



# Mona Vale Mail

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**Welcome to  
WEEK 10!**

**Reminder:**

Last day of Term 3  
- Friday 27th  
September.

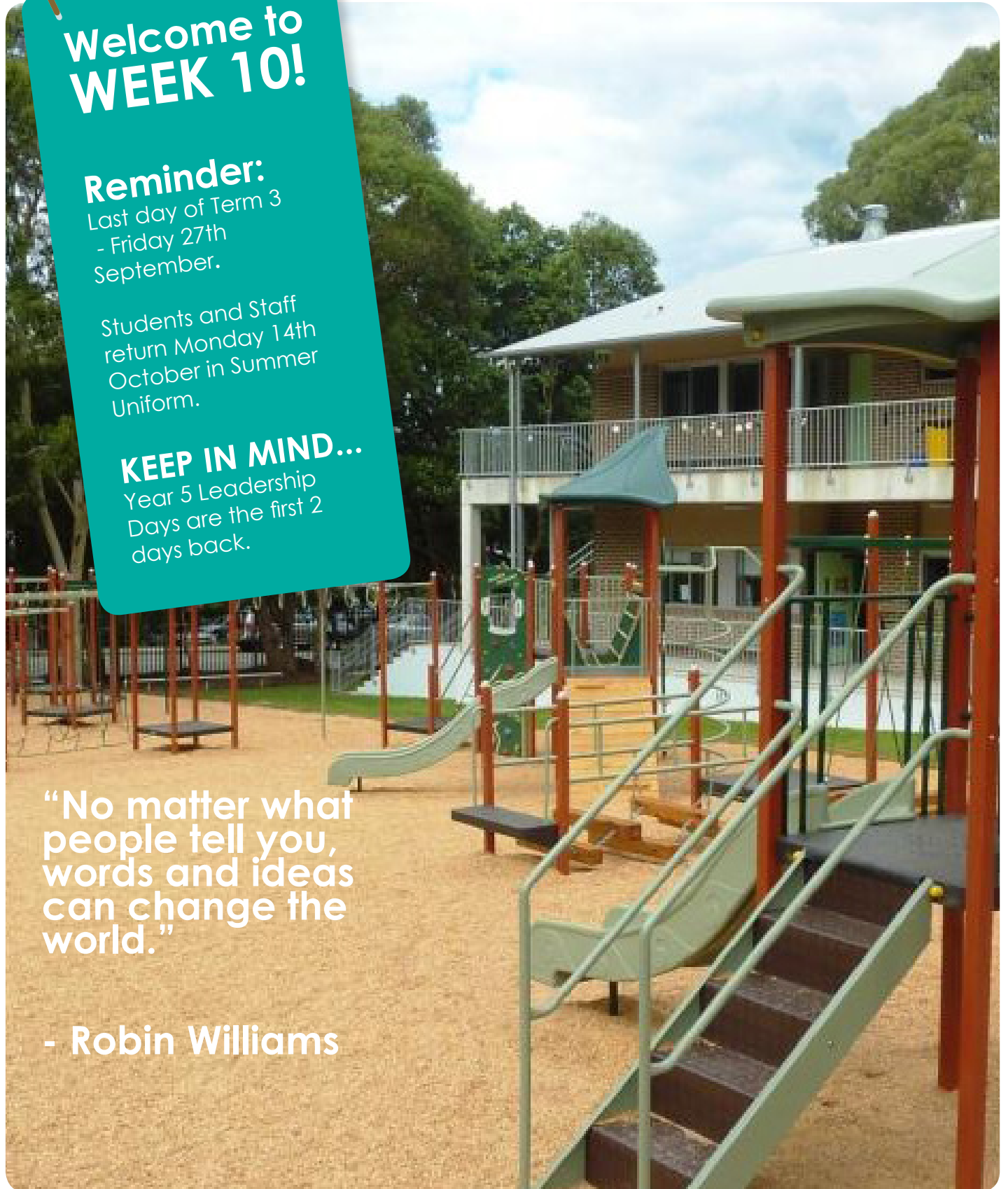
Students and Staff  
return Monday 14th  
October in Summer  
Uniform.

**KEEP IN MIND...**

Year 5 Leadership  
Days are the first 2  
days back.

**"No matter what  
people tell you,  
words and ideas  
can change the  
world."**

**- Robin Williams**





# Calendar

## Mona Vale Manners

### Week 1

Offer help to  
someone who  
has many things  
to carry.

(begins Monday 14th  
October)

#### WEEK 1

MONDAY 14<sup>th</sup>

Staff & Students return in Summer  
Uniform

Year 5 Leadership Day

TUESDAY 15<sup>th</sup>

Year 5 Leadership Day

WEDNESDAY 16<sup>th</sup>

Year 3 Incursion Fizzics

Sydney North Athletics

THURSDAY 17<sup>th</sup>

Year 3 Incursion Fizzics

Kindergarten Neuroscience  
Incursion

FRIDAY 18<sup>th</sup>

#### WEEK 2

MONDAY 21<sup>st</sup>

NSW Chess Tournament

TUESDAY 22<sup>nd</sup>

Year 4 @ The Rocks 3/4A, 4B, 4W

WEDNESDAY 23<sup>rd</sup>

Year 4 @ The Rocks 4M, 4D, 4L

OC 2020 Open Day

THURSDAY 24<sup>th</sup>

Colour Run

FRIDAY 25<sup>th</sup>



# From the Office

## Administration Hours:

**8:30am - 3:15pm**

## Notes On The Website

Please check the notes on the website regularly some Term 4 notes have been added.

## Year 5 – Selective High School Applications For 2021

If you would like to have your child considered for Year 7 selective high school entry in 2021, you need to apply on the internet using a valid email address (not the student's email address).

Information and an intention to apply information has been added to the school website – see the notes and forms tab, Term 4. Please complete the intention to apply slip and return it to your class teacher.

The application website opens on that link on 8th October 2019 and closes at 10pm on 11th November 2019. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 8th October 2019.

## Medications At School

Parents/carers of children who require prescribed medication to be administered at school must complete a written request form. A copy of this form is attached to this newsletter. Students must not carry medications unless there is a written agreement between the school and the student's parents/carers.



# From the Office

## Administration Hours:

8:30am - 3:15pm

## Year 6 Luna Park

Year 6 have an excursion to Luna Park on Tuesday 17th December. If you have an annual pass that you are planning to use or you know that you won't be attending, please email the school on [monavale-p.school@det.nsw.edu.au](mailto:monavale-p.school@det.nsw.edu.au).

## Have You Got The Right APP?

We have been using the Flexischools app since Term 2. It is working very well. If you have not downloaded the Flexischools app you will be missing out on important messages. Please see the flyer attached to this newsletter for details on how to download.

Regards

**Leonie Gallard**  
School Administration Manager



“ Just want to say a big thank you for all support that TLC has given us throughout this difficult time. Your help with the groceries and meals made a huge difference in our daily life while in hospital. Can't thank you enough. ”

- 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.





# Year 5 Leadership Days

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## School Captains and Prefects

Year 5 will complete two training days during week 1 of Term 4, learning all about teamwork, leadership and being a positive role model within our school.

The final activity will be a pre-selection, where Year 5 students nominate and second their peers to run for the leadership team of 2020. Fifteen girls and fifteen boys will be shortlisted and will be announced to the student body later that week. These candidates will wear a nominee badge and then be instructed to deliver a one minute impromptu speech at a time to be advised to the students.

### Role Description:

- Provide a positive role model, demonstrating leadership, Respect, Responsibility and Personal Best to the student body.
- An ambassador for the student body at school and in the community.
- Lead school assembly programs.
- Encourage students to take pride in their school.
- Assist any student in need when necessary.
- Willingly give time to help teachers and the community when requested.

### Essential Criteria:

- Ability to speak confidently in public.
- Demonstrated ability to maintain high standards of work and behaviour in class and school activities.
- Demonstrated school spirit and pride by:
  1. Wearing correct school uniform at all times.
  2. Following and modeling the school core values.
  3. Willing to attend school functions at a variety of times.
  4. Being trustworthy, courteous, reliable and helpful.



# House Winner

Week 10  
placegetters are:

1st: Barrenjoey

2nd: Warringah

3rd: Hawkesbury

4th: Pittwater

# The winner this term is...

## Barrenjoey!





# Northcott

## Northcott Athletics Carnival

On Wednesday the 4th of September, students from the Support Unit represented Mona Vale PS at the Northcott Athletics Carnival held at The State Sports Centre, Homebush. Students competed against a number of other schools in track and field events. Our Mona Vale students demonstrated their Personal Best and were successful in placing in a number of events.

Congratulations to all the competitors! It was a great day and we are very proud of your efforts.





# Chess

## Term 3 Chess News!



Congratulations to our winning Sydney Academy of Chess Interschool Challenge semi-finalists: Ben, Gabe, Jasper, Niklas and Jonas! Good luck for the final next term! Well done to our Friday afternoon competition winners: Gabe, Ben, Jonas, Niklas, Lucas, Jamie, Felix, Sam and Josh! And to our awesome rookies team with students from Years 1 to 3: April, Aiden, Haines, Oscar, Dante and Liam – it was fabulous watching you do so well against teams where nearly everyone was older than you – and winning lots of games too!

And gosh, lots of certificates in chess lessons too! Check out just some of our major certificate achievers!





Here we are at the end of Term 3. What a wonderful Term we've had in the canteen. Thank you so much to all those lovely canteen volunteers who help out.

We've been mixing up the FlexiSchools menu lately due to a few things – getting closer to the end of Term and trying to empty out freezers for the holidays – some delivery problems with sushi on a Friday plus difficulty in getting volunteer help has meant sushi has been cut from Fridays (however having said that the last day of Term sushi will be available). Every Friday the canteen really needs 4 volunteers.

We really enjoy trying new things in the canteen and thanks to all the great feedback from our new items.

All profits from the canteen go directly to the P&C and the school.

## Volunteers

The canteen needs volunteers all the time!

We have over 2000 parents at school and around 40 regular canteen volunteers. The roster can change at any time due to volunteer appointments/sick children/sick parents/life!

Ideally every day we need 2 or 3 volunteers and on a Friday 4. There are always ways to help in the canteen so please don't be shy! If you have time or want to help out at any time, get in touch by popping in or emailing on [canteen@monavalepspca.com.au](mailto:canteen@monavalepspca.com.au).

## Flexischools

### Watch out!

Our Flexischools choices will vary in Term 4 – watch out for some new choices and some changes to existing choices – there will be changes.

Great opportunity for children to try something new.

## Tip

If you find mornings are a rush at home then please use Flexischools to order the night before or set up a recurring order on days you know are going to be crazy!

## Enjoy

Enjoy the canteen community, get involved, encourage your children to try something new if an item they'd like or normally have is not available. Be positive about food.

## Term 4 roster

Below is the roster for Term 4. I hope you all have a fantastic school holiday. Enjoy each other.



# Canteen

	MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
1	Hanna J	Gi G Christina G	Louise Nikki	Bec B Sanet	Julie R Nikki H Mel Helen M
	MONDAY 21st	TUESDAY 22nd	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
2	Stuart Shelley Jessica	Michelle Hayley H	Danielle R Esther	Emma B Terry K	Helen M Karly J Bec P
	MONDAY 28th	TUESDAY 29th	WEDNESDAY 30th	THURSDAY 31st	FRIDAY 1st
3	Steve T Rebecca P Jodie H	Christina G Anne W	Barb LG Marcela H Danielle R	Michelle HA Mel S Helen M	Helen M Bev <b>Helpers Needed</b>
	MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
4	Angus G Tina N	Corrina B Amy	Jack P Emma K	Tatum M <b>Helpers Needed</b>	Danni R Helen M
	MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
5	Elaine G Helpers Needed	Kathryn C Michelle	Bev Anne Marie Danielle R	Bec S Helen M Katie P	Angela I Helen M <b>Helpers Needed</b>



# Uniform Shop

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## Opening Hours

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

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

**Summer Uniform:** Students are back in Term 4 with Summer Uniform. We have now moved the shop over to Summer Uniform.

**2019 Volunteer Portal** is now active for Term 4. Volunteers are always needed, even if you can spare a couple of hours once or twice a month. We are especially looking for volunteers to assist with the Kindergarten Orientation days on 7th / 14th / 21st November.

If you are able to volunteer in the shop, please go to website  
[www.carebookings.com.au](http://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 school initiatives.

Regards

**Hanna Jones**  
**Uniform Shop Supervisor**  
[uniformshop@monavalepspca.com.au](mailto:uniformshop@monavalepspca.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



Have fun at our fundraising movie screening!

Warriewood United Cinema	Adult w/champagne	\$40
Wednesday 13 November	Adult no drink	\$30
6.30pm for a 7pm start	Teen no drink	\$25

Book tickets at: [www.trybooking.com/553504](http://www.trybooking.com/553504)

[Facebook.com/TenderLovingCommunity](https://Facebook.com/TenderLovingCommunity) | [TenderLovingCommunity.org.au](http://TenderLovingCommunity.org.au)



MONA VALE  
PUBLIC SCHOOL



**P&C**  
ASSOCIATION

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

## END OF TERM 3 ALREADY!!



Hello MVPS Families,

As Term 3 comes to an end, I want to again thank the P&C committee, P&C Sub-Committee members, and the tribe of volunteers for their ongoing dedication to provide the kids at MVPS great opportunities and experiences. It's been another huge term including the Opening Evening, Father's Day, grade discos, Band and String ensemble performances, sporting events, busy days at the Canteen and Uniform shop, and much more in the classrooms and excursions! Without the P&C and the parent community, so much of this would not happen. The 1000's of voluntary hours each term that are dedicated to the school by parents is incredible, and make MVPS make it the amazing place that it is. Everyone's time and energy is always greatly appreciated. We know you juggle this between work, home and other children (I know I do!). So, a HUGE thank you!

I hope everyone is getting as excited as we are about the **RUN4COLOUR EXPLOSION** Fundraiser, taking place at school on Thursday 24th October. We welcome as many parents and carers to come and watch the fun, on the Waratah Street oval, and especially anyone that can help on the day with the set-up, or the actual event. More details to come re timing of the day. You can sign-up to help out by heading to:

<https://signup.com/go/hRRQtFD>

Please help your children to fundraise as much as possible, as all funds raised will help transform the "Maker

Space" into a state of the art creative arts, design and technology room for all our children. Not only will they have an incredible time running and getting really colourful and messy on the day, as a bonus, your child gets to choose an awesome prize for their fundraising efforts. See the fundraising form for all the details.

Recently, our MVPS Sport Coordinator, Mel Stevenson, and our P&C Secretary Kiri Clancy were fortunate enough to "shop till they dropped" at REBEL Sport Warriewood, thanks to our community who have shopped there. When you purchase at Rebel and you mention MVPS, 5% of the sale price comes back to us. The school was able to spend \$3,000 on a huge range of extra sporting equipment! Please keep shopping local, as it really pays off!

### NEXT P&C MEETING

**Tuesday 22nd October, at 7.30pm**

The first P&C meeting of Term 4. We welcome you all to join us. There will be last minute jobs for the RUN4FUN COLOUR EXPLOSION, plus discussion about the 2020 fundraising calendar, and the charity focus for the school, and a review of local businesses who support MVPS. We are grateful for the local business community support. .

Wishing you all safe and happy holidays.

**Nichole Alexander**

MVPS P&C President

(plus MV Mum, Wife and FT worker!)

Drop me an email at:

[president@monavalepspca.com.au](mailto:president@monavalepspca.com.au)

**NEXT P&C MEETING**  
**Tuesday 22nd**  
**October, at 7.30pm**

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







**THURSDAY, 24TH OCTOBER**

# COLOUR EXPLOSION

MONA VALE  
PUBLIC SCHOOL



P&C  
ASSOCIATION

Check your  
sponsorship form  
for information  
on how to raise  
money and earn  
great prizes!

**EARN INCREDIBLE PRIZES  
& RAISE FUNDS FOR MONA VALE'S  
AMAZING 'MAKER SPACE'**

**IT'S GOING TO BE SO MUCH FUN!!**





# COLOUR EXPLOSION HOW DOES IT WORK?



**1.** Every student will have been given the Sponsorship form by their teacher. You can get an additional form from the school office.



**2.** Check out all the amazing prizes your child can earn as they raise funds for their school! The more sponsorship funds they raise, the bigger the prizes!

Keep all cash raised in a safe place at home. Collection Information (date and where to bring it) will be announced in Term 4!

RAISE FUNDS			SPONSOR'S DETAILS		AMOUNT DONATED		OTHER AMOUNT		TOTAL	
SPONSOR	AMOUNT DONATED	OTHER AMOUNT	NAME	ADDRESS	AMOUNT	CURRENCY	AMOUNT	CURRENCY	TOTAL	CURRENCY
1	\$2.50				\$2.50	AUD			\$2.50	AUD
2	\$5.00				\$5.00	AUD			\$5.00	AUD
3	\$10.00				\$10.00	AUD			\$10.00	AUD
4	\$15.00				\$15.00	AUD			\$15.00	AUD
5	\$20.00				\$20.00	AUD			\$20.00	AUD
6	\$25.00				\$25.00	AUD			\$25.00	AUD
7	\$30.00				\$30.00	AUD			\$30.00	AUD
8	\$35.00				\$35.00	AUD			\$35.00	AUD
9	\$40.00				\$40.00	AUD			\$40.00	AUD
10	\$45.00				\$45.00	AUD			\$45.00	AUD
11	\$50.00				\$50.00	AUD			\$50.00	AUD
12	\$55.00				\$55.00	AUD			\$55.00	AUD
13	\$60.00				\$60.00	AUD			\$60.00	AUD
14	\$65.00				\$65.00	AUD			\$65.00	AUD
15	\$70.00				\$70.00	AUD			\$70.00	AUD
16	\$75.00				\$75.00	AUD			\$75.00	AUD
17	\$80.00				\$80.00	AUD			\$80.00	AUD
18	\$85.00				\$85.00	AUD			\$85.00	AUD
19	\$90.00				\$90.00	AUD			\$90.00	AUD
20	\$95.00				\$95.00	AUD			\$95.00	AUD
21	\$100.00				\$100.00	AUD			\$100.00	AUD
22	\$105.00				\$105.00	AUD			\$105.00	AUD
23	\$110.00				\$110.00	AUD			\$110.00	AUD
24	\$115.00				\$115.00	AUD			\$115.00	AUD
25	\$120.00				\$120.00	AUD			\$120.00	AUD
26	\$125.00				\$125.00	AUD			\$125.00	AUD
27	\$130.00				\$130.00	AUD			\$130.00	AUD
28	\$135.00				\$135.00	AUD			\$135.00	AUD
29	\$140.00				\$140.00	AUD			\$140.00	AUD
30	\$145.00				\$145.00	AUD			\$145.00	AUD
31	\$150.00				\$150.00	AUD			\$150.00	AUD
32	\$155.00				\$155.00	AUD			\$155.00	AUD
33	\$160.00				\$160.00	AUD			\$160.00	AUD
34	\$165.00				\$165.00	AUD			\$165.00	AUD
35	\$170.00				\$170.00	AUD			\$170.00	AUD
36	\$175.00				\$175.00	AUD			\$175.00	AUD
37	\$180.00				\$180.00	AUD			\$180.00	AUD
38	\$185.00				\$185.00	AUD			\$185.00	AUD
39	\$190.00				\$190.00	AUD			\$190.00	AUD
40	\$195.00				\$195.00	AUD			\$195.00	AUD
41	\$200.00				\$200.00	AUD			\$200.00	AUD
42	\$205.00				\$205.00	AUD			\$205.00	AUD
43	\$210.00				\$210.00	AUD			\$210.00	AUD
44	\$215.00				\$215.00	AUD			\$215.00	AUD
45	\$220.00				\$220.00	AUD			\$220.00	AUD
46	\$225.00				\$225.00	AUD			\$225.00	AUD
47	\$230.00				\$230.00	AUD			\$230.00	AUD
48	\$235.00				\$235.00	AUD			\$235.00	AUD
49	\$240.00				\$240.00	AUD			\$240.00	AUD
50	\$245.00				\$245.00	AUD			\$245.00	AUD
51	\$250.00				\$250.00	AUD			\$250.00	AUD
52	\$255.00				\$255.00	AUD			\$255.00	AUD
53	\$260.00				\$260.00	AUD			\$260.00	AUD
54	\$265.00				\$265.00	AUD			\$265.00	AUD
55	\$270.00				\$270.00	AUD			\$270.00	AUD
56	\$275.00				\$275.00	AUD			\$275.00	AUD
57	\$280.00				\$280.00	AUD			\$280.00	AUD
58	\$285.00				\$285.00	AUD			\$285.00	AUD
59	\$290.00				\$290.00	AUD			\$290.00	AUD
60	\$295.00				\$295.00	AUD			\$295.00	AUD
61	\$300.00				\$300.00	AUD			\$300.00	AUD
62	\$305.00				\$305.00	AUD			\$305.00	AUD
63	\$310.00				\$310.00	AUD			\$310.00	AUD
64	\$315.00				\$315.00	AUD			\$315.00	AUD
65	\$320.00				\$320.00	AUD			\$320.00	AUD
66	\$325.00				\$325.00	AUD			\$325.00	AUD
67	\$330.00				\$330.00	AUD			\$330.00	AUD
68	\$335.00				\$335.00	AUD			\$335.00	AUD
69	\$340.00				\$340.00	AUD			\$340.00	AUD
70	\$345.00				\$345.00	AUD			\$345.00	AUD
71	\$350.00				\$350.00	AUD			\$350.00	AUD
72	\$355.00				\$355.00	AUD			\$355.00	AUD
73	\$360.00				\$360.00	AUD			\$360.00	AUD
74	\$365.00				\$365.00	AUD			\$365.00	AUD
75	\$370.00				\$370.00	AUD			\$370.00	AUD
76	\$375.00				\$375.00	AUD			\$375.00	AUD
77	\$380.00				\$380.00	AUD			\$380.00	AUD
78	\$385.00				\$385.00	AUD			\$385.00	AUD
79	\$390.00				\$390.00	AUD			\$390.00	AUD
80	\$395.00				\$395.00	AUD			\$395.00	AUD
81	\$400.00				\$400.00	AUD			\$400.00	AUD
82	\$405.00				\$405.00	AUD			\$405.00	AUD
83	\$410.00				\$410.00	AUD			\$410.00	AUD
84	\$415.00				\$415.00	AUD			\$415.00	AUD
85	\$420.00				\$420.00	AUD			\$420.00	AUD
86	\$425.00				\$425.00	AUD			\$425.00	AUD
87	\$430.00				\$430.00	AUD			\$430.00	AUD
88	\$435.00				\$435.00	AUD			\$435.00	AUD
89	\$440.00				\$440.00	AUD			\$440.00	AUD
90	\$445.00				\$445.00	AUD			\$445.00	AUD
91	\$450.00				\$450.00	AUD			\$450.00	AUD
92	\$455.00				\$455.00	AUD			\$455.00	AUD
93	\$460.00				\$460.00	AUD			\$460.00	AUD
94	\$465.00				\$465.00	AUD			\$465.00	AUD
95	\$470.00				\$470.00	AUD			\$470.00	AUD
96	\$475.00				\$475.00	AUD			\$475.00	AUD
97	\$480.00				\$480.00	AUD			\$480.00	AUD
98	\$485.00				\$485.00	AUD			\$485.00	AUD
99	\$490.00				\$490.00	AUD			\$490.00	AUD
100	\$495.00				\$495.00	AUD			\$495.00	AUD

**3.** Sponsors can either pledge cash and fill out the form in the booklet, or you can set up online by creating a secure profile, and email the link to family and friends! Money raised will go to buying equipment for the new creative and technology hub at school, the 'Maker Space'.

Students will be participating in the Run4Fun Colour Explosion run at school on the 24th October, so keep fundraising up until then.

Don't forget to get some old white clothes ready for the run!

It's going to be so much fun!





# COLOUR EXPLOSION VOLUNTEERS NEEDED

MONA VALE  
PUBLIC SCHOOL



**P&C**  
ASSOCIATION

**VOLUNTEER TO HELP OUT ON THE DAY!**  
**WE NEED EVERY PARENT POSSIBLE TO LEND**  
**A HAND FOR WHAT WILL BE THE MOST**  
**FUN DAY OF THE YEAR FOR MVPS!**

**EVERY GRADE IS INVOLVED. RUN WILL BE AT AND AROUND THE SCHOOL!**  
**SIGN UP AT: [HTTPS://SIGNUP.COM/GO/HRRQTFD](https://signup.com/go/hrrqtfD)**

## **THURSDAY, 24TH OCTOBER**

**ALL FUNDS RAISED WILL SUPPORT THE CREATIVE AND TECHNOLOGY HUB "MAKER SPACE"**

# **Live Life Well @ School**

**NSW HEALTHY SCHOOL CANTEENS ARE...**

## **Using the Health Star Ratings**

**Health stars  
are on the  
front of many  
packaged  
foods.**



**Fresh is  
best, but  
when buying  
packaged  
food use the  
health stars.**

Discover more at:  
[healthstarrating.gov.au](http://healthstarrating.gov.au)  
[healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au)



**Health**  
Northern Sydney  
Local Health District