



Mona Vale Mail

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Welcome to
WEEK 10!

Reminder:

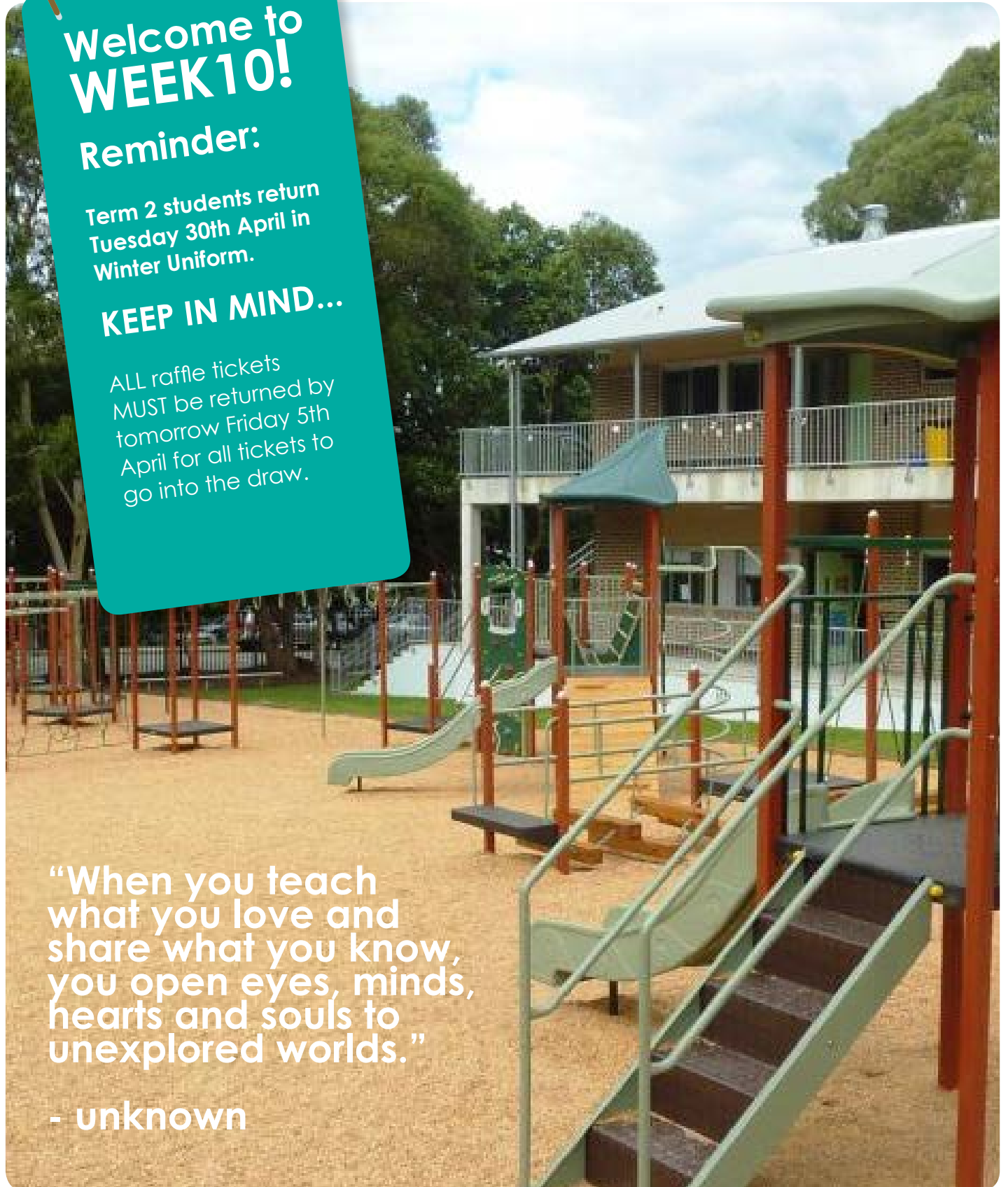
Term 2 students return
Tuesday 30th April in
Winter Uniform.

KEEP IN MIND...

ALL raffle tickets
MUST be returned by
tomorrow Friday 5th
April for all tickets to
go into the draw.

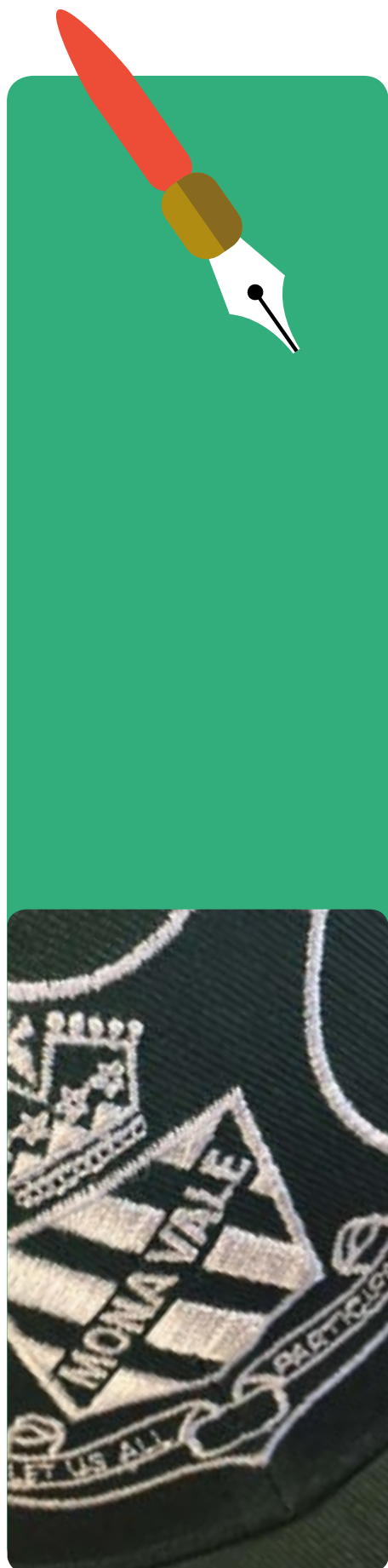
“When you teach
what you love and
share what you know,
you open eyes, minds,
hearts and souls to
unexplored worlds.”

- unknown





From the Principal



Dear Parents

As many of you are aware **Mr Lachlan Gadd** will be leaving us at the end of this term to take up the position of Assistant Principal at Brookvale Public School. Lachlan will be a huge loss as he is an outstanding colleague, respected by parents, loved by students and admired by staff. We wish Lockie all the best at his new school.

TLC Fundraiser

Thank you to every student who came in mufti to support TLC on Tuesday. This program supports Mona parents in a time of need and has made a significant contribution to a number of our families.

Teacher Parent Interviews

Thank you for the wonderful turn out over the past two days to parent teacher interviews. I have been pleased with the very positive feedback by both staff and parents about the value of working together to support our students.

Band Camp

Last weekend we held our annual Band and Strings Camp and Concert. It was an amazing weekend of music and a credit to all staff and parents who work with our students in the music program. I would like to especially thank staff **Dani Ashworth** and **Sarah Bryce** who slept over to make sure we had a staff presence. Thanks also to **Simone Rizzuto**, **Jacqui Shaw**, **Annie Woods**, **Rachel Lam**, **Robyn Phelan**, **Josh Hughes** and **Holly Doyle** for making this such a wonderful experience for our students. Our Band parents are also to be congratulated led by **Tanya Van de Wall**, **Susie Diacopoulos**, **Therese Hall** and **Karly Jones**.

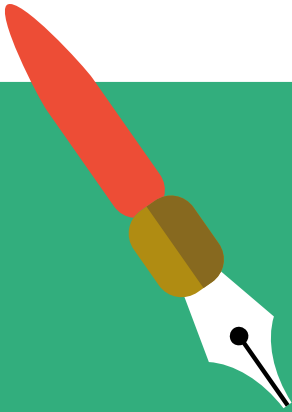
What an amazing experience for our students. See Band and Strings Captain report and photos below.

Honour Assembly

Congratulations to all students who received an Honour Award today recognising our three core values: Respect, Responsibility and Personal Best. It was great to see so many parents and friends supporting these worthy recipients.



From the Principal



Winter Uniform

Traditionally winter uniform starts at the beginning of Term 2, with some flexibility should we get the last burst of summer. Please ensure your child is in full winter uniform and not a mixture of both summer and winter. As a school community we are very proud of our uniform and students wear it with pride. Thanks to all parents who make sure their child leaves the home wearing the correct uniform.

Asset Replacement Program

I'm pleased to announce that we will be upgrading a number of our playground surfaces to bring them up to current standards. A number of our play areas have ruts and trip hazards and this maintenance will resolve these issues. In the holidays, we will also be refilling the K-2 playground equipment area with soft fall in the holidays to ensure it meets safety requirements.

Regards

Greg Jones
Principal

“ I just picked up the grocery box and I'm overwhelmed! I could hardly carry it, it was so stuffed with goodies. And so fresh and amazing quality.. It's just so wonderful to not have to think about shopping and that I can just open my fridge and there are healthy options just ready for me to grab. I don't have the time or energy to shop right now, so it's just amazing! ”

- 2018 -



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



Calendar

Mona Vale Manners

Week 1

Offer help to
someone who
has many
things to carry.

(begins Monday 8th April)

WEEK 11

MONDAY 8th

Life Education

5B & 6G Incursion

TUESDAY 9th

Life Education

Kindergarten ANZAC Assembly

Easter Assembly

WEDNESDAY 10th

5S @ War Vets

Year 6 Police Cyber Safety Visit

THURSDAY 11th

Years 1-6 ANZAC Assembly

State Swimming Carnival

FRIDAY 12th

9:30am - 10:45am K-2 Easter Hat Parade

State Swimming Carnival

Last Day of Term

WEEK 1

MONDAY 29th

Staff Development Day

TUESDAY 30th

Students Return in Winter Uniform

WEDNESDAY 1st

THURSDAY 2nd

FRIDAY 3rd

MVPS Cross Country



Sport News



CONGRATULATIONS to our MVPS swimmers who represented Pittwater Zone at the Regional carnival last Thursday.

We were so proud of your achievements!

Amazing results from a delightful bunch of students.
We have 5 girls who will be progressing onto State!! WOW!

Amelie C - placed 10th in her freestyle final

Neve L - 2nd in 8 years 50m Freestyle

Milla L - 1st 11yr 50m Free (new record of 29.32), 1st 11yrs Breaststroke (new record 37.57), 2nd 11yr backstroke, 2nd 11yrs Butterfly WOW!!!!

Senior girls relay- **Jessica E, Amelie C, Maya A, Milla L** 2nd.
Milla will also be a part of the Sydney North All age relay team.

We are soooooooooo proud girls! Good luck on 11th & 12th April.

Thank you

Mel Stevenson
Assistant Principal, Stage 3
Sport Coordinator





Makerspace

Makerspace

Check out this week's progress in our Makerspace.



Teaching and Learning Activities catered for in a Makerspace:

Design & Production	Technology
Cooking Painting Woodwork Building Sewing Science experiments Hands on experiments Circuits	Green Screen Robotics 3D Printing Coding Augmented reality Film

Miss Vanessa Polito



Bus Shelter Mural

MVPS Bus Shelter Mural

Each year at Mona Vale Public School, Year 6 conduct a "Mini-Fete" for the school, where students and teachers can buy and sample some of the foods & products they have made. The money raised from the Mini-Fete in 2018 was decided by the students to donate their proceeds to the school and make our bus shelter wall full of colour, hope and love.

We wanted pictures of animals that inspired the students of MVPS with key words such as:

- Courage
- Resilience
- Respect
- Happiness
- Kindness
- Love

We would like all students of MVPS to be inspired by this mural and to instil these values into their character and to always care for one another, always show courage, and most importantly, to never give up on their dreams....

By Evalina & Jessica 6K



Mural by: Miguel Gonzalez
www.m-lon.com.au



Earn & Learn

Earn And Learn Is back!

This year we are collecting stickers to purchase new, exciting equipment for our new Makerspace.

The program starts on the 1st May, so look out for signs in your local Woolworths and get ready to start collecting!





ANZAC Day

Raise the Flag for ANZAC Day

Raise the Flag is an ANZAC Day related event to help our young people learn about the significance of ANZAC Day as well as a way to learn more about our veterans as a family. Raise the Flag is an initiative run by Northern Beaches Council as part of the Honour Our Fallen program. Honour Our Fallen has a mission to ensure a flag is erected each Anzac Day, on every grave or memorial plaque in Australia to honour those who have served their country. The link to the website is: <http://honourourfallen.com>.

Raise the Flag is happening at Mona Vale Cemetery on Tuesday April 16th beginning at 9am and finishing at approximately 11am with morning tea (hot cross buns and Easter eggs!).

Ideally the council would love a maximum of 10 groups from Mona Vale Public School each with 3 or 4 children /adults – one to “dig” the hole, one to carry the flags, one to read the map and one to put the flag in place and the group could take turns at each role. Each group needs to have at least one adult with them who will supervise the activity. You could come as a family or form a group of students who come with one supervising adult.

There may also be students with a relative in the cemetery who is a veteran – it would be possible for those students to personally place the flag for their grandparent or uncle/aunt etc.

If you are interested in joining in with this initiative, or checking whether a veteran relative of yours is being honoured with a flag, please email Nadine Phipps at:

cemeteries@northernbeaches.nsw.gov.au.

If you have any questions before you decide to email the council to participate, please contact Sarah Bryce through: monavale-p.school@det.nsw.edu.au





Band & Strings Camp



2019 Music Camp

On the weekend, we had our annual Music Camp. Our 222 person Band and Strings Program participated in High Ropes, Canoeing, Rock Climbing, Archery and most importantly music making. Having tutoring with the 14 best instrumentalists in the area was an amazing experience. The rehearsals with Mr Hughes, Mrs Shaw, Mrs Lam and Ms Holly were also excellent. The talent show on Saturday night brought outstanding performances from many talented Year 6 students and teachers. The concert on Sunday afternoon showcased our Symphony Orchestra, String Orchestra, Training Band, Intermediate Band, Concert Band, Performance Band and for the first time ever Beginner Strings. It was amazing to listen to the progress of Training Band and Beginner Strings as this concert was their first. We all had a great time staying in the cabins overnight with all our friends and I'm sure all the parents enjoyed their stay too. Last of all, on behalf of all the kids, I would like to thank all the parent volunteers and teachers who helped make our music camp happen!

Band & Strings Captain 2019
Amelia Diacopoulos





Canteen News

Last Friday we had an exciting day in the canteen with a world MV record number of lunch orders of 325 plus the 6 replacement sandwiches which were made for children who did not have a lunch nor a lunch order.

It was a really great day. So busy but such an achievement to provide so many lunches for the school community.

Frozen Yogurt

Frozen yogurts (gluten free) are now available on Flexischools for lunch time orders.

Flexischools Orders

Please place your lunch orders on Flexischools by 9am daily.

If a lunch order has not been placed on Flexischools by 9am, or a child has no lunch order and no lunch, the canteen will supply a ham, cheese or vegemite replacement sandwich and their name will be recorded and payment can be made by parents on the IOU option of Flexischools.

I find as we head towards the end of Term, family life becomes very hectic. Many families place their orders the night before or set up weekly recurring orders. These options may help your family life.

Help Needed

A bit of extra help would be appreciated running into the end of Term; Thursday 11th and Friday 12th in particular. Please email canteen@monavalepspca.com.au if you're able to help out.

Winter Menu

Get ready for a few new WINTER MENU items on Flexischools during Term 2 & 3.



Canteen

	MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
11	Angus G Danielle R Volunteers Needed	Donna R Kirstee H	Jack P Danielle R Nikki M Louise M	Helen M Brad Volunteers Needed	Last Day of Term Helen M Sandy C Kerry G Volunteers Needed
	MONDAY 29th	TUESDAY 30th	WEDNESDAY 1st	THURSDAY 2nd	FRIDAY 3rd
1	Staff Development Day	Students Return	Danielle R Barb LG	Helen M Danni R	Helen M Volunteers Needed
	MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
2	Elaine G Anne W Danielle R	Bev Michelle L Esther N	Hayley H Jack P Danielle R	Helen M Sandy C Steve T	Bec S Sam M Nikki M Kim C Helen M Severine D
	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
3	Angus G Jodie H Rebecca S	Corrina Amy Kirsty L	Natalie W Anthea F Danielle R	Helen M Rebecca W Xtina	Vikki K Helen M Kerri W Angela I
	MONDAY 20th	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
4	Stuart Danielle R Shelley Jessica	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



Uniform Shop

Opening Hours

Mondays 2:30pm - 3pm

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

Winter Uniform: Students are back in Term 2 with Winter Uniform. For new families, we have some additional open times for uniform fittings. We are open Monday afternoon, Tuesday and Thursday mornings as per usual.

Wednesday 10th April 3-4pm.

Student Free Day 29th April 1-3pm.

Wednesday 1st May 3-4pm.

Go to website www.schoolinterviews.com.au.

Enter event code: **paw82** in the green box.

Enter your name, email, and the student name.

Click GO.

Then select the time you would like.

There are a lot of non-school uniform items in the lost property areas, lunch bottles/drink bottles/shoes general clothing/tennis racquets etc. Any items not collected by the end of the term will be either given to charity or thrown away.

Lost Property: Just a reminder that the Primary Lost Property area is out of action while the Makerspace area is being built. All lost property is now located in the Infant area at the Infant COLA.

Band Camp Lost Property: All lost property left at band camp is available for collection in the uniform shop. Any items not collected by the end of the term will be either given to charity or thrown away.

2019 Volunteer Portal is now active for Term 2. 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 8th	TUESDAY 9th	WEDNESDAY	THURSDAY 11th	FRIDAY
Tracie F Jo T	Sandy C Sandy N			
MONDAY 29th	TUESDAY 30th	WEDNESDAY	THURSDAY 2nd	FRIDAY
Volunteers Needed	Volunteers Needed		Volunteers Needed	

Hanna Jones

Uniform Shop Supervisor

uniformshop@monavalepspca.com.au

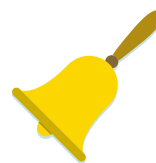
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2019 Term Dates



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



Kindergarten

Crazy

Rainbow

Hair Disco



Friday 5th April, 2019

4:30pm-5:30pm in the MVPS School Hall

**Parents welcome to the Staffroom for refreshments
while kids dance and play**

\$10 tickets you can buy from

flexischools.com.au

All proceeds go to Mona Vale Band and String Program



Year 6 Farewell 2019



The year is going very quickly and before we know it, December and the farewell will be here! We will be having the Year 6 Farewell at Pittwater RSL on Monday 16th December 2019.

We are going to have our initial meeting on 10th April 4.00-5.00pm, in 6C's classroom. At this time, we will organise a committee of helpers, designate someone as coordinator and treasurer, attempt to decide on a theme for the night, allocate someone to work with a student team for the year book and establish someone to organise the DVD. Please have a think about how you can help out this year.

If you are unable to attend but would love to be involved, please send me an email (remy.channon1@det.nsw.edu.au) or leave a message for me at the office.

Thanks and looking forward to seeing you all then.

Year 6 Teachers



EASTER ASSEMBLY 2019

Presented by the Scripture teachers of Mona Vale Public School and
QUIZ WORX



When: Tuesday 9th April

Where: Mona Vale Public Schoolhall

Who: Infants @ 9:05am Primary @ 10:05am

All scripture classes will attend. If your child goes to Ethics or Non-Scripture and you would like your child to attend the Easter Assembly please let your child's teacher know

ASAP. Thank you.

EVERYONE IS WELCOME!

Live Life Well

Fruit juices

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

- ✓ Limit fruit juices to no more than half a glass per day.
- ✓ Too much juice can lead to diarrhoea.
- ✓ Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- ✓ It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- ✓ Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.



Live Life Well @ School

IMPORTANCE OF BREAKFAST



It's the most important meal of the day, but 1 in 4 children in Australia skips breakfast.

At school, a hungry child can lose concentration in class and have no energy for playtime.

Quick and easy breakfast ideas:

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

Handy tip:

Discourage children from eating breakfast in front of the TV.

This can also help speed up your morning routines!

For more ideas, search 'breakfast' at healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District