



Mona Vale Mail

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Welcome to
WEEK 7!

Reminder:

Parent Teacher
Interview bookings are
open. See the website
for more details.

KEEP IN MIND...

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

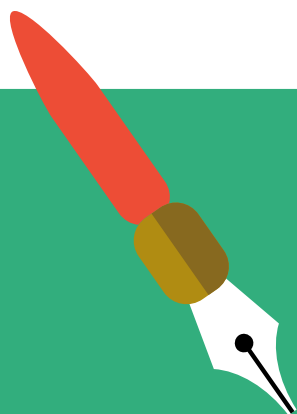
“Let us remember: One
child, one teacher,
one book, and one
pen can change the
world.”

- Malala Yousafzai





From the Principal



Dear Parents

Thank you for selling our Car Raffle tickets, the second book of 10 went home today making the 20 tickets we send home each year. We have a number of students onto their 3rd book, that's fantastic. All proceeds will go towards resourcing our new Maker Space classroom what a fantastic space this will be for all of our students. Keep selling, hopefully a Mona parent will win a car for just \$2.

P&C Meeting

Staff will be presenting to the P&C on the development of our Maker Space at Mona vale. As you already know, our raffle proceeds are going towards resourcing this space and this is an opportunity to find out a little bit about this new learning and teaching space.

P&C starts at 7.30pm in the staffroom.

After School Activities @ Mona

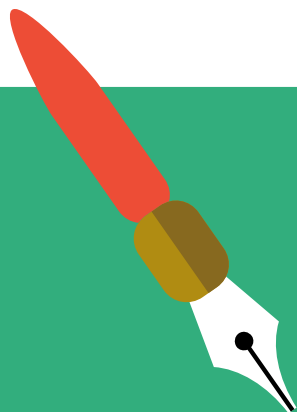
While we love having parents and students socialising after school, we can not have organised events such as class parties happening. The school has a duty of care for students while onsite even after school finishes and this places staff in a difficult position if we have a parent organised activity. I suggest that if classes wish to meet for a social afternoon that many of the local parks have amazing facilities and a coffee shop to go with it.

Thank you for your understanding and as always having a chat before or after school is always welcome.





From the Principal



Dominie Textbook Orders

Thank you for ordering your textbooks online through Dominie. The school receives a commission for all the sales on textbooks. This year we received a cheque for \$5,652.24 which we will use to fund additional programs for students.

Clean Up Australia Day

Unfortunately, Clean Up Australia Day has been postponed due to the threat of torrential rain. It will be held on:

Wednesday 20th March 2019

Please bring reusable gloves and a paper bag for our rubbish collection!

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.

Parent Teacher Interview

Parent Teacher Interviews will be held on Tuesday 2nd April and Wednesday 3rd April.

Your child's progress in Term 1 and expectations for the remainder of the school year will be discussed, together with aspects of development in physical and cultural areas and personal and social relationships. You may wish to notify your child's teacher prior to the interview date if you have any specific issues you wish to address. All interviews will be held in your **child's classroom** and will be **10 minutes duration**.

Please note: support classes K-2P, K-6C and 3-6S will not be having interviews as they have just completed IEP Planning meetings.

Appointments for Parent/Teacher interviews are to be made online. **Online bookings will close on Monday 1st April at 9am, please make sure you book prior to this time.** Instructions on how to book your appointment are listed below:

Go to website **www.schoolinterviews.com.au**.

Click "make a booking" in the top right hand corner.

Enter event code: **7wbvg** in the green box.

From here enter your name, email, number of students you are booking for (ie if you have two children you enter them both) and student name/s.

Click GO.

Choose your teacher from the drop down box, then select the time you would like.

You will receive a confirmation email for you to keep as a reminder of your appointment time.

If you do not have access to a computer to make your booking, or experience any issues making an appointment please contact the school office before Monday 1st April, so that we can book online on your behalf.



From the Office

Administration Hours:

8:30am - 3:15am

Term 2 Sport For Years 3-6

Stay tuned for information regarding PSSA Winter trials for Rugby League, Netball, Soccer or AFL.

There will be several trials for each sport to allow teachers to get a chance to see every child trial, please note a lot of children turn up for trials with limited spaces available. Later this term an app message and a draft timetable will be put on the website as soon as it is available.

User Pay Sport will be offered once PSSA trials have finished. The following is for your information only, bookings are not open as yet. Please discuss options with your child (and friends) so that you know what options you would like to consider when bookings open for your grade. Make sure you have a second and third option in mind.

Sports on offer for Term 2 will be:

Tennis at school
Gymnastics
Sports Academy
Fitness/Bootcamp
Dancefit
Futsal
Skateboarding/Scootering
Golf
AFL

User Pay Sport will be offered via an online booking system. More details regarding the sports on offer and full instructions on how to book and pay will be sent out via the app and put on the website.

Students not participating in PSSA or User Pay Sport will be involved in school sport. School sport is fun and free! It is a rotational program featuring a variety of sports, including games, activities and learning new skills.



From the Office

Administration Hours:

8:30am - 3:15am

Little Critters

There have been a few reports of nits across grades, please check your child's hair and treat as appropriate.

Year 6 Expression Of Interest For High School

Expression of interest forms are due tomorrow, Friday 15th March. Thanking you.

Harmony Day

Thursday 21st March is Harmony Day. Students can dress in mufti clothing with a splash of orange.

TLC Mufti Day

On Tuesday 2nd April we are holding a mufti day to raise funds for TLC. See the flyer in this newsletter. Please wear colourful clothes and bring in a gold coin donation for TLC. Thanking you.

Car Raffle

Thank you to all the students who have been selling additional books of raffle tickets and those who have returned their original books. Initially we notified parents that we would be sending home 2 books of 10 tickets per student, however, due to an oversight in the office, we only sent home 1 book of 10 tickets per student. We are therefore, sending home another book of tickets with each student this week. If you do not wish to sell another book, please return it to the office. Apologies for the inconvenience.

Message From The P&C

In an environment where we acknowledge it's sometimes difficult to attend evening meetings, and whilst aiming to keep meetings to 90 mins, the MVPS P&C would like to introduce the opportunity to pre-submit questions to the week 8 meeting.

Please email your questions by 6pm, Monday 18th March to president@monavalepsca.com.au.

Leonie Gallard
School Administration Manager



Calendar

Mona Vale Manners

Week 8

Look at people
when they
are speaking
to you. Have
'eye contact'.

(begins Monday 18th March)

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

Clean Up Australia Day @ MVPS

THURSDAY 21st

Life Education

Harmony Day

5B & 5S to Macquarie Uni

FRIDAY 22nd

Life Education

WEEK 9

MONDAY 25th

Life Education

Year 1 & Support Classes @ School
House Museum

TUESDAY 26th

Life Education

Year 1 & Support Classes @ School
House Museum

WEDNESDAY 27th

Life Education

Year 2 Light & Sound Incursion

THURSDAY 28th

Life Education

Sydney North Swimming Carnival

Kindergarten Animal Day

FRIDAY 29th

Life Education

Band & Strings Camp



Sport News

CONGRATULATIONS to **Oscar A, Prince K, Lochie R** and **Cruz D** who successfully trialled in the combined zone Rugby League trials last Thursday.

CONGRATULATIONS to **Jaime P** who successfully trialled in the combined zone AFL trial. He will now trial for Sydney North next week. Good luck Jaime.

Well done boys!

Good luck at the Sydney North carnival!

Mel Stevenson
Assistant Principal, Stage 3
Sport Coordinator



House Winner

Week 7
placegetters are:

1st: Hawkesbury

2nd: Barrenjoey

3rd: Pittwater

4th: Warringah

The winner this week is...

Hawkesbury!





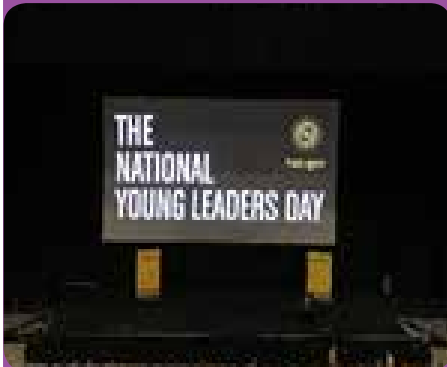
Young Leaders



Young Leaders Conference

As the 2019 leaders of Mona Vale Public School, we were invited to attend the Halogen National Young Leaders Day this week. We travelled to this event with the other Captains and Vice-Captains from the PCS schools and when we arrived at the Convention Centre, in the city, we were surrounded by other leaders from all around NSW.

Halogen is one of the strongest forces of light. It helps give light in the time ahead as it is very reliable. Halogen shows how bright minds of students will spark and inspire them to be leaders in the future. It shows how each of us will strive towards being better citizens. Overall, it was an amazing day where we listened to a number of different speakers; including Tim Diamond, Tamsin Janu, Cate Campbell and Holly Ferling.



Archie – Something I will take back from today is to strive towards a goal. The setbacks you receive along the way need to be pushed down and you need to focus on what is happening in the moment. Today has encouraged me to take that push to help me become a better person for the people around me.

Eliza – I learnt that when you set a big goal it will be easier to achieve it if you set little goals to help you along the way. Holly Ferling, an Australian cricket player, spoke about how to embrace challenges and make the most of 'put downs'.

Jayden – What I took away from today is that the only way to achieve something is to try and try again. When bouncing back from our mistakes throughout the journey, we can strive on without defeat. Cate Campbell spoke about this, she is an Australian swimmer.



Jessica – Overall, I learnt that for good things to happen it takes time... You don't always get what you want straight away, you have to work for it. I had a fantastic day and it was a really good experience to have been a part of.



Canteen

Canteen News

Thanks to all the canteen volunteers for giving up your time to help with the smooth running with the canteen.

It's so great to see you all and it's so nice to see a few new faces from new Kindi classes this year and those new families to the school.

We have a few days, especially Fridays coming up that a bit of extra help would be appreciated. Fridays are traditionally our busiest day and any help would be a good help!

Pop in or email me on canteen@monavalepspca.com.au if you can help out.

Flexischools

There have been a few problems ordering on Flexischools over the last few weeks especially on a Friday. Flexischools are working hard to resolve these.

Many parents place lunch orders the night before or set up a recurring order for a Friday on Flexischools. If you find Friday's a rush in your house and are getting caught out by Flexischools issues, please order on a Thursday.

Replacement Lunches

Every day children continue to come to the canteen at lunch time this Term thinking they have a lunch order and one hasn't been placed for them.

Please can you double check your child has recess and lunch every day.

Birthday Class Treats

Look out for the new option on FlexiSchools set up to help families with birthdays at school.

Either a RAINBOW PLATTER (colourful assorted fruit in a rainbow shape) or QUELCH STICKS ICE BLOCKS can now be ordered with 24 hours' notice on FlexiSchools.

Kids can pick up their class birthday treat from the canteen.

I hope this helps with making birthdays at school extra special

Rebecca O'Donnell

Canteen Supervisor

canteen@monavalepspca.com.au

Canteen

	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 Volunteers Needed
	MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th
9	Danielle R Volunteers Needed	Amy Skye R Bev Anne Marie	Sandy Danielle R Volunteers Needed	Bec S Helen M	Angela I Helen M Rebecca W Volunteers Needed
	MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
10	Hanna J Kerri W	Anne W Volunteers Needed	Danielle R Emma K	Marcela H Helen M	Xtina G Helen M Bec P Volunteers Needed
	MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
11	Angus G Danielle R	Donna R Kirstee H	Jack P Danielle R Nikki M Louise M	Helen M Sandy C Brad	Last Day of Term Helen M Volunteers Needed



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 18th	TUESDAY 19th	WEDNESDAY	THURSDAY 21st	FRIDAY
			Rachel F	
MONDAY 25th	TUESDAY 26th	WEDNESDAY	THURSDAY 28th	FRIDAY

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



Mufti Day!

It's Mufti Day on Tuesday 2nd April!
Wear colourful clothes to school and bring a gold coin donation in support of TLC, MVPS's very own community organisation, which provides practical support to Mona Vale Public School members and families in times of medical crisis.

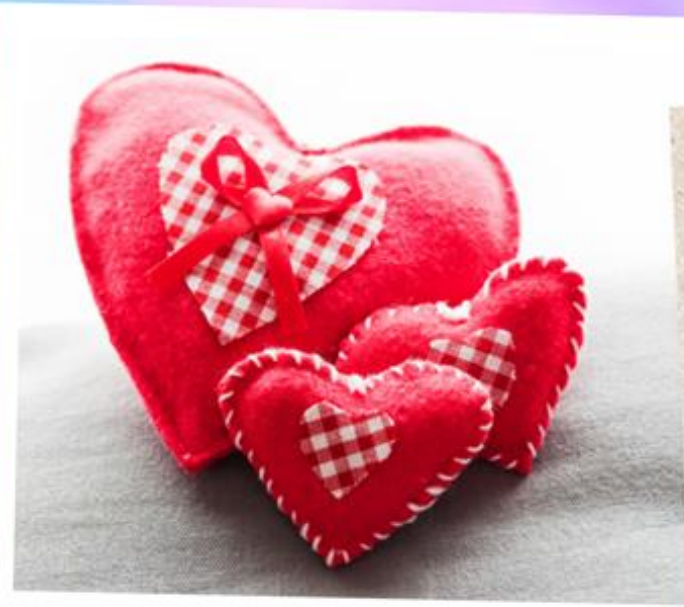


**Tender Loving
Community**



Services we provide include:

- ♥ basic grocery deliveries
- ♥ organising meal rosters
- ♥ meal deliveries
- ♥ organising school lunches
- ♥ cleaning services
- ♥ garden maintenance
- ♥ laundry services
- ♥ and more...



“ We cannot thank you enough for all the incredible support you are giving us. All your support and care is helping us with managing each day in such a huge way. ”

- 2019 -



Just what's needed



TLC is a volunteer community organisation providing practical support for MVPS families when affected by serious illness, severe injury or bereavement.

**FUN NIGHT + GIVE BACK
TO OUR SCHOOL**

KIDS NIGHT AT

Park^{THE} House

PARK ST, MONA VALE

MONA VALE PUBLIC SCHOOL

**ENJOY DINNER AT PARK HOUSE
THE LAST THURSDAY
OF EVERY MONTH**

**50% OF ALL KIDS MEALS SOLD
WILL BE DONATED BACK TO OUR SCHOOL**

2 PARK ST, MONA VALE NSW 2103 | 02 8998 3000

Live Life Well

Turn off the TV or computer and get active

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

Why reduce television time?

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

Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase outdoor green time!



‘Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.

Search ‘Outdoor Play’ at www.mindmatters.edu.au

 **Health**
Northern Sydney
Local Health District