



Mona Vale Mail

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Welcome to
WEEK 3!

Reminder:

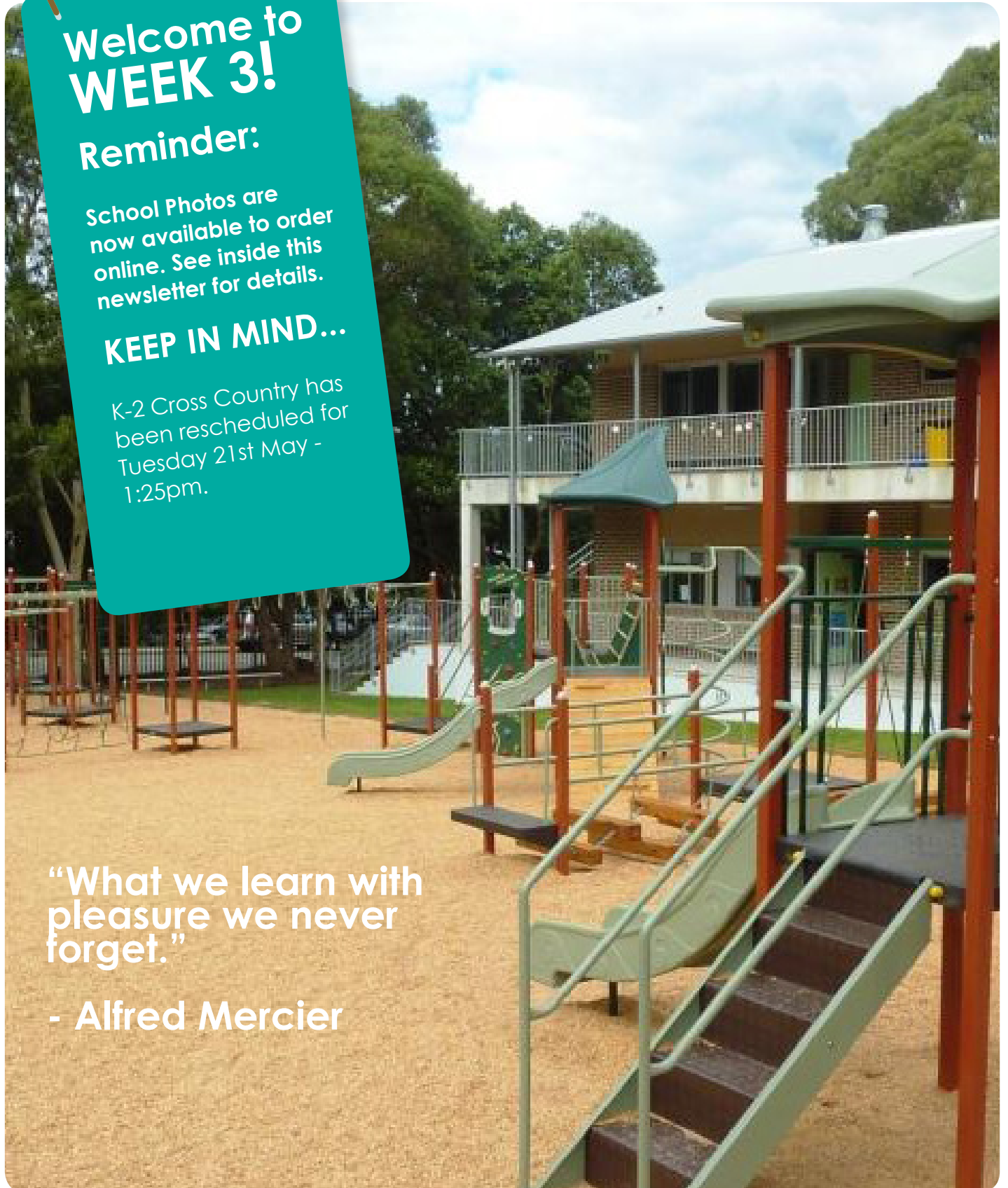
School Photos are
now available to order
online. See inside this
newsletter for details.

KEEP IN MIND...

K-2 Cross Country has
been rescheduled for
Tuesday 21st May -
1:25pm.

**“What we learn with
pleasure we never
forget.”**

- Alfred Mercier





From the Office

Administration Hours:

8:30am - 3:15pm

Last Chance – No Late Entries Accepted - Year 4 – Opportunity Class 2020 Applications

Information has been added to the website regarding 2020 Opportunity Class applications. Applications opened on Tuesday 30th April and close on Friday 17th May. You must apply by the due date.

Term 2 Accounts Due

Please note all Term accounts are due on Friday 17th May. This includes the Year 5 camp deposit. Your prompt payment would be appreciated. See details included in your email.

Term Accounts – Split Families

We now have the ability to send term accounts home to multiple email addresses for split families. Please note this does not "split" the bill, it simply sends a copy to both parents to view/pay.

If you would like to add another parent email address to our system, please email the school with the details. Don't forget to add your child's name and class!

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 again use the opportunity of pre-submitting questions. Please email your questions by 6pm, Monday 20th May to president@monavalepspca.com.au



From the Office

Administration Hours:

8:30am - 3:15pm

Orders For School Photographs Now Available Online

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our code **JHJ WMH NJ2**.

School photographs will be held at school on **Monday 17th June and Tuesday 18th June**. All students must be in FULL WINTER school uniform. Stay tuned for more details. Please don't book any dental appointments etc on these days as the photo timeslots on the day can not be guaranteed!

Regards

Leonie Gallard
School Administration Manager



“TLC has given me amazing support and help in a very difficult time in my life. Thank you all wonderful people who helped me and others in need.”
- 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 4

Sharing
and
taking
turns."

(begins Monday 20th May)

WEEK 4

MONDAY 20th

TUESDAY 21st

1:25pm K-2 Cross Country
(rescheduled)

7:30pm P&C Meeting in Staffroom

WEDNESDAY 22nd

Year 3 @ Coastal Environment

PCS Choir Rehearsal

THURSDAY 23rd

Year 3 @ Coastal Environment

Year 5 & 6 Chess Interschool
Challenge

FRIDAY 24th

WEEK 5

MONDAY 27th

TUESDAY 28th

Rugby League Gala Day

WEDNESDAY 29th

K-6 Bullying Prevention Show

Premier's Debating Team

THURSDAY 30th

K-6 Bullying Prevention Show

FRIDAY 31st

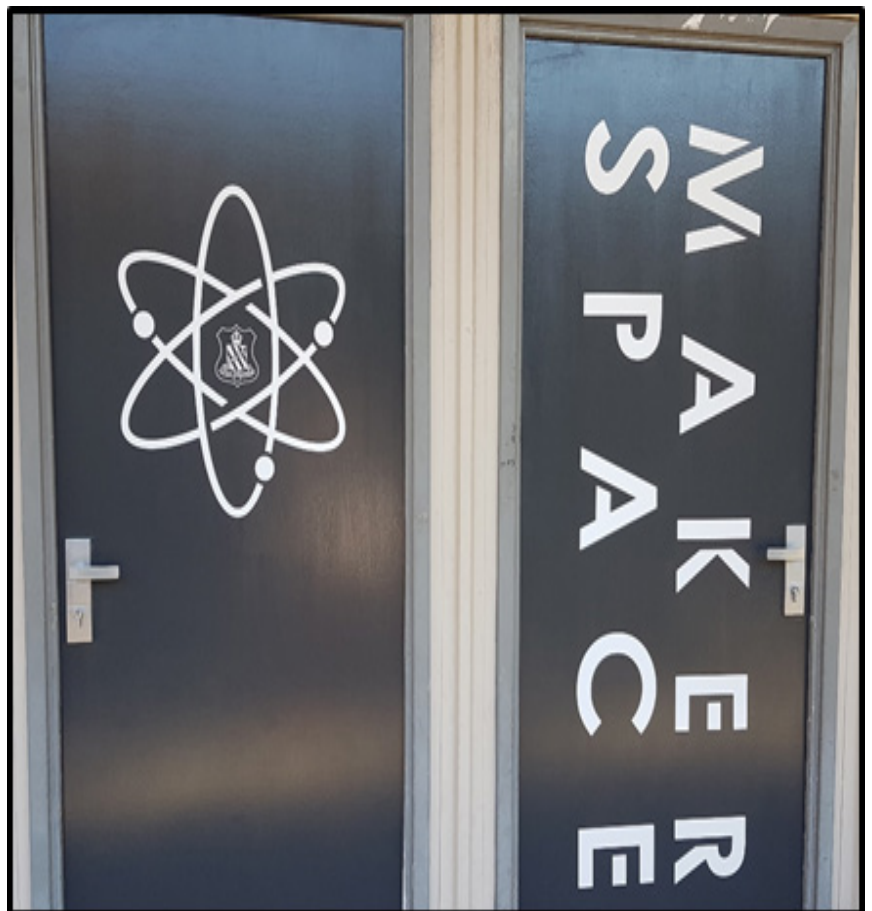


Makerspace

Makerspace Update

We are currently in the progress of getting the final interior fittings finalised. But for now check out the new doors!

Miss Vanessa Polito



We Are Taking It In Our Stride On Friday 17th May 2019

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't always realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 17th May 2019!

For more information, visit www.walk.com.au

KIDS! • ACTIVE KIDS ARE HEALTHY KIDS! • ACTIVE KIDS ARE HEALTHY KIDS! • ACTIVE KIDS ARE HEALTHY KIDS! • ACTIVE KIDS ARE HEALTHY KIDS! • ACTIVE KIDS ARE HEALTHY KIDS!

For more P&C news see the flyer at the end of this newsletter.



Snow Sport

CONGRATULATIONS to **Eliza H**, **Mia S** and **Prince K** who were successful in gaining a spot in the Combined Zone Touch Squads and will trial for the Sydney North team in June.

Congratulations and Good luck! We are so proud of you!

Mona Vale Public Snow Sports Team

ATTENTION all Skiers and Snowboarders. Come and join our Snowsports team for some fun in representing Mona Vale Public School at Interschools competition 2019.

The first regional dates are in the next school holidays from 9th -13th July so you need to book your accommodation ASAP. The events include Alpine, Ski X and Moguls for skiers and Snowboard X and Snowboard GS for snowboarders. The categories start from Kindergarten and run right through to high school.

For more information please call Michelle on 0402 265 616.

Registrations are next month!



House Winner

Week 3
placegetters are:

1st: Barrenjoey

2nd: Hawkesbury

3rd: Warringah

4th: Pittwater

The winner this week is...

Barrenjoey!





Earn & Learn



It's Earn And Learn Time!

A very big thank you to everyone who has collected stickers and put them in the Mona Vale Public School box at Woolworths or brought them into school.

We have had a brilliant start and have already had to empty the box at Woolworths – but we need more!

Please keep collecting your stickers and bringing them in to school. A sticker chart can be found on the school website under notes and forms, or pop into the office and we will copy one for you.

Completed sheets (or strips of stickers) can be placed in the boxes located in the office or in the MVPS box at Woolworths.

Congratulations to students in KE and KP who completed the large poster and earned themselves a principal's sticker each.



Canteen

	MONDAY 20th	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
4	Stuart Danielle R Shelley Jessica	Gi G Helen M	Bec Sanet Danielle R Helen M	Terry K Helen M Helpers Needed	Julie R Nikki H Sandy C Helen M
	MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY 31st
5	Hanna J Angus G Danielle R	Kirstee H Donna R Brad S	Danielle R Emma K Tracie Barb LG	Sandy C Bec S Helen M	Helen M Zoe S Helpers Needed
	MONDAY 3rd	TUESDAY 4th	WEDNESDAY 5th	THURSDAY 6th	FRIDAY 7th
6	Danielle R Elaine G	Corrina B Amy Xtina G	Steve T Jack P Danielle R	Katie P Mel S Helen M	Skye R Helen M Vikki K

Uniform Shop

Opening Hours

Mondays 2:30pm - 3pm
Tuesdays & Thursdays 8:30am - 10:30am

Stocktake: We are holding Stocktake on Wednesday 29th May. If you are please able to assist, even if it is only for an hour, it would be most appreciated. Lunch is provided. You are able to sign up via Carebookings, see below.

Flexischool Orders: Just a reminder we deliver Flexischool orders to classrooms only on Tuesday's and Thursday's each week. If you place an order on a Friday, for example, it will be delivered the following Tuesday.

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 20th	TUESDAY 21st	WEDNESDAY	THURSDAY 23rd	FRIDAY
Volunteers Needed	Volunteers Needed		Volunteers Needed	
MONDAY 27th	TUESDAY 28th	WEDNESDAY	THURSDAY 30th	FRIDAY
Volunteers Needed	Volunteers Needed	stocktake	Volunteers Needed	

Hanna Jones
Uniform Coordinator
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

MONA VALE
PUBLIC SCHOOL



P&C
ASSOCIATION

YOUR VOICE | EVENTS | PLANNING
CANTEEN | UNIFORM SHOP | BAND & STRINGS

WELCOME TO WEEK 3, TERM 2



**DON'T FORGET TO
MAKE YOUR P&C FEE
CONTRIBUTION THIS TERM**

I hope everyone's families are now all settled back in to the school routine, and are beginning to rug up as the mornings certainly have a little more of a winter bite to them!

The amazing "surprise" gift for **Mother's Day** was a huge (should I say "blooming"?) success. I hope all our Mum's and Grandma's out there all had a lovely day. The P&C were really excited to have a new way to celebrate everything you do for your children. The school community has had an overwhelmingly positive response and the P&C has received some wonderful feedback.

An extra special thanks to **Kiri Clancy** – MVPS P&C Secretary, and Donna and the team from **Flower Power** Warriewood for the amazing co-ordination effort in getting 750+ beautiful flowering pot plants ordered, delivered and safely distributed. Thank you to our fabulous volunteers who helped making sure all the pots went to the kids.

The event has raised over \$3,000, which will go towards the purchase of materials and equipment for the school's brand new 'Maker Space'. And your additional donations will directly help our very own TLC, with over \$400 going to them to continue the wonderful work they do supporting Mona Vale School families going through tough times.

Don't forget **"Walk Safely to School Day"** tomorrow (Friday 17th May). A great way to get a little exercise in, and show your kids how to safely get to school without having to be chauffeured to the gate! Don't forget that having a little extra walk will make parking around the school a lot less stressful and a lot safer.

The **P&C Canteen and Uniform Shop** continue to be super busy. Thank as always to the amazing teams

working there, and the army of volunteers who keep these vital parts of our school running (and they would always love more volunteers!). Keep a look out for the great new winter food options at the Canteen, and don't forget you can either pop by, or order online via Flexischools if your child needs any winter uniform essentials from the Uniform Shop. Profits go back to the P&C, which are then redistributed to support the school and all our children.

The **P&C Band & Strings** program continues to go from strength to strength, and we wish all the kids well for their various performances this term – and hope they keep up their practice! It's wonderful to hear the incredible sounds all the bands, orchestras, and groups are making together.

The **P&C meeting for Term 2 is on next Tuesday evening, 21st May at 7.30pm** in the School Staff room. This will be an opportunity to hear updates on the school from the School Exec team, as well as more details on the recently completed P&C audit, budget planning for 2019, bathroom renovations, banking, planned working bee, Maker Space news, and much more about everything going on within our school.

Our new P&C committee are working hard in their new roles and definitely have your child's interests at heart and making MVPS even better. All the committee juggle multiple children, and busy jobs, so I thank them for their support, and all the extra time they put into the P&C. As always, if you have any questions, feedback or great suggestions for the P&C, or things going on around the school, drop me an email at president@monavalepca.com.au

Nichole Alexander
MVPS P&C President

ACTIVE KIDS ARE SMARTER KIDS



FRIDAY 17 MAY 2019



**Until they're ten, children must always hold
an adult's hand when crossing the road**

WALK.COM.AU



@nationalwalksafelytoschoolday



@natwalktoschool



@natwalktoschool

#WSTSD



MONA VALL PUBLIC SCHOOL

P&C
ASSOCIATION

SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS

LIVE LIFE WELL

Water

Tap water makes the best drink! Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here's what water has to offer:

- it is cheap and readily available
- it doesn't contain any kilojoules or sugar
- it encourages optimal function of the body



We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

Why eat fruit and veg every day?

Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:

- ✓ coronary heart disease
- ✓ some forms of cancer
- ✓ overweight and obesity
- ✓ constipation
- ✓ high blood pressure and blood cholesterol levels
- ✓ help improve control of diabetes.



Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS



Health
Northern Sydney
Local Health District

**IT'S
FREE***



**CALL
TODAY**

General dental treatment for
children under 18 years
of age is free at NSW Public
Dental Health Clinics.



* Some specialist services require additional eligibility and/or may incur a fee.

Clinic Locations:

HORNSBY | TOP RYDE | ROYAL NORTH SHORE | NORTHERN BEACHES

PHONE **1300 732 503**

Healthy Mouths for Kids at School

Dental information for parents and carers

Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.



Drink Well

Make tap water your family's drink.



Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.



Stay Well

Children should have regular dental checks.



Play Well

A well fitted mouthguard can reduce the risk of injury.



Did you know?

Not brushing teeth daily, and sugary food and drinks, cause tooth decay.

Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.

