



Monavale Mail

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Welcome to
WEEK 6!

Reminder:

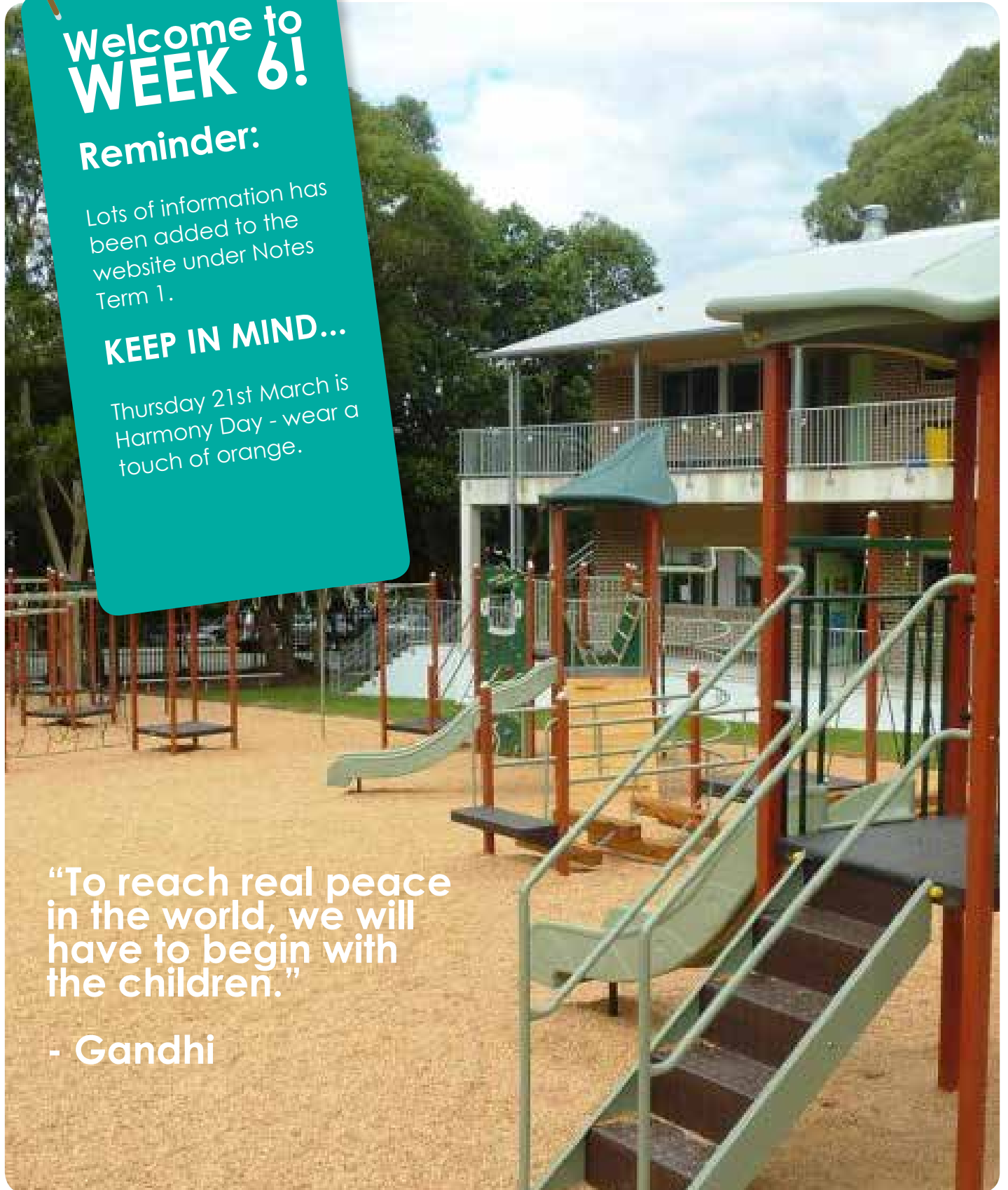
Lots of information has been added to the website under Notes Term 1.

KEEP IN MIND...

Thursday 21st March is Harmony Day - wear a touch of orange.

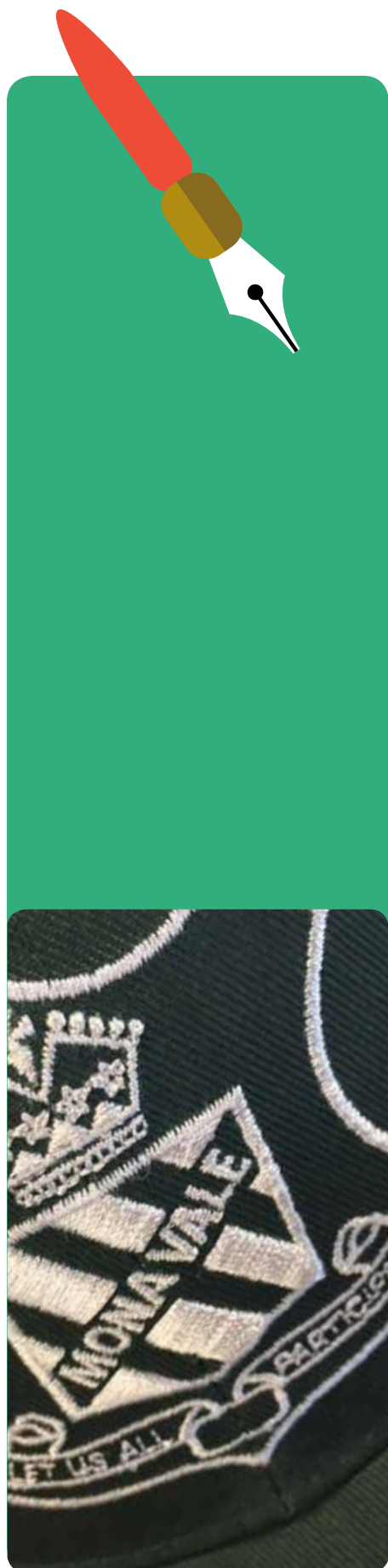
"To reach real peace in the world, we will have to begin with the children."

- Gandhi





From the Principal



Dear Parents

Thank you for your support during Wellbeing week. It was very successful with each grade focusing on an aspect of student health and wellness. Staff also appreciated the opportunity to get home at a reasonable hour and not have any meetings.

Car Raffle

You should have received your tickets for this year's car raffle. All proceeds will go to the fitting out of our "Maker Space" creative and technology enhanced learning space. This new learning space will be located in our two oldest and iconic Bristol rooms in the centre of the school and contain state of the art resources so students can explore a range of creative pursuits assisted by technology. At the moment we anticipate Robotics, Film Making, Virtual Learning and Coding with other options being explored. I have negotiated with the Department to have the room refurbished and we will cover the cost of resources.

As in past years we have incentivised the selling of tickets with wonderful prizes for most tickets sold, and a class prize for the top selling class.

Thank you for your support of our major fundraiser this year.

Welcome Picnic

Congratulations to the new P&C Executive for running such a wonderful Welcome Picnic last Friday evening. It was great to see so many parents and students having such a great time.

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.

Year 6 Expression Of Interest For High School

Year 6 students will be bringing home Expression of Interest forms for High School tomorrow. This is not an application, just an expression of interest. We ask every student to return their form regardless of whether you are intending to go to a public or private school. Please read the information carefully and please do not change any information on the front page of the document. All forms must be returned to your class teacher by next **Friday 15th March**. Thanking you.

Selective High School Placement Test

Year 6 students who have applied to sit the Selective High School Placement test are advised, the Selective High School Placement Test will be held on **Thursday 14th March 2019** from 9:00am to 1:30pm.

Unless parents have made special arrangements with the High Performing Students Team to attend an individually allocated test centre candidates from this school have been sent to: Pittwater High School.

An information sheet for parents has been added to our website.

Go to <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> to find:

- Test centre allocations by public school.
- A map of test centre addresses under the heading 'The test'.
- The bulletin, test information for parents and students. The bulletin contains very important information about the test and should be read carefully.

All enquiries should be directed to the High Performing Students Unit 1300 880 367 or ssu@det.nsw.edu.au.



From the Office

**Administration
Hours:**

8:30am - 3:15pm

Pre-Loved Lego

The Thursday Lego club would love any donations. If you have any unloved lego you would like to donate, please drop it off at the office. Thanks so much.



Leonie Gallard
School Administration Manager



Calendar

Mona Vale Manners

Week 7

'Knock on the door and wait when visiting another class or office. Say, "Excuse me..." when you enter the room.'

(begins Monday 11th March)

WEEK 7

MONDAY 11th

Year 5 Cultural Day

TUESDAY 12th

Year 5 @ China Town

WEDNESDAY 13th

Year 5 @ China Town

THURSDAY 14th

Selective High School Placement Test

FRIDAY 15th

PCS Year 7 2020 Extension Class Test

WEEK 8

MONDAY 18th

Life Education

Northern Beaches Chess Challenge

TUESDAY 19th

Life Education

7pm Class Parent Meeting

7:30pm P&C Meeting in Staffroom

WEDNESDAY 20th

Life Education

THURSDAY 21st

Life Education

Harmony Day

5B & 5S to Macquarie Uni

FRIDAY 22nd

Life Education



Sport News

Congratulations

to **Eliza H** who successfully trialled for the Sydney North cricket team.

She will now play in the State carnival later in the year.

Well done Eliza.
We are so proud of you.

What a fantastic day! Congratulations to all our Zone Swimming competitors as well as all the parents who helped us on the day. Mona Vale were the overall carnival winners for the 5th year in a row. So proud!

A huge congratulations to **Milla L** who was the 'Swimmer Of The Meet'! Wow! What an outstanding achievement.

Congratulations to **Alyssa G** who was the Multiclass 'Swimmer Of The Meet'.

Well done to our placegetters. Our first 2 placegetters in all strokes (3 in freestyle) will progress to the Regional carnival held at SOPAC on Thursday 28th March.

Good luck to all our Mona Vale competitors!

Mel Stevenson
Assistant Principal, Stage 3
Sport Coordinator





Sport News



| | |
|-----------------------------------|------------------------------------|
| 100m All Age Boys | 100m All Age Girls |
| 3rd - Sam C | 1st - Milla L |
| | |
| Individual Medley | Individual Medley |
| 2nd - Sam C | 1st - Milla L |
| | 4th - Amelie C |
| | |
| 8 Years 50m Freestyle | 8 Years 50m Freestyle |
| 5th - Luke W | 1st - Nevel L |
| 7th - Braxton R | 8th - Ella M |
| | |
| 9 Years 50m Freestyle | 9 Years 50m Freestyle |
| 8th - Callum F | 2nd - Ruby D |
| | 3rd - Riley A |
| | |
| 10 Years 50m Freestyle | 10 Years 50m Freestyle |
| 8th - Kaeleb W | 5th - Annabelle D |
| | |
| 11 Years 50m Freestyle | 11 Years 50m Freestyle |
| 2nd - Sam C | 1st - Milla L |
| | 3rd - Amelie C |
| | |
| 12 Years 50m Freestyle | 12 Years 50m Freestyle |
| 1st - Prince K | 3rd - Jessica E |
| 7th - Ollie B | 6th - Maya A |
| | |
| Junior Boys Breaststroke | Junior Girls Breaststroke |
| 2nd - Samuel C | 5th - Amara F |
| 3rd - Kaeleb W | 7th - Carla G |
| | |
| 11 Years Boys Breaststroke | 11 Years Girls Breaststroke |
| 1st - Archie L | 1st - Milla L |
| 5th - Sam C | 6th - Amelie C |
| | |
| Senior Boys Breaststroke | Senior Girls Breaststroke |
| 3rd - Ollie B | 3rd - Jessica E |
| | 6th - Ophelia O |



Sport News



| | |
|---------------------------------|----------------------------------|
| Junior Boys Backstroke | Junior Girls Backstroke |
| 5th - Samuel C | 3rd - Annabelle D |
| 7th - Callum F | 8th - Jade W |
| | |
| 11 Years Boys Backstroke | 11 Years Girls Backstroke |
| 2nd - Sam C (NR) | 1st - Milla L |
| 3rd - Archer T | 3rd - Grace D |
| | |
| Senior Boys Backstroke | Senior Girls Backstroke |
| 2nd - Ollie B | 1st - Georgie C |
| 3rd - Kian H | |
| | |
| Junior Boys Butterfly | Junior Girls Butterfly |
| 7th - Samuel C | 1st - Riley A |
| | 2nd - Neve L |
| | |
| 11 Years Boys Butterfly | 11 Years Girls Butterfly |
| 2nd - Sam C | 1st - Milla L |
| 5th - Archie L | 3rd - Amelie C |
| | |
| Senior Boys Butterfly | Senior Girls Butterfly |
| 3rd - Kian H | 6th - Kiah S |
| 6th - Ollie B | |
| | |
| Junior Girls Relay - 3rd | Senior Girls Relay - 1st |
| Annabelle D | Milla L |
| Ruby D | Jessica E |
| Carla G | Amelie C |
| Neve L | Maya A |



Wellbeing Week

Wellbeing Week

Last week during Wellbeing Week, the Year 6 Wellbeing Ambassadors organised a 'Flashmob' in the 3-6 and K-2 COLAs. The students, along with Mr Gauci, danced to the Cha Cha Slide and the Macarena. Kids came running to see what was going on and enjoyed the fun together!

Watch out in Term 2 for more wellbeing happening around the school.

The Wellbeing Team



| | MONDAY 11th | TUESDAY 12th | WEDNESDAY 13th | THURSDAY 14th | FRIDAY 15th |
|----|--|---------------------------------|------------------------------------|--|-------------------------------|
| 7 | Danielle R Elaine G | Corrina B Sandy C Marcela | Annie T Jack P Danielle R | Tatum M Mel S Helen M Katie P | Helen M Vikki K Kerri W |
| | MONDAY 18th | TUESDAY 19th | WEDNESDAY 20th | THURSDAY 21st | FRIDAY 22nd |
| 8 | Danielle R Angus G Shelly 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

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 11th | TUESDAY 12th | WEDNESDAY | THURSDAY 14th | FRIDAY |
|----------------|-----------------|-----------|---------------------|--------|
| | | | Rachel F Sandy C | |
| MONDAY 18th | TUESDAY 19th | WEDNESDAY | THURSDAY 21st | FRIDAY |
| | | | Rachel F | |

Regards

Hanna Jones
Uniform Shop Supervisor
uniformshop@monavalepspca.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

WELCOME PICNIC 2019



What a wonderful way to start the school social calendar of 2019, with a huge turn out to the Welcome Picnic last Friday evening.

The jumping castles were certainly a winner and I'm sure lots of families went home with bellies full, happy kids, as well as good laughs. Biggest thanks to Sam Morgan - our P&C Social & Events co-ordinator for creating and managing the event in limited time. Thank you also to the P&C committee, P&C Band & Strings committee, TLC, P&C Canteen, and the Mona Vale Raiders Football club for bringing it all together, and all the volunteers who helped with the set-up, during the evening, and the clean-up. It was a great success and so lovely to see so many families from all grades across the school having fun.

The next big event is the Band & Strings camp at the end of March. This is a huge logistical exercise, and always needs many parent volunteers to support the incredible P&C Band & Strings committee. The kids have a ball, and learn loads about their instrument and coming together as an orchestra, so be there if you can.

Stay tuned for more events through the year.

Nichole Alexander
MVPS P&C President

MONA VALE
PUBLIC SCHOOL



P&C
ASSOCIATION

Live Life Well

Heart smart

Here are some healthy heart food tips:

- have fish at least twice a week
- snack on fresh fruit
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.

Keep food cool

Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some nutritious sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it's packed in the lunch box.

Vegetable tips for snacks

- include vegetables slices with cheese and crackers
- top English muffins with chopped tomato, capsicum and ham, sprinkle with grated cheese and heat in the oven or grill
- serve vegetable sticks with salsa
- vegetable-based soup makes a great snack on cold afternoons
- noodles mixed with grated zucchini and chopped tomatoes and top with grated cheese.

