



# Mona Vale Mail

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Welcome to  
**WEEK 4!**

## Reminder:

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

## KEEP IN MIND...

P&C Welcome Picnic is on tomorrow night 5:30pm - 7:30pm. BYO picnic. Please remember this is an alcohol free event.

"The more that you read, the more things you will know. The more that you learn, the more places you will go."

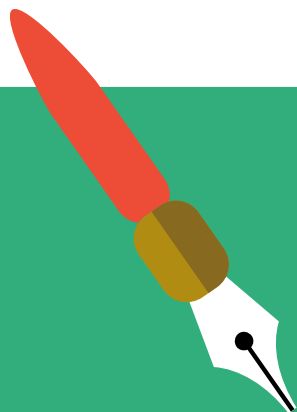
- George Evans





# From the Principal

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## **Mona Vale Public School Upgrade**

I'm thrilled to announce that the Minister for Education, Mr Rob Stokes, has announced a major upgrade of Mona Vale Public School. The upgrade will include replacing demountables with air-conditioned classrooms and upgraded core facilities.

In addition, the major upgrade will deliver a new multi-purpose performance centre, which will be available for use by the school and wider community. The new centre will provide specialised music rooms, dance studios and a theatre performance space.

I'm pleased to say that the Minister has already allocated an additional \$2.5 million to the Northern Beaches Council to kick start the community performance space at Mona Vale Public School.

I wish to thank Rob for his support and commitment to the project from the first time I raised with him the need for such a venue on the Northern Beaches. The school upgrade and new multi-purpose Performance Centre will have enormous benefits for our community for generations to come.

My thanks to staff, the P&C and community members who also helped turn a vision into a reality!

## **Welcome Picnic**

Tomorrow we are holding our P&C Welcome Picnic for new families at the school from 5:30pm to 7:30pm. This is a great opportunity to meet the P&C and mingle with new parents.

Parents will need to be responsible for their children and take home their rubbish. Please remember, this is an alcohol free event and we also ask that you leave your furry friends at home.

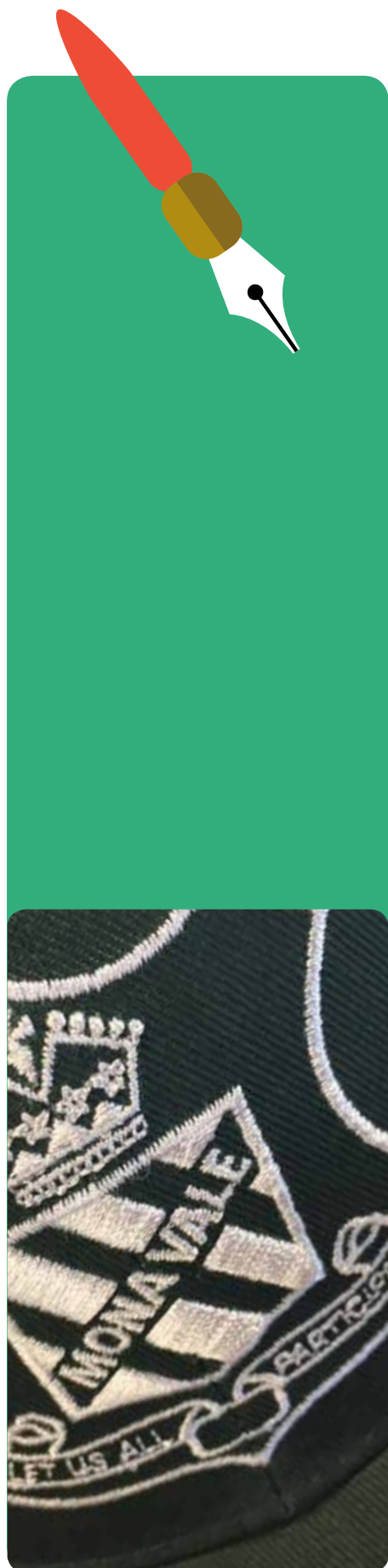
See you tomorrow night.





# From the Principal

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## Raffle

Each year, as our major fundraising event, we participate in the Rotary Car Raffle and this year's tickets will be coming home next **Thursday 7th March**. As in previous years the prize is a new car. Tickets cost \$2 each and students will get two books of 10 tickets to sell.

Over the past 9 years we have raised in excess of a quarter of a million dollars for school projects. This year, the funds will go towards converting two of our rooms into a 21st Century learning space that integrates technology with creative design elements. This is called a Maker Space.

The tickets are easy to sell! A car for \$2 is a bargain.

Thank you in anticipation of each family selling their allocated tickets.

## Car Parking

Lately we have noticed a number of cars in the staff car park that do not belong to staff. Please **do not** park in these areas. The school will be locking the gates and exiting will be via the school office.

Regards

**Greg Jones**  
Principal



# From the Office

## Administration Hours:

**8:30am - 3:15am**

## Notes On The Website

Please check the notes on the website regularly.

## Term Accounts

A friendly reminder that accounts are due this Friday, 1st March. Thank you to all the parents who have promptly paid their accounts.

## Staff Car Parks

There are several car parks on the grounds of Mona Vale Public School. These car parks 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. We have an ongoing issue of parents using the car parks for pick up and drop offs. If this issue continues, we will begin to lock the car parks. Please put our student's safety over and above your own convenience.

## 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!



**Leonie Gallard**  
**School Administration Manager**



# Calendar

## Mona Vale Manners

### Week 6

'What you  
teach today  
may someday  
light the world.'

(begins Monday 4th March)

#### WEEK 6

MONDAY 4<sup>th</sup>

9am Class Parent Meeting

TUESDAY 5<sup>th</sup>

Year 4 Fizzics Incursion

4:30pm Kindergarten Numeracy  
information in KG & KL

WEDNESDAY 6<sup>th</sup>

Zone Swimming Carnival

Year 3 to Sydney Living Museum

10am Pre School Morning Tea

THURSDAY 7<sup>th</sup>

Year 3 to Sydney Living Museum

FRIDAY 8<sup>th</sup>

#### WEEK 7

MONDAY 11<sup>th</sup>

Year 5 Cultural Day

TUESDAY 12<sup>th</sup>

Year 5 @ China Town

WEDNESDAY 13<sup>th</sup>

Year 5 @ China Town

THURSDAY 14<sup>th</sup>

Selective High School Placement  
Test

FRIDAY 15<sup>th</sup>

PCS Year 7 2020 Extension Class  
Test





# Wellbeing Week

**Kindergarten** will be learning more about each other and developing an understanding that others have different ideas and interests, how to communicate with others and respect each other's personal space.

**Year 1** students will engage in activities that promote respect and appreciation of difference through increased understanding and empathy for others. Students will learn about and practise behaviours that protect both themselves and others from bullying.

Students in **Year 2**, will learn how bullying is different from conflict, and how to recognise common forms of bullying (including excluding other children from groups). They will understand that there are usually three groups of people who are involved in bullying: those who are bullied, those who bully others, and those who watch (witnesses). Students will discuss the importance of respecting others as one of our school's PBL values.

In Wellbeing week, **Year 3** will be participating in a variety of exciting team building challenges. Each challenge encourages students to build upon their communication, trust, initiative, problem-solving, leadership and turn-taking skills. This underpins our core value of Respect, Responsibility and Personal Best.

**Year 4** students will revisit our school values (PBL) and rules and complete the DoE Anti-bullying Strategy unit, 'Why is it important to belong?'

**Year 5** will be looking after their bodies in wellbeing week. We will be focusing on eating fruit and vegetables and having lots of water each day. We will be continuing to exercise each day and reminding students that they need at least 10 hour sleep every night.



# Wellbeing Week

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In regards to teaching **Year 6** students, we definitely do not under-estimate the role we play as educators in guiding our students to cope with ups and downs, and to bounce back from the challenges they experience during their childhood. Resilience is vital for children's mental health. On a daily basis, we are educating our students to build inner resilience to manage stress, which is a common response to difficult events. On Friday 1st of March, our Year 6 students will be participating in the following activities where they will rotate from class to class building good relationships with others including adults, building their independence, learning to identify, express and manage their emotions and most importantly, building up their confidence by taking on personal challenges.

- Boxing
- Yoga
- Sockey
- Art
- PBL

Our **support classes** are all beginning to engage with the Bunceback program ideas. We are supporting our students to recognise and regulate their own emotions, show kindness and respect for themselves and others, and cope with change with a greater sense of calm and socially responsible behaviour. We have this week commenced our Nippers program for 2019 and have proudly taken our best Mona Vale manners out into the community.



# Sport News

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**Congratulations** to **Dom R, Archie B** and **Eliza H** who successfully trialled as a part of the combined Zone Football trial at Cromer on Tuesday. The boys will now trial for the Sydney North team later this term. Good luck boys. We are so proud of you.

**Congratulations** to **Cruz D** and **Scott T** who were successful in their zone trial for Cricket. They will now progress to the Sydney North trial in March. We are so proud of you both. Good luck boys!

Thank you

**Mel Stevenson**  
**Assistant Principal, Stage 3**  
**Sport Coordinator**







# Year 6 Camp

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Last week, Year 6 went on camp to the Great Aussie Bush Camp at Tea Gardens. We did lots of challenging activities with a specific focus on stepping outside our comfort zone and working as a team. Some of the activities included archery, high ropes, crate climb, lost island – a mud and water obstacle course, canoeing and the power fan – jumping off a 12m high platform and spiralling down to the ground...

We even had night activities which were Commando (playing spotlight in the bush, in the dark, against the teachers. Sadly, we lost!) and a County Fair (like our Year 6 Mini Fete). We also had an off-site adventure to Jimmy's Beach in Hawks Nest. We played many games including beach soccer/footy, swimming and sandcastle making competitions.

The food at camp was delicious, but the stand out were the snow cones, which we got every day.

We had an amazing time at The Great Aussie Bush Camp and we would like to thank our parents for helping us to attend and the Year 6 teachers for giving up their time to spend three days with us.

**Kiah Saunders and Justin Burke**  
**Minsters for Communication**





# House Winner

Week 5  
placegetters are:

1st: Pittwater

=2nd: Barrenjoey

=2nd: Hawkesbury

=2nd: Warringah

# The winner this week is...

**Pittwater!**



# Canteen

	MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
6	Angela I Danielle R	Kirstee H Donna R	Danielle R Emma K Tracie Barb LG	Terry K Marcela Bec S	Helen M Jodi H Zoe S
	MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
7	Danielle R Elaine G	Corrina B Sandy C	Annie T Jack P Danielle R	Tatum M Mel S Helen M	Helen M Vikki K Kerri W
	MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
8	Danielle R Angus G Wendy W Mel R Jess	Gi G Deanne B Michelle L	Donna R Kirstee H Danielle R	Michelle HA Terry K Helen M	Bec S Vanessa B Helen M
	MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th
9	Nikki M Kim Danielle R	Amy Skye R Wendy W	Bev Anne Marie Danielle R	Bec S Helen M	Angela I Helen M
	MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
10	Hanna J Kerri W	Danielle R Anne W	Danielle R Emma K	Marcela H Helen M	Xtina G Helen M



# Uniform Shop

## Opening Hours

**Mondays 2:30pm - 3pm**

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

**Year 6** – Lost items from school camp have been put in the Primary Lost Property area (near the printery). We will leave them there for two weeks, and then any unclaimed items will be donated. There are shoes, towels, clothes and a sleeping bag.

We are collecting the old style summer dresses here in the shop to arrange to pass through to charity. If you would like to bring to the shop, we will organise to send them all off. A big thank you to Angela and Qantas who are going to help us. They will be taken overseas to schools in need.

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](http://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 4th	TUESDAY 5th	WEDNESDAY	THURSDAY 7th	FRIDAY
	Volunteers Needed		Volunteers Needed	
MONDAY 11th	TUESDAY 12th	WEDNESDAY	THURSDAY 14th	FRIDAY
	Janet		Volunteers Needed	

Regards

**Hanna Jones**  
**Uniform Shop Supervisor**  
[uniformshop@monavalepsca.com.au](mailto:uniformshop@monavalepsca.com.au)



# 2019 Term Dates

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## 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





MONA VALE PUBLIC SCHOOL

**P&C**  
ASSOCIATION

# WELCOME PICNIC 2019

**FRIDAY 1ST MARCH 2019**

**5.30pm - 7.30pm on the School Oval**

**A FUN FAIR EVENT FOR  
ALL MVPS FAMILIES TO  
COME ALONG & SAY HELLO.  
JOIN WITH OLD FRIENDS  
& MAKE SOME NEW ONES!**

SUPPORTING



MONA VALE PUBLIC SCHOOL

**BAND & STRINGS**

SUPPORTED & RUN BY YOUR **P&C**



**PACK A PICNIC AND JOIN IN THE  
FUN FOR A HUGE KID'S DINNER**

**DJ, TREATS FOR SALE, JUMPING CASTLE, FACE  
PAINTING, SLUSHIES, POPCORN, FAIRLY FLOSS,  
FUN ACTIVITIES FOR THE KIDS AND MORE.**

**ALL FUNDS RAISED WILL BE SHARED BETWEEN  
TLC AND THE MVPS BAND & STRINGS PROGRAMS**

**DON'T FORGET YOUR GOLD COINS, AND SUPPORT OUR LOCAL FOOD VENUES. THIS IS AN ALCOHOL FREE EVENT**





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**

# Live Life Well

## Movement and Daily Physical Activity

Parents are important role models for children. Children will copy what their parents do rather than what they hear their parents say. Lead by example and be active every day!

Try these ideas:

- Walk or cycle to the local shops
- Walk or play with your children outside before or after dinner
- Use stairs instead of the lift
- Park further away from your destination
- Sweep footpaths and driveways with a broom, not a blower

Movement and daily physical activity helps the brain to...

- Anchor new information
  - Improve memory
  - Maintain alertness
  - Strengthen key areas of the learning brain
  - Increase efficiency
  - Improve oxygen and nutrients
  - Improve creativity
  - Improve stress management
  - Increase classroom enthusiasm
  - Improve cooperation
- Kim Pierson, 'Exercise Your Mind - The Imp





**THESE ARE  
THE DROIDS  
YOU'RE  
LOOKING  
FOR**

**Years 3 - 6  
Enrol for  
Term 1!**

## **Robotics and Coding at Mona Vale Public School**

Our **after school classes** will teach your children about technology as they program robots and other gadgets, write code and create their own computer games.

We blend children's passion for technology together with their creativity, love of making things and lots of fun to provide a dynamic learning experience.

Your child will build foundation skills that will have a positive impact across their academic, social and creative endeavours.

Technology is at the centre of how we innovate, build and communicate. In today's world, those who know how to use technology have a real advantage over those who don't.

We bring all the technology; you just need to bring your sense of discovery and creativity!

**Tuesdays 3.00 to 4.30pm**

**Register your interest today at [www.appycoding.com](http://www.appycoding.com)  
or email [enquiries@appycoding.com](mailto:enquiries@appycoding.com)**



**appycoding**

Learn to code, create games  
and program robots



SUPPORT CANCER RESEARCH

# BEERS WITH THE BOYS

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

**Tickets: [www.fightonthebeaches.com](http://www.fightonthebeaches.com)**