



Mona Vale Mail

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Welcome to
WEEK 4!

Reminder:

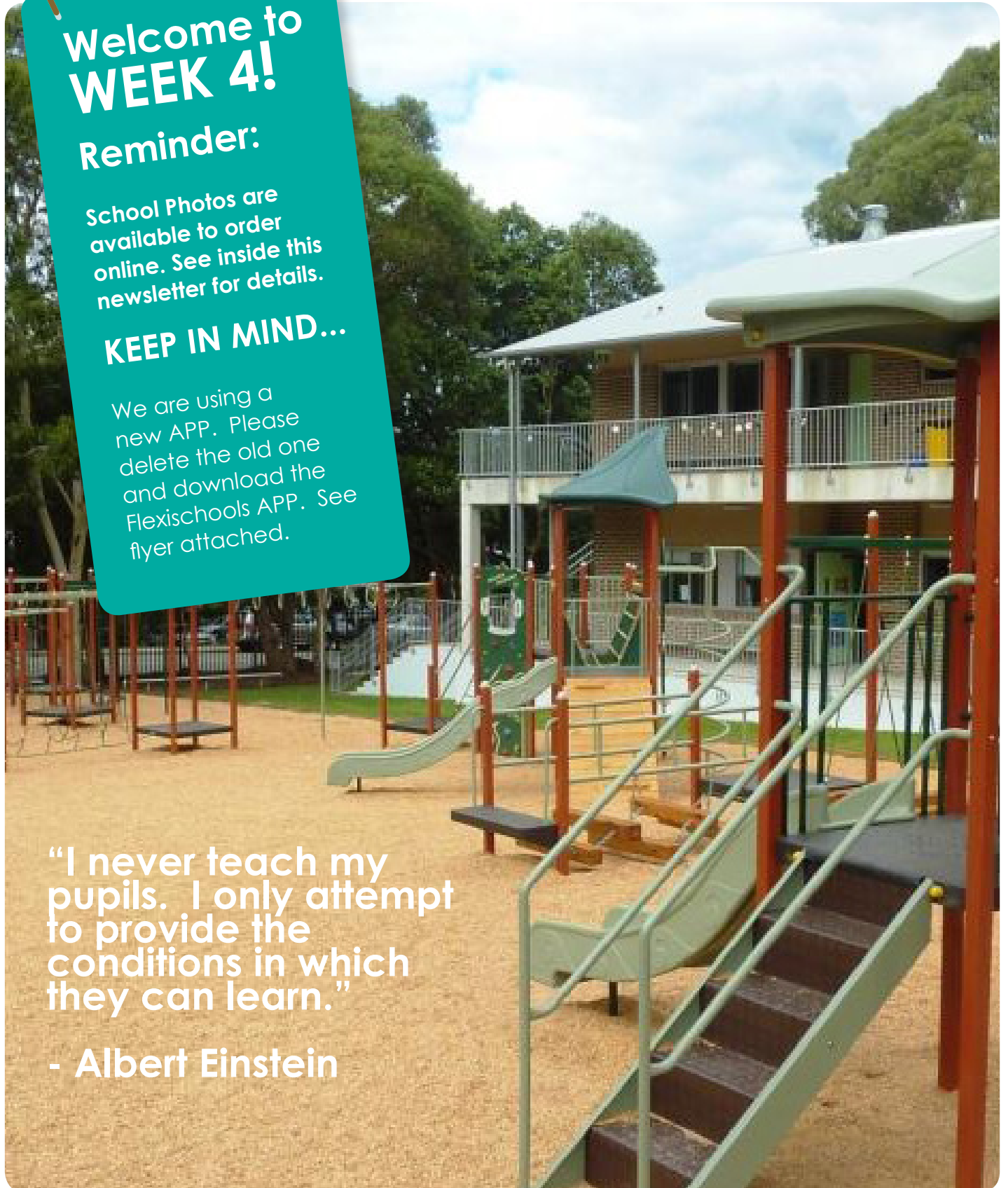
School Photos are available to order online. See inside this newsletter for details.

KEEP IN MIND...

We are using a new APP. Please delete the old one and download the Flexischools APP. See flyer attached.

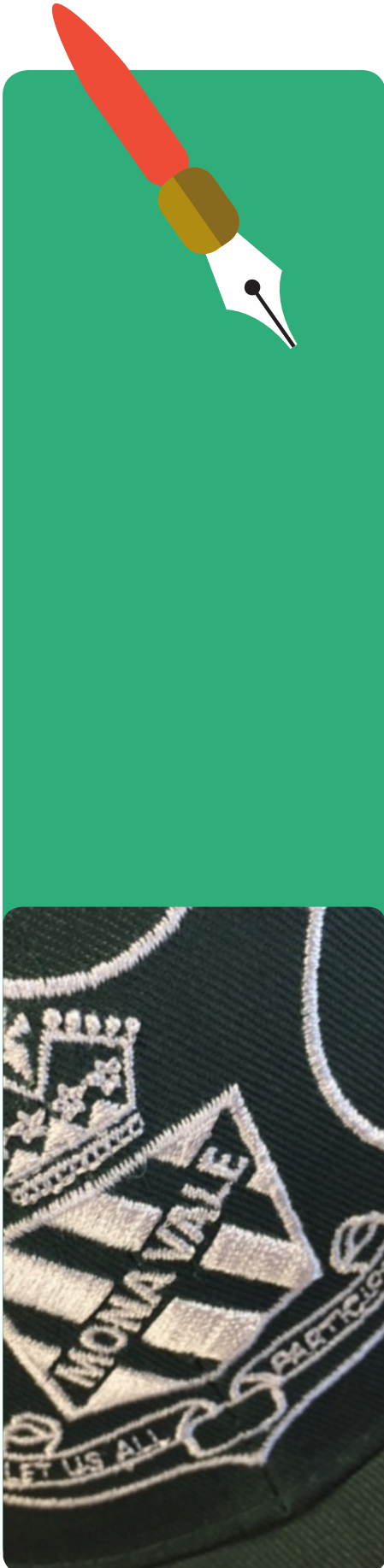
"I never teach my pupils. I only attempt to provide the conditions in which they can learn."

- Albert Einstein





From the Principal



Dear Parents

It is with a sense of mixed emotions that I informed our staff this morning that I will be retiring at the end of this term. Mona Vale has been a significant part of my life. I attended the school in 1969 as a student, was appointed to it as a teacher in 1979 and finally appointed as Principal in 2011.

I have been privileged to have worked with amazing staff, eager and enquiring students and wonderfully supportive parents.

I am proud that working with the community, I was able to secure a building program to replace our aging demountables, a new administration building and other facilities. This will provide our staff and students with world class facilities.

The joint Council and State Government commitment to build an 800 -1000 seat Performance Space, at the school, will see a magnificent venue that will benefit the whole Northern Beaches community. I am particularly proud to have been able to deliver this project with the support of Mr Rob Stokes and Dr Martin Hardy.

I have decided the time is right to do other things, but for now, I still have 6 weeks left to keep doing what I've done for the past 40 years, enjoy coming to work and improving outcomes for all of our students.

Regards

Greg Jones
Principal



From the Office

Administration Hours:

8:30am - 3:15pm

Our School APP

As many of you are aware we have been having increasing technical issues with our current school app. It was confirmed that the company that provides the app is no longer able to support our app. Therefore, the current app will no longer be used, please delete it from your device.

We will be trialling a new app which is provided by Flexischools. Many of you will already have the Flexischools app on your phone, if so please make sure you have enabled push notifications so that you can receive messages. The flyer attached to this newsletter explains how to download the app and it's functionality.

We have set up "quick links" which appear in the banner under the logo. The links can take you to frequently used tabs on our website ie Notes and Forms for the current term, Newsletters, Bands & Strings, Uniform Shop and Canteen. Below this will be any messages that we send and links to notes etc.

If you have other children at other schools that use Flexischools, you can have 2 or more schools listed under your Flexischools app.

The school website remains your "go to" place for any notes, information etc. The website has not changed in anyway, it is only the method of alerting you to new additions to the website that has changed.

Please download the app from the app store or google play now as we are changing with immediate effect.

Please note PAYMENTS to the school for your account, activities etc will remain the same ie paying through POP on the SCHOOL website or from your link in the email. Flexischool payments will remain as usual for payment for Canteen, Uniform Shop and other P&C events.

The only change is that you will no longer need the MVPS app as we will be using Flexischools to replace this function.



From the Office

Administration Hours:

8:30am - 3:15pm

Dangerous Driving Around Our School

Unfortunately, the dangerous driving practises continue around our school. Some of the issues reported this week are: parents dropping students off in staff car parks, parents parking in staff car parks, parents dropping students off on Mona Vale Road car park entrance forcing students to walk through the car park to enter school, u-turns and erratic driving. We are fearful a student is going to be injured or worse.

Everyone leads busy lives, please don't put your convenience over our student safety. Take the time to set an example for our future generations. Park safely and walk in, use the school drop off and pick up points in a legal and safe manner. If that means taking an extra 5 or 10 minutes in the morning or afternoon, surely that is worth it to protect our student safety. Your children!

PROTECT OUR CHILDREN



Drive safely,

Park safely

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.



From the Office

Administration Hours:

8:30am - 3:15pm

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 with your child's name and class!

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

“...beyond what I expected!
...truly are an angel...thank you so
much for all your huge efforts.
We are extremely grateful...The food
is absolutely amazing as well.”
- 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 5

Listen
carefully
without
fiddling.

(begins Monday 27th May)

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

WEEK 6

MONDAY 3rd

TUESDAY 4th

WEDNESDAY 5th

Zone Cross Country

2019 Kindergarten Open Morning
Tea

THURSDAY 6th

Year 1 & K-2P Travelbugs

FRIDAY 7th



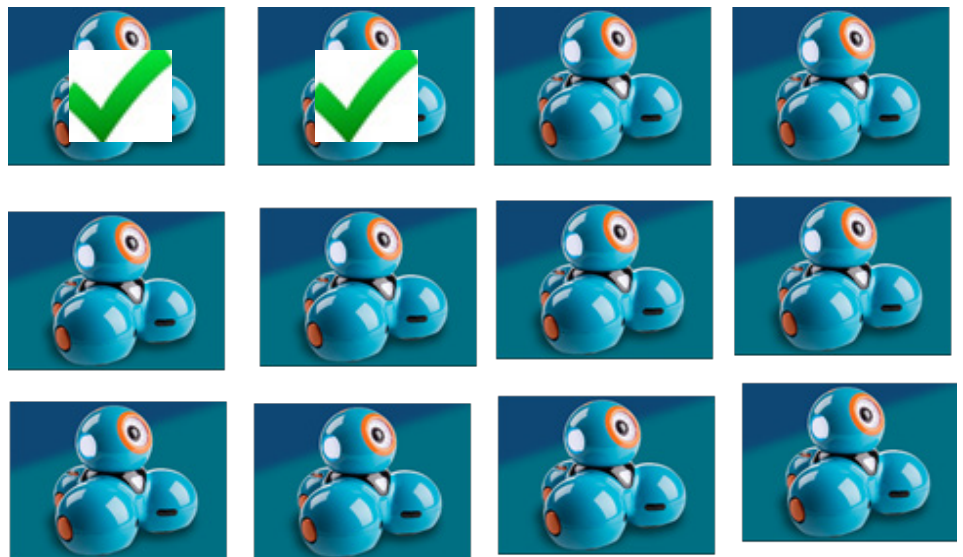
Earn & Learn

It's Earn And Learn Time!

So far we have collected over 200 sticker sheets!

That means we now have enough stickers to purchase 2 robots. What a fantastic effort but we would like to buy a classroom set of 12 robots – so we need to keep bringing those stickers in.

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



Thank You

Thank you to everyone who came to our movie night – it was so much fun and we raised \$3847, which is much-needed due to a number of families currently needing practical assistance through serious medical challenges.

A special thank you to all the lovely volunteers who sold raffle tickets on the night or did check-in duty (Sher H, Mel R, Michelle L, Jeannie L, Kerry G, Heidi B, Angela N, Deepa H), our photographer Daisy S, our raffle prize sourcer Belinda S and our committee for all their hard work.

Watch out for our next event (please FB like us to find out first) and please come along – it's a really fun night out! If you'd like to put your name down as an occasional volunteer or express interest in committee membership, please message us through FB or email us www.facebook.com/tenderlovingcommunity or info@tenderlovingcommunity.org.au.

Donation details can be found on our website www.tenderlovingcommunity.org.au or link through the school app. Thank you all! x

Regards

Janine Rogers
0410 541 785



House Winner

Week 4
placegetters are:

1st: Hawkesbury

2nd: Barrenjoey

2nd: Warringah

4th: Pittwater

The winner this week is...

Hawkesbury!



Canteen

	MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY 31st
5	Tina N Angus G Helen M	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	Steve T Jack P Danielle R	Katie P Mel S Helen M	Skye R Helen M Xtina G Helpers Needed
	MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th
7	Public Holiday	Esther Bev Michelle L	Donna R Kirstee H Danielle R	Emma B Terry K Helen M	Bec S Vanessa B Helen M
	MONDAY 17th	TUESDAY 18th	WEDNESDAY 19th	THURSDAY 20th	FRIDAY 21st
8	Danielle R Helpers Needed	Leonie T	Bev & Anne Danielle R Nikki Louise	Bec S Helen M Skye R	Angela I Helen M Suhento Shervy
	MONDAY 24th	TUESDAY 25th	WEDNESDAY 26th	THURSDAY 27th	FRIDAY 28th
9	Hanna J Kerry W	Marcela H Anne W	Danielle R Emma K Barb LG	Rebecca W Helen M Skye R	Xtina G Helen M Helpers Needed
	MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
10	Angus G Sasha W Danielle R	Donna R Kirstee H	Jack P Danielle R Hayley H Brad & Steve T	Helen M Sandy C	Last Day of Term Helen M Tina N Helpers Needed

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 27th	TUESDAY 28th	WEDNESDAY	THURSDAY 30th	FRIDAY
Volunteers Needed	Volunteers Needed		Volunteers Needed	
MONDAY 3rd	TUESDAY 4th	WEDNESDAY	THURSDAY 6th	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

We are now using Flexischools to make school communications even easier.

Flexischools makes it possible to:

- Receive school communications in real time
- Receive relevant year group communications
- Easily access other school services



 flexischools

Download the Flexischools app, subscribe to a communication group and get alerted on school news, events and more....

FOLLOW THE STEPS BELOW FOR SET UP.

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.



2 Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.



1300 361 769

flexischools.com.au



10 years supporting
the school community



Connecting schools
and parents



Over 1,400
happy schools

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MONA VALE
PUBLIC SCHOOL



P&C
ASSOCIATION

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

P&C PRESIDENT'S LETTER

WEEK 4, TERM 2



**P&C Contribution
– if you haven't
yet, you are able
to pay your child's
P&C contribution
of \$74 at any time
through the year.**

It was wonderful to see nearly 100 parents attend the P&C meeting on Tuesday evening. Thank you for taking the time to come and listen, and positively contribute to the school community.

I think everyone who attended would agree it was definitely an open and robust conversation between committees, but overall it was extremely positive and productive.

The P&C mission

P&C stands for Parents and Citizens. This means we (who are parents and citizens) are here to work with both the School, and also on behalf of the parents and citizens of the school community. Everyone on the P&C Executive is a parent first, and volunteer, second. I do ask therefore, for everyone in our community to consider very carefully about dragging individual names around, using poor language, or using email, gossip or social media in any way that could be seen as hurtful, an unbalanced view, unfair, or generally unkind. It's simply not acceptable.

We should be modelling the behaviour we expect from our children, so I do hope that after the meeting, there is a lot more clarity on this. Let's move forward, in a unified, positive, and mature way.

The P&C's mission is to promote all the interests of the school by bringing parents, students and teaching staff into close co-operation; assisting in providing funding for facilities, equipment and teaching resources for the school that are not supplied by the NSW Department of Education; supporting extra-curricular opportunities, promoting the recreation and welfare of the students at the school; and encouraging parent and community

participation in events, curriculum discussions, managing how funds are spent and ensure any funds are used fairly and rationally, and responding to school community concerns.

The Annual Audit and Budgets

On Tuesday night, the P&C were thrilled to be able to present the results from the long-awaited audit, which showed that all funds over the past 3 years were all accounted for, and had been well used, and fairly distributed. The audit was prepared by an independent, professional auditor, and results have been accepted by the School Executive, and will be made available to the school community shortly. Thank you to Stacey Manning and Kiri Clancey for their incredible work on this.

Unfortunately the P&C is not in the same strong financial position it was 5 years ago, despite the growing student numbers. Surpluses have been well spent, but this means there is a current shortfall of funds to be able to do want needs to be done in 2019.

2019 financial position

The MVPS P&C accounts are showing that while we are "in the black", we are not in a strong financial position to be able to make any additional big commitments or spends right now. All P&C sub-committees are doing well and have a commitment to annual account audits, and to continue to make a contribution back to the central P&C account annually.

Together we improve the finances

The P&C welcome your participation and great ideas that will help every child at Mona Vale Public School. There are limited ways the P&C can

How are the funds used that helps my child?

Over the past 5 years the P&C has collectively returned over \$450,000 back to the school community to be redistributed.

- Air conditioners for every classroom around the school
- New Bubblers around the school
- Numeracy & Literature programs including - readers for K-2
- Comprehension boxes for Years 3-6 students
- Whole class novel sets for every classroom
- Multi-lit reading recovery program – supporting dozens of children each term with literacy and reading concerns
- Extension class reading sets
- Maths teaching resources
- Purchase of sports and exercise equipment
- Assisting outstanding students with sports/activities representation costs
- Year 6 farewell annual donation
- Supporting TLC with a commitment of funds
- Band & Strings programs to upkeep instruments, purchase instruments, and assist orchestra formation
- Maintaining and upgrading Canteen facilities and menu products
- Maintaining and upgrading Uniform Shop facilities and ensuring quality stock
- Playgrounds and playground upgrades
- Putting on, or supporting large scale school community events such as Christmas Carol Concerts and Welcome Picnics
- Maintaining insurances, paying Uniform and Canteen staff, monthly book keeping and annual audits

raise funds... On your child's school fees, you may have noticed an item called **"P&C Annual Voluntary Contribution" of \$74.00**. This amount split two ways – \$40.00 for P&C Building Fund (tax deductible) and \$34.00 for the P&C General Contribution.

Contributions at beginning of May 2019 had been made by 69% of the student population. Ideally by this time in the year, this needs to be above 80% for the P&C to continue to provide the same level of contributions back to the school.

If you haven't yet, you are able to pay your child's P&C contribution of \$74.00 at any time through the year. Encouraging others to pay their fair share of the annual voluntary fee on their child's school fees, supporting the Uniform Shop and Canteen who return surplus income to the P&C, supporting school events and fundraising activities (eg. Welcome picnics, Mother's Day Flowers, Father's Day BBQ etc), or purchasing in the annual Car Raffle, will also make a significant difference.

The Social & Events committee also have some exciting plans for later in the year as a fundraiser. Stay tuned!

The P&C is committed to:

- Budget finalisation and budget agreement for the overall P&C as well as Uniform, Canteen, and Band & String Sub-Committees
- Projected revenues and therefore school contribution for 2019, 2020 and beyond
- Pay the 2018 \$40k donation commitment to school
- Work towards making a \$50k

school donation for 2019

- Continue to support the 'Maker Space' area through fundraising to purchase equipment.
- Investing in school resources to help every child & their needs
- Maintaining quality standards in the Canteen and Uniform Shops, and continued investment in the P&C Band & Strings program
- Purchase Canteen fridge freezer
- Supporting Year 6 Graduation
- Supporting outstanding students representing at a State, National or International level
- Maintain ability to cover \$30k in on-going expenses such as audit fees, book keeping, insurance, event kitty, etc
- Investing in school resources to help every child & their needs

Where would you like to see P&C funds go?

As much as the P&C would love to be able to donate to EVERYTHING – we have budget limitations.

As a community, do we want more playground upgrades, further investment into Band & Strings program, to purchase more classroom and teaching learning resources, purchase or upgrade sports equipment for our growing school population, support other additional extra curricular activity programs such as drama, dance, and choirs? We welcome all your ideas.

Again, I thank the P&C Exec for their support and 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@monavalepspca.com.au

Nichole Alexander
MVPS P&C President

Northern Beaches Music Festival 2019

Wednesday 12th June (Day 1)

Session 1: 5:00pm

- Curl Curl North Public School Training Band (Lemin Luu)
- Manly Vale Public School Senior Band (Ben Dickson)
- St Kieran's Catholic Primary School Senior Band (Surrey Hodges)
- St Luke's Grammar School Intermediate Concert Band (Kylie Tyson)

Session 2: 6:40pm

- Allambie Heights Public School Performance Band (Surrey Hodges)
- Kambora Public School Performance Band (Ben Perche)
- Manly Vale Public School Junior Band (Ben Dickson)
- St Luke's Grammar School Wind Ensemble (Kylie Tyson)

Thursday 13th June (Day 2)

Session 1: 5:00pm

- Elanora Heights Public School Training Band (Solomon Frank)
- Harbord Public School Intermediate Band (Sandie Rose-Castle & Andrew Laurich)
- Narraweena Public School Senior Band (Rick Robertson)
- St John the Baptist Catholic School Concert Band (Danielle Cosford)

Session 2: 6:40pm

- Brookvale Public School Concert Band (Jason Smith)
- Harbord Public School Concert Band 1 (Sandie Rose-Castle)
- St John the Baptist Catholic School Training Band (Raylie-Anne Baldock)
- St Rose Catholic Primary School Concert Band (Rachel Rule)

Friday 14th June (Day 3)

Session 1: 5:00pm

- Elanora Heights Public School Senior Band (Rachel Rule)
- Harbord Public School Junior Band (Sandie Rose-Castle & Debbie English)
- Manly West Public School Intermediate Band (Penelope Coucill)
- NBSC Mackellar Girls Campus Concert Band (Vanessa Patterson)

Session 2: 6:40pm

- Harbord Public School Concert Band 2 (Sandie Rose-Castle & Debbie English)
- Manly West Public School Performance Band (Penelope Coucill)
- Mater Maria Catholic College Concert Band (Klara Hollestelle-Watson)

- Newport Public School Training Band (Ben Swatton)

Sunday 16th June (Day 5)

Session 1: 9:00am

- Collaroy Plateau Public School Concert Band (James Power/ Kylie Tyson)
- Curl Curl North Public School Senior Band (Tim Collins)
- Frenchs Forest Public School Training Band (Kinsey Alexander)
- Northern Beaches Christian School Concert Band (Dani Cosford)

Session 2: 10:40am

- Balgowlah North Public School Senior Band (Natascha Harris)
- Cromer Public School Training Band (Tim Collins)
- Dee Why Public School Concert Band (Sasha Stocken)
- Northern Beaches Christian School Training Band (Raylie-Anne Baldock)

Session 3: 12:20pm

- Balgowlah North Public School Concert Band (Natascha Harris)
- Cromer Public School Senior Band (Tim Collins)
- Dee Why Public School Training Band (Sasha Stocken)
- Frenchs Forest Public School Intermediate Band (Ben Swatton)

Session 4: 2:00pm

- Cromer Public School Intermediate Band (Tim Collins)
- Killara High School Concert Band 2 (Melissa Mony)
- Killarney Heights Public School Senior Band (Christine Young)
- Wheeler Heights Public School Training Band (Anthony MacDermott)

Session 5: 3:40pm

- Collaroy Plateau Public School Performance Band (Kylie Tyson)
- Collaroy Plateau Public School Training Band (Kylie Tyson)
- Killarney Heights Public School Concert Band (Nic Jeffries)
- Middle Harbour Public School Senior Band (Bryan Randall)

Session 6: 5:20pm

- Frenchs Forest Public School Performance Band (Kinsey Alexander)
- Killarney Heights Public School Junior Band (Nic Jeffries)
- **Mona Vale Public School Intermediate Band (Jacqui Shaw)**
- The Forest High School Wind Ensemble (Ben Dickson)

Session 7: 7:00pm

- **Mona Vale Public School Concert Band (Jacqui Shaw)**
- Our Lady Of Good Counsel Performance Band (Janella Fyfe)

- St Joseph's Catholic Primary Narrabeen Concert Band (Monique Warokka)
- The Forest High School Concert Band (Lemin Luu)

Tuesday 18th June (Day 6)

Session 1: 5:00pm

- Arts Alive Combined Schools Band Junior Secondary Band (Matthew Hurditch)
- Beacon Hill Public School Concert Band (Matthew Hurditch)
- Newport Public School Intermediate Band (Ben Swatton)
- Pittwater High School Symphonic Band (Martin Hardy)

Wednesday 19th June (Day 7)

Session 1: 5:00pm

- Allambie Heights Public School Training Band (Surrey Hodges)
- Beacon Hill Public School Intermediate Band (Matthew Hurditch)
- Killarney Heights High School Concert Band (Nic Jeffries)
- Oxford Falls Grammar School Concert Band (James Hill)

Session 2: 6:40pm

- Allambie Heights Public School Concert Band (Surrey Hodges)
- Curl Curl North Public School Junior Band (Frances Fordham)
- Oxford Falls Grammar School Symphonic Wind Ensemble (James Hill)
- St Kieran's Catholic Primary School Junior Band (Surrey Hodges)

Thursday 20th June (Day 8)

Session 1: 5:00pm

- Brookvale Public School Training band (Solly Frank)
- Northern Beaches Christian School Wind Orchestra (Michael Murphy)
- Seaforth Public School Performance Band (Rob Jardine)
- Stella Maris College Concert Band (Rob Sutcliffe)
- Stella Maris College Senior Band (Jessica Maker)

Session 2 Special Concert: 7:00pm

Friday 21st June (Day 9)

Session 1: 5:00pm

- Arts Alive Combined Schools Band Primary Band (Matthew Hurditch)
- Forestville Public School Concert Band (Matthew Hurditch)
- Manly West Public School Training Band (Penelope Coucill)
- The Pittwater House Junior Band (Kelvin Anderson)

Session 2: 6:40pm

- Forestville Public School Training Band (Lemin Luu)
- Manly West Public School Concert Band (Penelope Coucill)
- The Pittwater House Performance Band (Kelvin Anderson)
- The Pittwater House Symphonic Winds (Mr Kelvin Anderson)

Sunday 23rd June (Day 11)

Session 1: 9:00am

- Bilgola Plateau Public School Training Band (Robert Sidaway)
- Middle Harbour Public School Concert Band (Ray Hampton)
- St Ives North Public School Senior Concert Band (Luis Madrid)
- Wheeler Heights Public School Intermediate Band (Shauna Tyson/Derek Barg/Kirrily Swatton)

Session 2: 10:40am

- Bilgola Plateau Public School Performance Band (Robert Sidaway)
- Middle Harbour Public School Training Band (Luis Madrid)
- Narrabeen Lakes Public School Senior Band (Jennifer Power)
- St Ives North Public School Junior Concert Band (Robert Jardine)

Session 3: 12:20pm

- Bilgola Plateau Public School Concert Band (Robert Sidaway)
- Forestville Public School Intermediate Band (Christine Young)
- Narrabeen Lakes Public School Training Band (Jennifer Power)
- Pittwater High School Concert Band (Joshua Hughes)

Session 4: 2:00pm

- Avalon Public School Concert Band (Sarah Shaw)
- Balgowlah North Public School Training Band (Angus Bullough)
- Belrose Public School Performance Band (Katie Anderson)
- Pittwater High School Performance Band (Fiona Gudmunson)

Session 5: 3:40pm

- Avalon Public School Senior Band (Sarah Shaw)
- Barrenjoey High School Concert Band (Joshua Hughes)
- **Mona Vale Public School Training Band (Joshua Hughes)**
- Narrabeen North Public School Performance Band (Janella Fyfe)

Session 6: 5:20pm

- Arts Alive Combined Schools Band Senior Secondary Band (James Hill)
- Avalon Public School Training Band (Sarah Shaw)
- Newport Public School Performance Band (Ben Swatton)
- Northern Beaches Symphonic Youth Band (Jennifer Power)

Session 7 Gala Concert: 7:00pm

- **Mona Vale Public School Performance Band (Joshua Hughes)**
- NBSC Mackellar Girls Campus Performance Band (Vanessa Patterson)
- Northern Beaches Concert Band (Sarah Shaw)
- Northern Beaches Symphonic Wind Ensemble (Dr Martin Hardy)
- Terrey Hills Public School Concert Band (Bec Hildebrandt)

LIVE LIFE WELL

Great reasons to be active for children and parents:

- ✓ boosts confidence
- ✓ improves fitness
- ✓ makes bones and muscles stronger
- ✓ improves posture
- ✓ helps maintain a healthy weight
- ✓ lowers the risk of heart disease
- ✓ reduces stress
- ✓ improves sleep
- ✓ reduces the risk of cancer
- ✓ improves self confidence
- ✓ teaches you new skills
- ✓ develops better motor skills
- ✓ makes a person happier with their body
- ✓ lower risk of disease including heart disease and cancer later in life.



4 reasons to send snow peas for Crunch&Sip®

1. Kids love their crunchy texture and sweet flavour
2. They are a source of iron, protein and potassium
3. They don't bruise easily
4. They make an exciting change for Crunch&Sip®

