



# Mona Vale Mail

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Welcome to  
**WEEK 9!**

**Reminder:**

Year 6 photos have  
been rescheduled for  
Tuesday 2nd July.

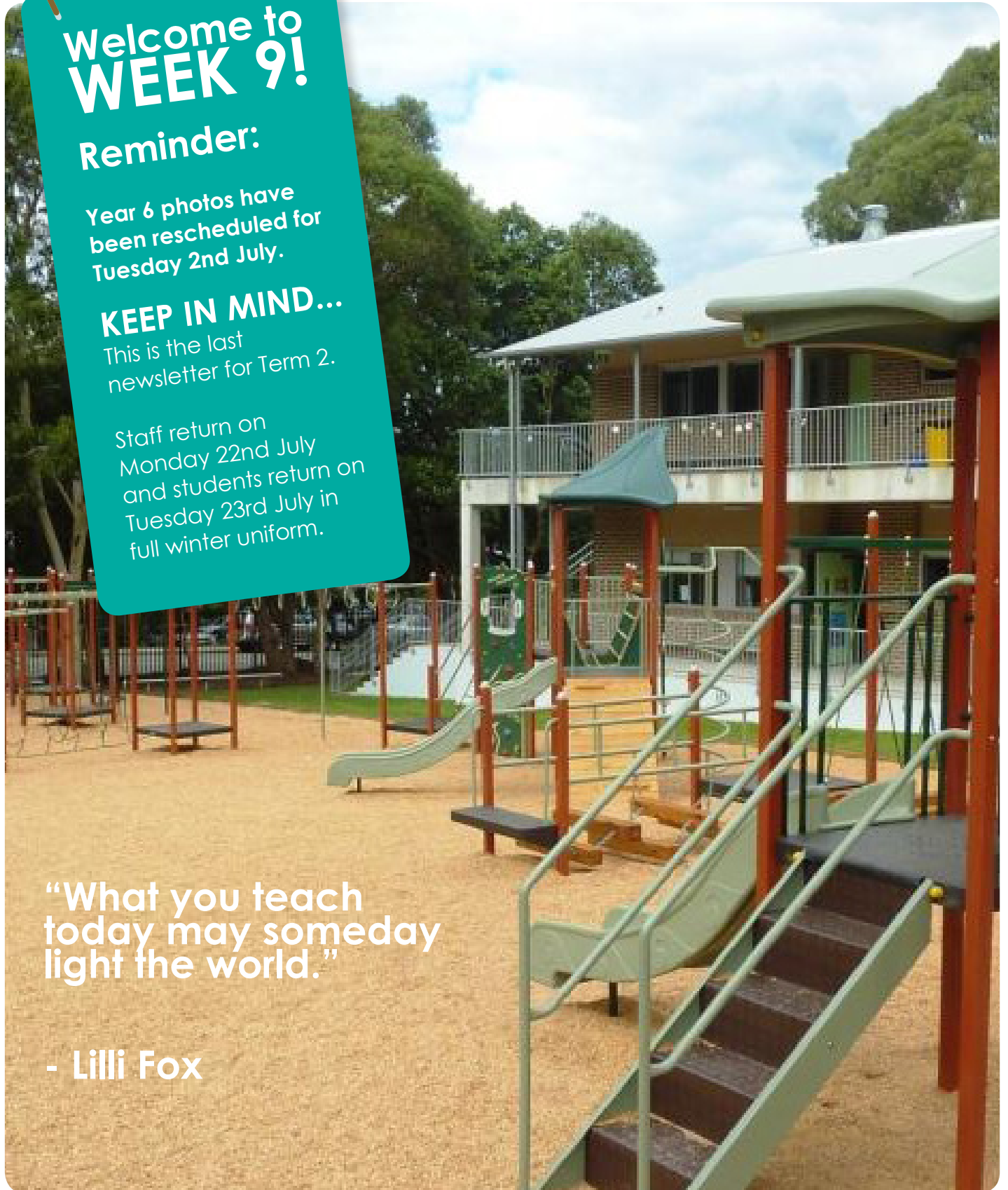
**KEEP IN MIND...**

This is the last  
newsletter for Term 2.

Staff return on  
Monday 22nd July  
and students return on  
Tuesday 23rd July in  
full winter uniform.

**"What you teach  
today may someday  
light the world."**

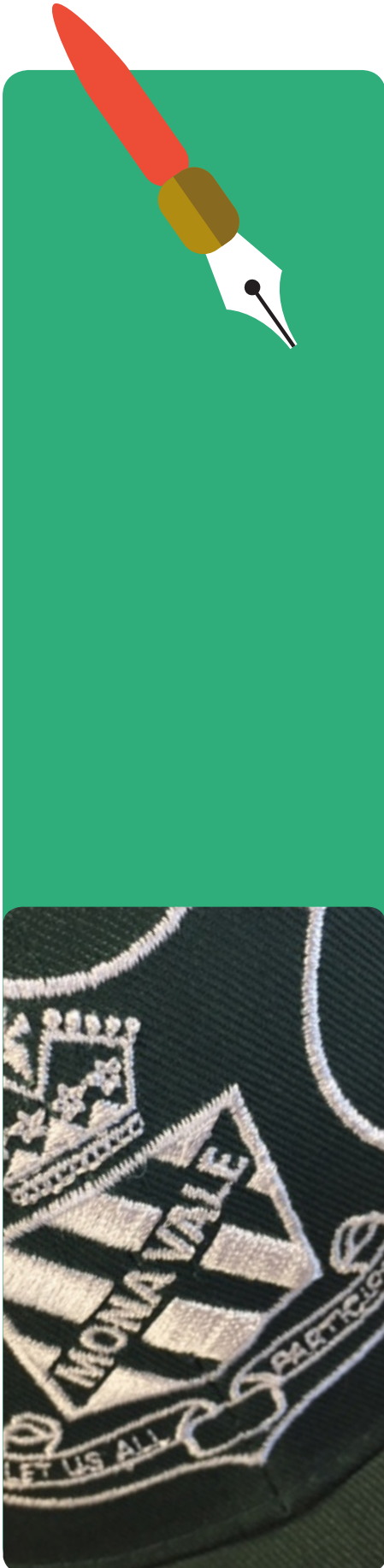
**- Lilli Fox**





# From the Principal

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Dear Parents

This will be my last Mona Vale Mail and I write it with a sense of achievement and nerviness at the same time. The school has been a large part of my professional life, starting at the school as a student in 1969, being appointed as a teacher in 1979 and finally as Principal in 2011. While this part of my life finishes another part starts and I'm looking forward to spending more time with my family especially my three grandsons Bede, Emerson and Dustin. I wish to thank the community for trusting me to lead our school and supporting me in my time as Principal. I would also like to thank the amazing colleagues I have had the pleasure to work with at Mona Vale from Administration to Teaching staff. A special thanks to my Senior Executive staff Mrs Shirlee-Ann Curtis, Mrs Simone Rizzuto and Mrs Leonie Gallard who have made my job look so easy.

I look forward to walking past the school and seeing the changes that will inevitably come. I will always be a strong advocate for public education and wish Mona Vale and its community all the best in the years ahead.

Thank you and good bye.

**Greg Jones**  
**Principal**



# Calendar

## Mona Vale Manners

### Week 10

Wait for adults  
to finish their  
conversation  
before speaking  
to them and  
remember to  
say,  
“Excuse me,”  
when you do.

*(begins Monday 1st July)*

#### WEEK 10

MONDAY 1<sup>st</sup>

TUESDAY 2<sup>nd</sup>

**Year 6 & Leadership** photos  
**Senior Girls** Sydney North Dance

WEDNESDAY 3<sup>rd</sup>

**9:30am** 2020 Kindergarten Open Morning  
**Senior & Junior Boys** Sydney North Dance Festival

THURSDAY 4<sup>th</sup>

**9:30am** Honour Assembly

FRIDAY 5<sup>th</sup>

All groups Sydney North Dance  
Last day of Term  
**Students return Tuesday 23rd July**

#### WEEK 1

MONDAY 22<sup>nd</sup>

**Staff Development Day**

TUESDAY 23<sup>rd</sup>

**Students return**  
**Year 2** Swim Scheme

WEDNESDAY 24<sup>th</sup>

**Year 2** Swim Scheme  
**Year 3** @ Field of Mars

THURSDAY 25<sup>th</sup>

**Year 2** Swim Scheme  
**Year 3** @ Field of Mars

FRIDAY 26<sup>th</sup>

**Year 2** Swim Scheme  
State Cross Country



# Open Evening

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**Mona Vale Public School  
Open Evening  
Thursday 8th August, 2019 4:30-7:00pm**

**Destination Moon!  
More Science, More Curiosity at MVPS!**

## **Sorry!**

Apologies but we're not quite ready to open up the online booking systems for the incursions. We will APP out a message as soon as we are ready to go. Keep being curious!





# Pittwater Short Story Awards

## Pittwater Short Story Awards – And The Winner Is.... Zoe E!

On Tuesday, **Enzo P** and **Zoe E** attended the Pittwater Short Story Awards Evening as finalists in the 9-12 year age group. Zoe was the overall winner with her story, Soaring and Enzo's story was called Never Trust a Jelly fish! Zoe earned herself a great book voucher for Berkelouw Books and a trip to Hachette publishers in the city to learn more from writers and editors about what makes a great short story!

**Congratulations** to our students and please enjoy reading their stories! Also, a big thank-you to Berkelouw Books in Mona Vale for giving talented writers on the peninsula a chance to shine!





# Never Trust a Jellyfish

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The opaque water of North Narrabeen Beach was tranquil as it threw jagged waves at the protesting rocks, pockmarked from constantly being splashed. I lay upon the soft, grainy sand, ashamed of my C - test result. I sighed in great disbelief. I was not accustomed to getting low marks on assessments. Usually, I would be the 'nerd kid' who always received an A+ from my teachers. Usually, I would be joyfully running around the beach light-heartedly. I made an attempt to relieve the tension pumping through my body, but all that arrived was even more grief. As I dipped into the cold, icy water, I felt a soothing feeling that made me relaxed. For some reason, water always seemed to calm me down. I went deeper into the water I saw an amazing sight. Or was it? The sight was a gargantuan bloom of jellyfish. Normally, other people would jump out of their skin at the sight of a jellyfish bloom as big as the one I saw. That was when I made my big mistake.

I edged closer towards the bloom. After all, what could go wrong? Everything. I went to take a better look but I got too close to the bloom. I felt the wrath of a jellyfish's sting. Sorry, let me rephrase that. I felt the wrath of four jellyfish stingers. I cried out for help, but no-one was there. I was in complete solitude. Unluckily, I had no clue of how to save myself from jellyfish stings. I tried to make my way to shore, but I was blocked by the bloom. It seemed like I had no option but to drown in pain. I didn't give up so easily.

As the bloom slowly moved away, I was left a long way from shore. I was too weak to swim and there was no one to help. I closed my eyes. If it hadn't been for my naivety, none of this would've happened! I felt a sinking feeling. Maybe I was indeed sinking. But I didn't care. There was nothing I could do about it. I had let myself down.

Moral: Never assume that you live in a perfect world and that absolutely everything is harmless.





# Soaring In The Sea

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My wings soared in the cool breeze of the day – I was gliding and whooshing and dancing with the wind – I was where I needed to be! The salty air refreshed me and my body. Above the shore I gazed down at the waves rolling along, the surfers jumping on their boards. The sand crunching under people's feet. Summertime had nearly ended for Palm Beach and people were celebrating it for the last time until the warmth returned.

Suddenly, a stab of pain shot right into my right wing! Cramp! I knew I had flown too high – up where the air is cold! I let out a squawk of agony as I began falling! Afraid of what would happen. Lower. And lower. Until...

The world was a shade of blue, covered in fish. I began to eye two lonely and small creatures dwelling at the bottom of the ocean, silent and gorgeous. With small rope tentacles and umbrellas as heads. They seemed harmless. My charred wing was soothed with the cold water. The coral danced with the tide, swaying and twisting to the beat of the ocean's heart.

The shades of the small creatures continually fluxed from shades of pink to bright blues. They too drifted and then rested to the rhythm of the tide and waves. I was unsure if I was alive or not but it amazed me how many creatures there really were. I spiralled down towards the two creatures to examine their beauty more closely.

SQUAWK! Their rope tentacles had shot electricity through my body; it battered my feathers as I lay on the ocean floor leaving me weak and helpless. Pain seeped through my body as if I were paralysed. I could taste the salt and sand while I stayed on the ocean floor. It felt like hours maybe days. But then I felt my small heart get slower. And slower. And slower. Until it just stopped.

I was still in the water but my beak began to change, my wings started to feel like blubber. I was astounded to see I felt like a stinger, but was I?

Yes! I felt like I was flying! I was soaring in the sea; I was gliding and whooshing and dancing with the tide! I was where I needed to be...



# Earn & Learn

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## And We're Done!

Earn and Learn is now finished for 2019. Thank you to everyone who has been collecting stickers, we have had a fantastic response.

Thank you also to the helpers we've had this last week. putting stickers on sheets – it's been a big job!

Now is the time to bring in all of your remaining stickers – check your bags, under the beds, down the sides of the sofa etc.

Last day to bring in stickers is Tuesday of Week 10, 2nd July.  
Final total will be posted in our next newsletter.







# Camp Australia

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Dear Families

Here we are almost at the end of term 2. What a fantastic nine weeks it has been so far, full of learning fun and discovery.

At Mona Vale OOSH we currently have 2 incursions running. These include YOGA AND MINDFULNESS and BRICKS FOR KIDS. Please let your child/ren know, if it interests them, please book them in so that they can come along.

YOGA and MINDFULNESS - This session focuses on mindfulness for 60 minutes. During this time, the children have an opportunity to express their emotions and build upon their self regulation. It provides time to relax and focus on yourself.

BRICKS FOR KIDS - This session focuses on the mechanical and technological side of LEGO STEM building for 60 minutes. During this time, the children's creative expression is supported intricately whilst exposing the children to concepts of science, technology, engineering and mathematics.

We are very excited to announce that we will have new resources arriving. These include board games, outdoor equipment, art and craft, sensory materials, tools and safety equipment. It was through collaboration with the children that we came up with our new resources and we look forward to sharing and exploring with the materials.

On a personal note, I would to say thank you for making me feel so welcome. It has been wonderful to build relationships with the children, families and the Mona Vale community. Please feel free to come and see me at any time - my door is always open.

Zivana (Coordinator) and the Mona Vale Camp Australia Team



# Sport News

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**Congratulations** to our Regional Cross Country runners. You all did us so proud. We had some remarkable results in a very competitive field.

Lachie B - 7th  
Scarlett H - 9th  
Matilda B - 20th  
Ailbhe R - 15th  
Sam M - 17th  
Mia S - 12th

A **HUGE** congratulations to **Cobin F** who placed 2nd and will now run at State early next term. WOW!

Congratulations to Archer, Archie, Sam C, Milla, Amara and Tasha for doing your personal bests.

Thank you

**Mel Stevenson**  
**Assistant Principal, Stage 3**  
**Sport Coordinator**



# House Winner

Week 9  
placegetters are:

1st: Barrenjoey

2nd: Warringah

3rd: Hawkesbury

4th: Pittwater

# The winner this term & week is...

## Barrenjoey!



Thanks for a fab time in the canteen this Term. Thanks to all the volunteers who are amazing giving up their time to help out in the canteen. It's much appreciated.

Frankfurter Friday was nuts last week with the canteen selling out of frankfurters at both recess and lunch – stocks are ready for tomorrow.

If anyone can help out on the last day of Term that would be great.

Enjoy the holidays and take time to enjoy family times.

Look forward to seeing everyone Term 3.

# Canteen

	MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
10	Angus G Tina N	Sasha W Kirstee H <b>Helpers Needed</b>	Jack P Danielle R Hayley H Esther	Helen M Sandy C	Last Day of Term Helen M Nat W <b>Helpers Needed</b>
	MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th
1	<b>Staff Development Day</b>	<b>Students Return Sushi ONLY</b>	Danielle R	Helen M Brad	Helen M
	MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 1st	FRIDAY 2nd
2	Elaine G Anne W	Bev Michelle L Esther N	Hayley H Jack P Danielle R	Helen M Tina N	Bec S Sam M Severine D Helen M
	MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
3	Angus G Jodie H Rebecca S	Corrina Amy Kirsty L	Natalie W Anthea F Danielle R	Helen M Rebecca W	Vikki K Kerry W Helen M
	MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
4	Stuart Shelley Jessica	Gi G Angela I Skye R	Danielle R Bec Sanet	Terry K Helen M	Julie R Nikki H Mel Helen



# Uniform Shop

## Opening Hours

**Mondays 2:30pm - 3pm**

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

On behalf of everyone at the uniform shop, we wish Greg Jones all the best for retirement. Thank you for all of your support over the years, we have seen many positive changes to the uniform and hope you will be proud of the kids looking so smart in the years to come.

Wishing everyone a happy and safe school term break, see you next term. Thank you to all our volunteers over this term, your help is always very much appreciated.

**Term 3 Week 1.** The uniform shop will be closed Week 1 back in Term 3.

**Year 2** please remember you have swimming scheme coming up after the holidays, if you need another set of sport uniform, please come in before the end of term (or place a Flexischool order this week).

Profits made during the year in the uniform shop are given back to the P&C to support initiatives.

Regards

**Hanna Jones**  
**Uniform Coordinator**  
**[uniformshop@monavalepsca.com.au](mailto:uniformshop@monavalepsca.com.au)**





# 2019 Term Dates

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## 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

WELCOMES YOU TO OUR 2020 KINDERGARTEN OPEN DAY



You are invited to attend one of our Kindergarten Open Days on

**Wednesday 5<sup>th</sup> June or Wednesday 3<sup>rd</sup> July**  
**9:30am to 11:00am**

The Open Days will provide information about the opportunities available at our wonderful school and include a school tour.

Mona Vale Public School  
Waratah Street Mona Vale 2103  
PH: 02 9999 3481  
Email: [monavale-p.school@det.nsw.edu.au](mailto:monavale-p.school@det.nsw.edu.au)



*Excellence – Innovation Community*





# YEAR 5 & 6 DISCO



**Date:** Friday 28<sup>th</sup> June 6-7:30pm

**Where:** MVPS School Hall

**Cost:** \$12 entry via flexischools  
or \$15 on the night

All money raised will go to supporting  
the Mona Vale Band & String program.

**Theme:** Black & White

**Ideas:** Piano, dominoes, orca,  
soccer ball, checkerboard, zebra,  
penguin, dice, dalmatian, panda, ying-  
yang.





You are invited to join us in the fight against cancer

# Christmas in July

## Charity Ball

Friday 5th July 2019



fight  
on the  
beaches

Fundraising for Cancer Research

7pm ~ Midnight  
Miramare Gardens  
48 Myoora Road, Terrey Hills NSW 2084

3 Course Meal  
Prizes and Auctions  
Special Guests & Entertainment



\$190 pp - Buy Tickets Now  
[www.fightonthebeaches.com](http://www.fightonthebeaches.com)



FIGHT FOR A  
**CURE**  
UNITING COMMUNITIES AGAINST CANCER

**belle**  
PROPERTY

All profits will be donated to Fight for a Cure Ltd to fund cancer research and local early detection and prevention programs.

# 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

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## 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.



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Rotary Club of Upper Northern Beaches  
invites your school to join in a partnership to support

## **ROTARY'S BIG DIG**

TOGETHER WE CAN RAISE FUNDS TO SUPPORT THE  
NORTHERN BEACHES COMMUNITY YOUTH PROGRAMS  
PROMOTING BETTER YOUTH MENTAL HEALTH OUTCOMES



**The Big Dig is a fun filled beach event for all the Family!**

**FIND 'TREASURE' IN THE SAND WALK THE PLANK DUNKING MACHINE  
CRAFTY FUN SAND SCULPTURE COMPETITION GIANT GAMES  
AND NEW THIS YEAR - SIDE SHOW ALLEY & GIANT JUMPING CASTLE**

**HELP US MAKE ROTARY'S 2019 BIG DIG  
A REALLY SPECTACULAR EVENT & FUNDRAISER ...**

By distributing our Colour-in Flyer  
Placing Posters on Fences & near Canteen  
Include a poster & article in the E-Newsletter

**Contact Bev at 0409 228 551 ♦ [bevyakich@gmail.com](mailto:bevyakich@gmail.com)**



TICKETS: "TRYBOOKING"  
OR ON THE DAY FROM 9:30AM

# ROTARY'S BIG DIG TREASURE HUNT

NAME: .....

AGE: .....

**SUNDAY, 15<sup>TH</sup> SEPTEMBER, 2019, 10<sup>AM</sup> — 9:30 REGISTRATION**  
**COLOURING COMPETITION**



**BRING TO THE BIG DIG**



*Help Ollie keep the ocean clean - don't use throw away plastic!*

# LIVE LIFE WELL

## Tempting taste buds

Some children dislike vegetables, however they are still an important food group. Some ideas to tempt reluctant vegetable eaters include:

- Disguising them by blending, mashing and adding them to soups, stews or sauces.
- Offer them raw. Lots of kids prefer crunchy vegetables rather than cooked ones. Carrots, cauliflower, beans or broccoli are great eaten raw.
- Involve children in preparing or growing vegetables. This increases their familiarity and willingness to try new vegetables.
- Serve cut up carrots, celery, tomato and cucumber with salsa, dips, cottage cheese or salad dressing.
- Add kidney beans, red lentils, baked beans or four-bean mix to casseroles, mince or stews.
- Mix mashed potatoes with mashed pumpkin or sweet potato.

## What is a serve of fruit?

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

## What is a serve of vegetables?

One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

Recommended daily intake for children		
Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

\* Please see page 2 ☺

## The Live Life Well team are looking for Parent Volunteers!

We are forming a parent committee of volunteers to help with the running of Live Life Well at school. This will involve the coordination of events such a 'Make Your Own Lunch' day at school. The purpose of this day is to educate students of the importance of nutrition, as well as how to make their own lunch!

If you are interested in helping our Live Life Well team in the running of these days, please complete the slip below and drop it off at the school office for Mrs Waterhouse.

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### **Live Life Well – Parent Volunteer Form**

**Attention:** Mrs Waterhouse

**Parent Name:** \_\_\_\_\_

**Student name and class:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

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