullying policies and student welfare policies. Parents and carers were invited to view and comment on the plan. Senior students from Years 5 and 6 were also consulted on key elements of the plan.

The plan is evaluated on an ongoing basis and formally reviewed at least once every three years (Reviewed February 2018).

The school will review and evaluate this plan annually or as the need arises and assess its implementation and effectiveness. The plan will be promoted and implemented throughout the school.

The whole school community is reminded of the school's Anti-Bullying Policy at the beginning of the school year, through the school fortnightly newsletter.

Professional learning regarding anti bullying procedures will be conducted annually or when there is a significant change in staff.

School Anti-bullying Plan – NSW Department of Education and Communities

Statement of purpose

At Mona Vale Public School we believe that students attend school to participate in quality education that will help them to become self-directed, lifelong learners who can create a positive future for themselves and the wider community.

Any inappropriate behaviour that hinders teaching and learning at the school and interferes with the wellbeing of students will not be accepted. Students, teachers, parents, caregivers and members of the school community have a shared responsibility to create a safe and happy environment, free from all forms of bullying.

The school has a zero tolerance for bullying.

Outcomes

The aim of the anti-bullying plan is to ensure that students learn in a supportive, caring and safe environment without fear of being bullied.

Bullying is anti-social behaviour and affects everyone; it is unacceptable and will not be tolerated.

Only when all issues of bullying are addressed will students be able to fully benefit from the opportunities available at our school.

As a result of implementing the school's Anti-bullying Plan, we aim to;-

- ensure that Mona Vale Public School continues to provide a safe place for students to learn and play
- increase the number of students who report bullying behaviour
- reduce the incidence of bullying behaviours reported
- ensure that staff utilise the plan and procedures as set out in the Anti-bullying plan;

- encourage students to use the strategies and procedures as set out in the plan and taught by staff in the classroom;
- ensure parents recognise and support the school's Anti-bullying plan.

Protection

Bullying can be defined as deliberately hurtful behaviour, either physical or psychological, that occurs often over time by an individual or group of individuals and causes distress, hurt or undue pressure. Bullying involves the abuse of power in relationships and takes many forms.

'Conflicts and fights between equals or single incidents are not defined as bullying.' (*DET Bullying: Preventing and Responding to student Bullying in Schools Policy 2011*)

We consider the following behaviour to be bullying:

	Direct (overt)	Indirect (covert)
Physical	Hitting Kicking Spitting Throwing Stones	Getting another person to assault someone
Verbal	Verbal Insults Name calling	Persuading another person to insult someone or do something. Spreading malicious rumours.
Non-Verbal	Threatening and obscene gestures. Use of technology that causes distress, hurt or exerts undue pressure on another party. (<i>Cyberbullying</i>) For example:- mobile phones, computers, videos, cameras or any form of mobile recording device, social media, text messaging or any other forms of e-communication.	Removing and hiding belongings. Deliberate exclusion from group or activity.

Students who are being bullied may show changes in behaviour, such as becoming shy and nervous, feigning illness, taking unusual absences or clinging to adults. There may be evidence of changes in work patterns, lacking concentration or truanting from the school.
Students must be encouraged to report bullying at our school.

As a school community we have a shared responsibility to take positive and consistent actions to deal effectively with bullying.

Staff have a responsibility to:-

- Respect and Support
- Model and promote appropriate behaviour at all times
- Treat each report of bullying seriously and act on the report in a timely manner that includes reporting to all parties if required/necessary
- Provide curriculum and pedagogy that supports students to develop an understanding of bullying and its impact on individuals and the broader community through the implementation of school programs such as, 'PBL', Child Protection, Buddy Classes, White Ribbon lessons and cyber-bullying lessons that promote positive relationships and incorporate strategies to deal with bullying in all its forms (see *table*).

Students have a responsibility to:-

- Behave appropriately, respecting individual differences and diversity.
- Inform a teacher if they are being bullied or if they see someone being bullied i.e. behave as responsible bystanders.
- Attempt to learn strategies to deal with bullying incidents e.g. 4 step plan for Bullybusting (see poster).
- Comply with student codes of conduct; i.e., BYOD code of conduct, Leadership code of conduct and Sport code of conduct.

Parent and Caregivers have a responsibility to:-

- Model and promote positive relationships that respect and accept individual differences and diversity within the school community
- Refer all incidents of bullying to School staff for investigation

- Work collaboratively with the school to resolve incidents of bullying when they occur
- Respect the schools role in resolving issues of bullying and the privacy of students involved
- Encourage their children to show consideration, respect and support for others and to develop responsible on-line behaviour
- Encourage their child to adapt learnt strategies to deal with bullying
- Encourage their child to notify teachers if they are being bullied or witness bullying incidents
- Inform the school if bullying is suspected.

Prevention

Mona Vale Public School has implemented the following whole school programs and initiatives to support students as part of our student welfare program.

These programs and initiatives are also embedded in cross curriculum areas and form part of daily teaching and learning at Mona Vale Public School.

1. **PBL** '*RESPECT, RESPONSIBILITY and PERSONAL BEST*'

'Positive Behaviour Learners' provides students and staff with a positive and proactive system for defining, teaching and supporting appropriate student behaviours. It aims to improve outcomes for all students by creating sustainable school-wide, classroom and individual systems of support that acknowledge the link between positive behaviour and enhanced learning environments. Three core behavioural expectations are taught to all students through formal social skills instruction. These expectations are applied across all areas of the school. They are: RESPECT, RESPONSIBILITY and PERSONAL BEST.

School Anti-bullying Plan – NSW Department of Education and Communities

2. The cyber safety Program includes cyber safety issues within the curriculum and provides teachers and students with strategies to safely manage digital media literacy, positive on-line communication, peer and personal safety and e-security. All 3-6 students are required to sign a Bring Your Own Device Policy relating to the acceptable use of technology at Mona Vale Public School. Students discuss this with their teachers and parents before signing the agreement that is kept on file in the school.

3. Other Strategies include: -

- Our school is a White Ribbon School and host a variety of events to promote respectful relationships.
- School Buddy Program. This commences before students start Kindergarten, as part of the Kindergarten Preparation for school program.
- Whole school Harmony Day celebrations.
Related anti-bullying drama and art activities, including visiting performances
- Wellbeing meetings and discussions
- Staff development days and courses to continue to develop staff expertise in this area.
- Regular Police LAC (Local Area Command) scheduled Cyber security workshops and presentations to staff, students and parents.
- Student Leaders as well as sporting representatives are expected to sign a Code of Conduct that outlines the behavioural expectations of their position
- Bullying No Way pamphlet available in school office.

The Anti-Bullying Plan – NSW Department of Education and Communities

Curriculum

The relationships theme of the Interpersonal Relationships strand of the PD/H/PE syllabus addresses issues associated with bullying. A bullying focus is part of each stage's PD/H program and addresses the outcomes and indicators for this strand. Skills may include conflict resolution, empathy training, assertiveness training, negotiation and mediation skills and problem solving. Anti-Bullying strategies and awareness is integrated across all Key Learning Areas.

Early Intervention

Allegations of bullying are taken seriously at Mona Vale Public School. Incidents of bullying are recorded and tracked to identify and address patterns. Students and their parents are encouraged to be proactive in dealing with bullying, so that appropriate support can be provided to those students. Mona Vale Public School adopts a restorative approach to bullying that means the school mediates to repair harm, to resolve the problem and allows the bully to gain insight into how their behaviour has affected others.

Each incident is assessed on a case-by-case basis, however the general approach is:

- Claims of bullying are investigated. All students involved – the victim, the bully and any witnesses are encouraged to give their version of what happened.
- If it is deemed a bullying incident, the details are recorded on Sentral. All students involved and witnesses are asked to record in writing their version of events. A file is established under the student's name and stored.
- Both bully and victim are offered assistance and support.
- The Principal, Deputy Principal, Assistant Principal or their delegate, informs the parents of the victim of the bullying incident.

Details of when the incident happened, reiteration of the school's stance on bullying and follow up action are detailed.

Response

Incidences of bullying can be reported immediately to any teacher or the Principal by students and their parents. Any bullying incidences reported will be investigated and recorded by the Deputy Principals or their delegate.

The following steps will be taken when dealing with incidents:

- If bullying is suspected or reported, the incident will be dealt with immediately by the member of staff who has been approached.
- Appropriate staff will interview all concerned and will record the incident if bullying is determined to be occurring.
- The class teacher will be kept informed.
- Parents will be kept informed where appropriate.
- Consequences and appropriate measures will be used as appropriate and in consultation with all parties concerned.

Students who Have Been Bullied will be Supported by:

- Offering an immediate opportunity to discuss the experience with the class teacher or another member of staff of their choice.
- Reassuring the student.
- Offering ongoing support and strategies to assist with managing the issue.
- Programs restoring self-esteem and confidence.
- School psychologist support, if appropriate.

Students who Have Bullied will be Helped by:

- Discussing what happened.

- Reflecting why the student chose to exhibit that behaviour.
- Establishing the wrong doing and the need to change.
- Informing parents or guardians to help change the attitude/behaviour of the student
- Referral to school psychologist, if appropriate.

The Following Consequences may be applied to the Bully:

- Official warnings to cease offending.
- Removal from the playground
- Short Term Suspension.
- Long Term Suspension.
- Suspension with recommendation for Exclusion
- Withdrawal of student privileges for a negotiated and appropriate timeframe.

The school will:

- Follow up reported cases of bullying on a regular basis to ensure the pattern of behavior does not continue.
- Remind students about the roles of the bully, the victim and the onlooker in regular class discussions.
- Endeavour to protect and support the victim of bullying, and assist the student to develop strategies in order to assure that he/she will not be bullied.
- In the case of Cyberbullying, these strategies include not responding to any further messages/postings from the bully, mobile and online correspondence, keeping any evidence to assist with tracking and reporting any concerns to the administrator of the service used.
- Assist the child exhibiting bullying behaviours to change their behaviour through the school discipline policy and core behavioural expectations taught through PBL.
- Regularly inform staff of incidents of bullying in the school.

School Anti-bullying Plan – NSW Department of Education and Communities

- Work with the parents of the child exhibiting bullying behaviours to establish joint strategies for behaviour modification.
- Work with the parents of the victim to assist their child to develop strategies to avoid being bullied.

Parents and the community received information about bullying in its various forms through the school newsletter.

Assaults, threats, intimidation or harassment of a serious nature will be referred immediately to the School Education Director and may then be referred to police if necessary.

The Child Wellbeing Unit or Department of Family and Community Services may be contacted if the incident falls within the reporting guidelines. Refer to Child Wellbeing guidelines.

Information regarding the appeals process and the DEC Complaints handling Process can be found at

https://www.det.nsw.edu.au/policies/general_man/complaints/resp_sugg/PD20020051.shtml

Additional Information

Kids Helpline: www.kidshelp.com.au Ph: 1800 55 1800

Greg Jones, Principal

Shirlee-Ann Curtis & Simone Rizzuto, Deputy Principal

School contact information

Mona Vale Public School

2 Waratah Street, Mona Vale 2103

Ph: 9999-3481

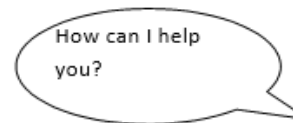
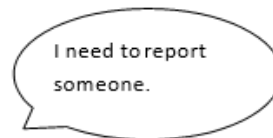
Fax: 9997-8446

Email: monavale-p.school@det.nsw.edu.au

Web: www.monavale-p.schools.nsw.edu.au

What should I Do If Someone Is Annoying Me?

1. Stand tall and look the bully in the eyes.
2. Say, "Stop doing that I don't like it!"
3. Stay in control of yourself.
4. Go and tell the teacher.



4 Step Plan for Bullybusting

BRING YOUR OWN DEVICE STUDENT AGREEMENT AT MONA VALE PUBLIC SCHOOL.

Students must read this agreement in the company of an adult unless otherwise excused by the Principal. This page is to be signed and returned to the school. By signing at the bottom of this, page students agree to the following behaviors:

- ☐ I agree that my use of the department's internet will be solely for learning.
- ☐ I agree to only ever use my own portal/internet login details and never share those or use others.
- ☐ I agree to not attempt to hack or bypass any hardware and software security implemented by the Department or my school.
- ☐ I agree to not use BYOD to knowingly search for, link to, access or send anything that is:

- **Offensive**
- **Pornographic**
- **Threatening**
- **Abusive**
- **Defamatory**

- ☐ I agree to report inappropriate behavior and material to my teacher.
- ☐ I agree to stay safe by not giving out my personal information to strangers.
- ☐ I understand that my activity on the internet is

recorded and these records may be used in investigations, court proceedings or for other legal reasons.

- ☐ I acknowledge that the school cannot be held responsible for any damage to or theft of my device.
- ☐ I agree that use of my device during school activities is at the direction of the teacher.
- ☐ My device will not be used at non-teaching times such as recess, lunch without the knowledge of my teacher.

Date: ____/____/____

Student Name

in the presence of: _____
Parent/Carer Name

Student Name

in the presence of: _____
Parent/Carer Name

School Captains and Prefects



Dear Parents,

Congratulations. Your son/daughter has been elected as a student leader at our school.

In accepting this role, they are expected to abide by the role description, essential criteria and agreement as outlined below. Please sign and return the note below to acknowledge that you have read and understand these points.

Role Description:

- Provide a positive role model and leadership to the student body.
- An ambassador for the student body at school and in the community.
- Actively participate in school assembly programs.
- Chair student council meetings with the assistance of the teaching staff as requested.
- Encourage students to take pride in their school.
- Assist any student in need when necessary.
- Willingly help teachers and the community when requested.

Essential Criteria:

- Ability to speak confidently in public.
- Demonstrated ability to maintain high standards of work and behaviour in class and school activities.
- Demonstrated school spirit and pride by:
 1. Wearing correct school uniform at all times.
 2. Following the school rules.
 3. Participating in a number of school activities.
 4. Showing trustworthiness, courtesy, reliability and helpfulness.

Agreement:

Elected captains and prefects agree to relinquish their position and badge if in breach of school rules, essential criteria or fail to carry out their stipulated role. The principal reserves the right to make the final decision in regards to appointment of candidates and the relinquishing of duties.

(Please detach)

School Captains and Prefects



I have read and understand the role description, essential criteria and agreement required to hold the position of a captain or prefect at Mona Vale Public School and agree to fulfill my duties as required.

Student signature: _____

Parent signature: _____ Date: _____



Mona Vale Public School

Waratah Street

Mona Vale 2103

Email: monavale-p.school@det.nsw.edu.au

Web: www.monavale-p.schools.nsw.edu.au

Phone: 9999 3481 Fax: 9997 8446

Mona Vale Sports Code of Behaviour

Congratulations! You have been chosen to represent the school. As it is a privilege to be included in the competition, it is necessary that you read the following "Code of Behaviour" and ensure that you always follow the code whenever you represent Mona Vale Public School at any sporting event. When you fully understand the contents, please sign the contract and ask your parent to do the same.

Players Code of Behaviour

1. Play for the fun of it.
2. Compete by the rules and always abide by the referee's/umpire's decisions.
3. Control your temper; make no criticisms either by word or gesture.
4. Work equally hard for yourself and for your team – your team's performance will benefit and so will your own.
5. Be a good sport. Encourage and support fellow team members.
6. At all times cooperate and follow the instructions of your coach / supervisor and cooperate with team mates and opponents – without them you do not have a game.
7. Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.
8. Wear sports uniform or team uniform as deemed appropriate and necessary and conduct yourself appropriately.
9. Show respect to your opponents.
10. Maintain satisfactory standards in schoolwork and behaviour according to the Mona Vale Student Welfare Policy.



The school may terminate or suspend this privilege if and when a serious breach of this Code of Behaviour occurs or if the student is placed on Level 1 of the Student Welfare Policy and is subject to the decision of the Student Welfare Committee.

It is understood that participation in PSSA sport is subject to payment of fees in advance, and that refunds will not be given for suspension, absence or wet weather.



Mona Vale Public School

Waratah Street

Mona Vale 2103

Email: monavale-p.school@det.nsw.edu.au

Web: www.monavale-p.schools.nsw.edu.au

Phone: 9999 3481 Fax: 9997 8446

PSSA Student Sports Representative Agreement

The student is entitled to enjoy the privileges of representing their school as a team member at inter school sport organised by Pittwater PSSA provided that they observe the Players Code of Behaviour.

To be signed by the student

I _____ of class _____
have read the Mona Vale Players Code of Behaviour and am happy to participate in the team according to this code. I understand if I violate the code, I could be excluded from the team. I understand that I must pay PSSA fees in advance to be included in the team.

Player's signature _____ Date _____

To be signed by the parent

I, _____ have read the Mona Vale Players Code of Behaviour and Pittwater PSSA Parents Code of Conduct and give permission for my child _____ of class _____ to participate under these conditions. I understand that PSSA fees must be paid in full before my child is able to play for the team and I must abide by the Pittwater PSSA Parents Code of Conduct.

Parent's signature _____ Date _____

Codes of conduct for PARENTS/SPECTATORS

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rule and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decision and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- There is to be no coaching from the sidelines.

Taken from Pittwater PSSA Constitution (2011).

PREVENTION CAN BE THE BEST CURE

At Mona Vale Public School we implement a variety of strategies to encourage self-esteem and positive behaviour. We believe that all individuals are responsible for the choices they make. Our Student Welfare Policy and Code of Behaviour encompasses the following initiatives:

- Positive Behaviour Learning
- Buddy Class Program
- Mona Vale Manners
- Anti-Bullying Programs
- The 4 Step Bullybusting Plan
- Rights - Rules - Responsibilities -Consequences discipline code

For more information please see the Student Well-Being and Discipline Policy.



Remember — It's up to you!

The key points are:

- Have courage!
- Never give in to a bully
- Take control of the situation
- Use the 4 Step Bullybusting Plan
- Tell someone
- You are not alone!
- Don't be a bystander—stand up for other students too!



This program has been developed and endorsed by the staff, parents and teachers of Mona Vale Public School. We acknowledge and thank Cromer Public School for their support in the development of this document.

NSW Department of Education

Mona Vale Public School
Waratah Street
Mona Vale NSW 2103

Phone: 02 9999-3481
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E-mail: monavale-p.school@det.nsw.edu.au



Excellence
Innovation
Community

BULLYING

**No one likes it
No one deserves it
Here's what we do
about it!**



Bullying is not tolerated at Mona Vale Public School. We are an inclusive community where diversity is affirmed and individual differences are respected. The focus of quality education is for students to learn and grow with confidence.

What is bullying?

Bullying is picking on someone. It is a repeated, willful, conscious desire or action that has the effect of causing a person to feel hurt, threatened, isolated, excluded or embarrassed. It can be verbal, physical, social or psychological. It also includes harassment.

Some examples of bullying:

- Being called hurtful names
- Being threatened
- Being deliberately left out of a group
- Being sent hurtful notes or emails
- Being teased or publicly ridiculed
- Being continually ignored on purpose
- Having your property stolen, hidden or damaged
- Being physically attacked

Possible signs that someone is being bullied:

- Unwilling to attend school
- Showing an unusual amount of anger
- Appearing sad, teary, depressed, withdrawn
- Sitting alone in class or the playground
- Low self-esteem

What can we do about it?

STUDENTS:

The first thing needed is **COURAGE** to stand up for yourself! If you stand up to bullying **THE FIRST TIME**, there's much less chance of it happening again. If it's been happening for a while, the sooner you do something about it the sooner it can be stopped.

Stand up for yourself by taking a deep breath and following the 4 step plan for

Bullybusting:

1. Stand tall and look the bully in the eyes.
2. Be strong and say in a firm, clear, loud voice, "STOP DOING THAT—I DON'T LIKE IT!" or ignore their behaviour and walk away from them.
3. Stay in control of yourself.
4. If it continues, report it to the playground teacher or your class teacher and they will help you.

REMEMBER—WHAT YOU DO CAN MAKE ALL THE DIFFERENCE.

PARENTS:

If you suspect your child is being bullied..

The school actively encourages children to tell an adult if they feel they are being bullied. If bullying is occurring, your child will need your reassurance and support.

- Counsel your child by gently finding out the facts.
- Comfort and reassure your child. Remind them of their supportive network of friends and family.
- Report the bullying incident to the class teacher so they can investigate.



- Encourage your child not to retaliate to the bullying with violent actions or similar behaviour.
- Stress the importance of not giving in to the bullying and teach them some assertive behaviours.
- Encourage them to use the 4 Step Bullybusting Plan

STAFF:

You can help control what happens by:

- Being role models in words and actions
- Ensuring all students feel safe and valued in the classroom and playground
- Having a watchful eye and active involvement in supervision duties
- Being observant of signs of distress or suspected bullying incidents
- Investigating all reported incidents of bullying and following the school's discipline code when dealing with bullying behaviours
- Implementing anti-bullying programs in the classroom and teaching children to be assertive
- Developing the self-esteem of students



We can make a difference!

Calling all Mums and Dads - Do you want to be a great part of your child's school?

Are you a people person, love a party and good at events, love crunching numbers, have a passion for fashion, a creative cook, a wizz with a spreadsheet, nifty with tech or design, handy with a shovel or bobcat, have secretarial skills, run a business, or have a just passion to make your child's school and community amazing?

There is role for you, big or small, on the P&C. If you are a full-time parent, work full-time, looking to add to your CV, it doesn't matter. Roles can be done remotely, at school, during school time, or out of hours. Give a little back to your child's school and you'll be amazed at the impact your time can make. Remember, many hands make light work!

Consider a role on the MVPS P&C in 2019.

AGM - 2019

ALL PARENTS WELCOME
TUESDAY 19TH FEBRUARY 2019,
7.30PM, SCHOOL STAFF ROOM



MONA VALE
PUBLIC SCHOOL



P&C
ASSOCIATION

What being part of the P&C involves...

Mainly hanging out with fun, friendly, motivated, and skilled people, who want to be involved and make a positive difference in their school community.



Find out what's happening in the school and community, be in the know about changes and advancements in your child's learning, help make decisions on where P&C contribution money is spent at our school, and be part of creating fun opportunities and events for the school community to come together. A regular chance to chat with the School Executive team each term face-to-face, and meet other parents from across the school. It's an easy place to volunteer when you can't be at school during the day. The P&C makes a difference for all of our children, and that's what it's about!

The P&C meets twice per term, at the school, at 7.30pm. If you only have an hour to spare a term, or are able to contribute a little more time, there is a place for you to be involved.

Just some of the available roles...

P&C President – are you organised, passionate about MVPS, love working with people, and can you spare approximately 10-hours per school term? The P&C President is responsible for the overall running of the P&C, liaising between committee groups when needed, the school executive on occasion, the book-keeper, and heading the bi-term meetings. It can be done remotely, and does not need to you to be at the school in working hours (as long as you love an email!). Some business background

could be useful, but not necessary. There may be some times where a little public speaking experience will come in handy. You will be fully supported by other P&C executive committee members, the school, the teachers, and your fellow parent volunteers, to make this role a lot easier.

P&C Secretary – can take great meeting notes, sets-up and sends out the agendas and minutes for the meetings. Approximately 4-hours per school term.

P&C Treasurer – if you LOVE numbers, and can't wait to get your hands on a juicy spreadsheet this role is for you! The P&C has a book keeper that pays all the bills and balances the books for you, but we need someone that can set-up and run a budget, understands cash flows, has some small or big business experience, is organised, and can provide some P&L reports for meetings. Very easily done remotely and in your own time. Approximately 6-hours per school term.

P&C Vice-Presidents (2)
A shared role if you're keen to dip your toes in and be a backup for the President, a sounding board for ideas, assist as and when needed, Any skill background is handy, but mainly being a passionate and thoughtful team player, who wants to best for all children and their families at Mona Vale. Approximately 4-6-hours per school term.

More roles on within the general executive, sub-committees, Uniform Shop, Canteen, and the Band & Strings program.



MONA VALE PUBLIC SCHOOL

P&C
ASSOCIATION

WELCOME PICNIC 2019

SAVE THE DATE

FRIDAY 1ST MARCH 2019

**ALL MONA VALE
PUBLIC SCHOOL
FAMILIES ARE
INVITED**

**MORE DETAILS TO COME
CHECK OUT THE SCHOOL APP
AND NEWSLETTER IN EARLY 2019**





PENINSULA COMMUNITY OF SCHOOLS

Peninsula Community of Schools

Year 7 2020 Extension Class Test

The information letter/application form is now available at your Primary School for all Year 6 students interested in sitting the PCS Extension Class Test.

Venues where test will be held:

- **Barrenjoey High School** (for students from Avalon, Bilgola Plateau and Newport Primary Schools)
- **Narrabeen Sports High School** (for students from all other PCS Primary Schools)

Test Date: Friday 15 March 2019

Please email enquiries for the Year 7 2020 Extension Class Test to:

barrenjoey-h.school@det.nsw.edu.au or narrabeen-h.school@det.nsw.edu.au



Principal Ian Bowsher
Ph: 9918 8811
School Open Night
25.2.2019



Principal Dane Ropa
Ph: 9913 7820
School Open Night
6.3.2019



Principal Jane Ferris
Ph: 9999 4035
School Open Night
26.2.2019



Principal Justin Hong
Ph: 9981 1155
School Open Night
26.2.2019



Invitation to Pittwater High School's

OPEN NIGHT

All welcome!

Come and see us in action
Tuesday 26 February 2019
5.45-8.00pm

- ♦ Initial presentation in the hall with welcome by Principal, Ms Jane Ferris, talk by students and band performance
- ♦ School tours by our junior and senior students
- ♦ See our farmyard animals
- ♦ Classroom displays across all faculty areas
- ♦ See students in action in our modern science laboratories, technology rooms, hospitality facilities, art and music rooms and in sport
- ♦ Visit our recently renovated library and student learning centre
- ♦ Enjoy a sausage sizzle by the P & C



At Narrabeen Sports High School we care about your child's education as much as you do. We create a well balanced learning environment for all our students. We invite you to experience the vibrancy of our school community at our Open Night.

Open Night highlights:

Guided tours of our schools facilities

Meet our Teachers and Student Leaders

Music and Dance performances

Faculty teaching and learning displays

Sports Academy Program

Enrolment information available

Light refreshments provided by

our senior Hospitality students

Please RSVP to: <http://bit.ly/OpenNight2019> by Friday 1st March 2019

For more information about our Open Night or enrolments, please contact the Narrabeen Sports High School office or visit the website.



NARRABEEN SPORTS HIGH SCHOOL



Sport Eligibility for Athletes with an Intellectual Impairment

Sport Class	Eligibility Criteria	Evidence Required	INAS Sport	Paralympic Sport/Classes
INAS II-1: Intellectual Disability	<ul style="list-style-type: none"> Full-Scale IQ score of 75 or lower; Significant limitations in adaptive behaviour; Onset before age 18 	<ul style="list-style-type: none"> IQ Assessment report based on Weschler WAIS/WISC, Stanford Binet or Raven Matrices within last 5 years; Adaptive Behaviour Assessment report based on Vineland, ABAS, or clinical observation within last 5 years; IQ or other relevant scores or diagnosis from before age 18 referenced in a report. 	<ul style="list-style-type: none"> Athletics (All events) Basketball Cricket Cycling Equestrian Football Futsal Handball Hockey Rowing Skiing (Nordic & Alpine) Swimming (All events) Table Tennis (All events) Taekwondo (Poomsae) P20 Tennis 	<ul style="list-style-type: none"> Athletics (T/F20) 400m 1500m Long Jump Shotput Swimming (S14) 100m Freestyle 200m Freestyle 100m Backstroke 100m Breaststroke 100m Butterfly 200m Individual Medley 4x100m Freestyle Relay Table Tennis (Class 11) Singles
*INAS II-2: Significant Intellectual Disability This group is currently restricted to athletes with Down syndrome (excluding Mosaic DS)	<ul style="list-style-type: none"> A formal diagnosis of Trisomy 21 or Translocation Down syndrome; For safety athletes must not have symptomatic Atlantoaxial Instability (AAI); Athletes with Mosaic Down syndrome may compete in II-1 above 	<ul style="list-style-type: none"> Copy of genetic testing showing a formal diagnosis of Trisomy 21/Translocation Down syndrome or statement from Physician; AAI status signed by Physician and copy of AAI exam results if available. 	<ul style="list-style-type: none"> Athletics Swimming Table Tennis Tennis <p>Note: Athletes may register for both II-1 and II-2 if the evidential requirements are met</p>	<p>There are no separate classes/events for II-2 athletes in Paralympic sport.</p> <p>Athletes should apply for II-1 eligibility if wishing to compete in Paralympic events.</p>
*INAS II-3: High Functioning Autism	<ul style="list-style-type: none"> A Full-Scale IQ score of above 75, OR a diagnosis of no intellectual disability, and; A Formal diagnosis of Autism or ASD <p>Note: Athletes with Autism who meet the criteria for II-1 Intellectual Disability will be classified in that class.</p>	<ul style="list-style-type: none"> A formal diagnosis of Autism, ASD, conducted by a licenced psychologist within the last 5 years Athletes should include IQ and Adaptive Behaviour assessments to determine that they do not meet the criteria for II-1 (intellectual disability) 	<ul style="list-style-type: none"> Athletics Swimming Table Tennis Tennis 	<p>There are no separate classes/events for II-3 athletes in Paralympic sport.</p>
Mainstream Sport	Sport Inclusion Australia works with national and state sporting organisations to build their capacity to be welcoming and inclusive of people with an impairment, particularly those with an intellectual impairment. We also work with these organisations to support INAS pathways. Athletes are encouraged to complete an eligibility application so, if appropriate can compete in individual INAS or Paralympic events.			

*INAS recently began piloting two additional eligibility groups II2 & II3 to be recognised at INAS events. The criteria for these groups and sports offered will be revised/expanded as the project progresses and research data becomes available.

Who's Who in INAS & Paralympic Sport



INAS is the International Federation for Athletes with Intellectual Impairments and is responsible for managing and overseeing the eligibility process for athletes wishing to compete within INAS and Paralympic competition. INAS is a founding member of the International Paralympic Committee (IPC) and hosts World & Regional Championships, Global Games and other International events open to athletes with intellectual impairment in 16 sports from 3 Eligibility Groups: Intellectual Disability, Down syndrome, and High Functioning Autism.



Sport Inclusion Australia is the Australian member of INAS and oversees Australian athlete's applications for INAS & Paralympic sports eligibility for intellectual disability sports classes. After an athlete's eligibility application is complete and endorsed by our National Eligibility Officer, we submit it to the INAS Eligibility Committee for International endorsement. Sport Inclusion Australia assists the National Sporting Organisations to select and organise Australian teams to participate at INAS World Championships and Global Games.



The International Paralympic Committee (IPC) is responsible for overseeing the Paralympic Games, World Championships and Sports Specific Classification. In 2012, the IPC re-included athletes with Intellectual disability in select events in three sports: Swimming, Athletics and Table Tennis.



The Australian Paralympic Committee (APC) is responsible for overseeing the preparation and management of Australian teams that participate at the Summer Paralympics and the Winter Paralympics. The first step toward APC eligibility for athletes with Intellectual disability is to apply to Sport Inclusion Australia.



Opportunities for INCLUSION IN SPORT – Students with Disability

From time to time, we have students with a recognised disability in our school who wish to pursue competitive pathways in sport. Students who become classified following the process below can compete in our own school carnivals and other carnivals with external acknowledgement that compares their achievements to like students in other schools and settings. Ultimately, these pathways can lead to Regional and State level carnivals and towards the Special Olympics or Paralympics pathways in adulthood.

If you are interested in supporting your child, with special needs, to pursue a sporting pathway, please see the information below.

Classification days to be held by Athletics Australia:

Saturday March 30
Sunday March 31
Wednesday April 3
Thursday April 4

These are being held during the Australian Track and Field Championships at SOPAC. Here is the link if you have a child that is interested in becoming classified or whose classification is under review.

<http://athletics.com.au/Participate/Multi-Class-Athletics/Classification-Calendar>

For all your sports information please visit:

<https://app.education.nsw.gov.au/sport/>

NB. The process of classification with Sport Inclusion Australia does not involve the school and is something you would follow through with independently.

The following pdf provides a summary of Eligibility Guidelines relating to a variety of sports.

Kind regards,

Annette Palmer – Assistant Principal (Support)



SUPPORT CANCER RESEARCH

BEERS WITH THE BOYS

Modus Operandi Brewery | Thurs 28 Feb | 6pm-10pm

Tickets: www.fightonthebeaches.com

Camp Australia at Mona Vale Public School

Hi everyone and welcome to our first newsletter for 2019. At this time of the year we are so excited to see the new kindergartens and other children back to our center. It is a great opportunity to welcome all.

At Camp Australia Mona Vale Public School our amazing Educators manage the Outside School Hours Care sessions, both morning and afternoon. We are passionate on educational care and make sure they are always provided with a wide range of activities that engage all children each and every day.

As you know my name is Ladan and I am the coordinator at this center for almost one year. I lead the program, taking care of the children and make sure they are engaging in a safe, positive educational environment. I enjoy the responsibility and my job, in this amazing setting.

Rose is one of the assistants in our team. She is creative, patient and caring about the children, Dylan is positive, active and motivates our team. The children like his cooking and sports program.

Kristelle is our third educator in the team. She is enthusiastic and dynamistic educator who likes to have positive connection with children through different activities.

We are experienced and qualified educators with expertise in working with children in OSHC. We all have completed compulsory training in Active Supervision (VSHAPE), Child Protection and Camp Australia policies and procedures to ensure the service is safe and engaging for all children in their care.

Please let me know if you have any concern regarding our daily practices. - Ladan

Cancelations:

Please remember to cancel your child/ren's session online or by phone through customer care or the service, as soon as possible. As safety is our priority, we must be informed of any absences in advance, permitted people picking up your child and extracurricular activities. As per our procedure, the Educators spend time in the afternoon calling families who have not informed the service of an absence, which takes up valuable time. We appreciate your cooperation.

Friendship day:

Next Friday the 15th of February we will celebrate a Friendship day with children in our care. It will be so exciting to see the children engaging the activities to develop their social skills in a friendly environment,

Looking forward to seeing you in our center.

From the team at Camp Australia Mona Vale Public School

Safety • Meaningful • Innovative • Leadership • Education

we make kids smile