

Term 2 Week 5

30th May 2014

WHALER NO 8

Website: www.mosmanpublicschool.comEmail: mosman-p.school@det.nsw.edu.au

Phone: 9969 9325

Fax: 9968 1324

Dates to Remember

	Mon	Tues	Wed	Thurs	Fri
JUNE Wk 6	2	3	4 Science Competition	5	6 PSSA
Wk 7	9 Queen's Birthday	10	11 Nude Food Day	12 Grandparents Day – Yr 1 Regional X-Country	13 PSSA 15 Mini-Mos
Wk 8	16	17 Spelling Competition	18 Writing Competition	19	20 PSSA
Wk 9	23	24	25	26	27
HOLIDAYS - 28th June to 14th July (Monday 14th - Staff Development Day – Pupil Free)					
Term 3 JULY Wk 1	14 STAFF DEVELOPMENT PUPIL FREE DAY	15	16	17	18 PSSA State X-Country Carnival
Wk 2	21	22	23 OC Test	24 Yrs 3-6 Athletics Carnival	25
AUG Wk 3	28	29 English Competition	30	31	1
Wk 4	4	5	6	7 Life Education Wet weather back up for Yrs 3-6 Athletics Carnival	8 Life Education
Wk 5	11 Life Education Maths Competition	12 Life Education	13 Life Education	14 Life Education	15 Life Education
Wk 6	18 Life Education	19 Life Education	20 Life Education	21 Life Education	22 Life Education
Wk 7	25	26	27	28	29
SEPT Wk 8	1	2	3	4	5
Wk 9	8	9	10	11	12
Wk 10	15	16	17	18	19
HOLIDAYS - 20th September to 6th October					
Term 4 OCT Week 1	6 Labour Day Holiday	7	8	9	10

PRINCIPAL'S REPORT

Dear Parents,

North Sydney Police Forum: Last week I attended the Police Forum convened by the North Sydney Police. The main topic was cyber safety. Key points I would like to pass on:

- Go over with your child/ren the need to **protect personal information**. They should not be telling or filling in surveys (etc.) with personal information – surnames, addresses, phone numbers, their date of birth, passwords, friend's names, their school or activities attended.
- We know students have **signed up illegally to sites** - Facebook – need to be 13 years old, Instagram need to be 13, Kik need to be 17 or Snapshot need to be 13. Discuss with your child and check if they are signed up. If so, **teach them how to set privacy settings** – Facebook should be at 'Limit' the highest setting and similar for others. Go in and turn off Geo-locator or other location settings. Children love sending photos so look at photos sent by your child/ren and see if any identifying information is included in photos. It is amazing the information that can be

retrieved from a simple photo. They showed one where a dog's name tag was visible in a photo which gave the address, telephone numbers and also the location stamp which was on photo file where the photo was taken. Google search identified the house and it was a delightful green bungalow in the Californian hills. And for you – check out 'Rob me now' or similar sites.

- **Passwords:** Change passwords regularly and they should include – lower case and upper case letters, numbers and symbols. So a good password would be B4cc8++ee.
- Lastly, as I have relayed before, check your child's devices regularly and set up good dialogue **how your child is using the devices**. Start early to set good usage routines. Also start early by making sure all devices are not stored in bedrooms overnight. Ask everyone to deposit devices in a cupboard in the kitchen or another room but not the bedrooms. This stops children using them at night so they can get a good night's sleep. **The light from the devices affect sleep patterns.**

Band Camp: What an exciting event for children who are learning to play an instrument. Mrs Cooper always said this was a calendar event not to be missed. I was not disappointed. This picturesque place gave way to sounds of instrumental gusto. The tutor groups were excellent. Thanks go to the Performing Arts committee and Mrs Tauber for organising this powerful camp. The excitement of the students was visible and catching. Excellent behaviour was in abundance. Thanks also to the many tutors



who gave inspiration and guidance to these young musicians. Parents, you are to be commended also as you are the ones who have the initial shock of squeaks, loud bands and early starts to the day to get to band practice on time. The concert at the end of the camp was tremendous. The Junior Band's song 'Mosman Rules' summed up the whole camp. 'YES we do!!'

Zone Cross Country: Fantastic efforts from our cross country team saw them gain some tremendous achievements. Thanks go to Ms Polito, Mrs Daffas (teachers) and Mrs Harvey-Palmer (parent) for organising and running cross country training sessions.

Walk to School: A great effort by the Student Representative Council (SRC) in promoting this event. The SRC members discussed 'Walk to School' at their meetings and then went to all classes and outlined the importance of healthy life style choices and the safety aspects of walking near and across roads. Thank you Ms Pizzolato, Ms Hudson and Ms Gates who work with the SRC as teacher support. The SRC meet every Wednesday in the school library. Well done to the parents and students who took advantage of the beautiful weather and walked to school. We have a high percentage of students and parents who walk regularly to and from school.

Limited Parking Space: There is limited all day parking spaces in Gouldsbury Street. If you are dropping students off please use the 'Kiss and Drop' zone so the all-day parking is still available for my staff. Thank you for your cooperation.

Tests and References for enrolment at private school: Over time, parents request to have their child supervised to do tests for other school's enrolment procedures, mainly private schools. It is not our policy to write references or supervise testing. In some instances, I have arranged for a casual to administer the exams at school at the cost to the parent.

Kindergarten 2015: An information session was held last Tuesday with a large number of parents attending. If you did not attend, please request a temporary enrolment sheet from the office. Please **do not** complete an enrolment form which can be found on the Government website as it is being redesigned to meet the new software which will be rolled out later this year.

Playground Accidents after School: A number of serious accidents have occurred in our playgrounds after school. I would like to remind you of the following:

- No direct teacher supervision is available
- Parents are responsible for their own child/ren
- No organised games or playing should occur on school grounds after school
- The Gouldsbury play/climbing equipment is closed before and after school (even if the sign is not up)

Thank you for your cooperation as this makes it safer for all students.

Best wishes,
Colin Cobcroft
Acting Principal

From the office...
A purple Martial Arts Sports belt, size 2
with a tiger motif on it has been handed in
to the school office. Please collect if it
belongs to you.
Thank you

Performing Arts Wrap

This week on the 28th and 29th May, one hundred students from years 2, 3, 4, 5 & 6 attended The Collaroy Centre for their annual Band Camp. The camp offers students in our String and Band playing Ensembles two days of intensive workshops and full ensemble rehearsals. Ten highly qualified conductors and tutors attended the camp and students worked closely with their tutors and conductors to master a number of new pieces for upcoming competitions and events.

I am immensely proud of the achievements of all musicians from the camp. Our concert was heart-warming and all were proud to present their exciting new repertoire to their parents and families at the end of the camp concert.

The great benefit of a live-in camp goes beyond words. The camp environment is a microcosm of real society. Children are learning to reach for higher goals, to work and get along with others, to experience responsibility, resilience and independence amongst their peers and teachers. It sets them apart from being wrapped in a cocoon.



Gretel, Annie, Gabi, Annabelle, Erin and Charlotte spent their lunch time putting together Firework by Katy Perry.



Leila, Louise, Tom, Lili, Venla, Charli-Belle and Stella on clarinets with their tutor, Matt



Mackenzie looks dangerous in laser tag.



Laying on the beautiful oval is a must at Band Camp for Alicia, Amelie-Rose, Caitlin, Milly and Morgan

This camp is organised and run by the Performing Arts Committee and we are grateful to Kate Crowe (mother of Poppy and Rosie) for the days and hours put aside for organisation and administration. We also need to acknowledge Tracy Miles (the Performing Arts President), Charmion Rowe (the Treasurer), Nina Harrison and Tina Skidmore who had enormous jobs to fulfil in organising the finances, data collection, music preparation and smooth running of the camp. A big thank you to Tina Baird for staying overnight and coping with the reduced sleeping hours!

Thank you to all the wonderful parents who came out to camp to supervise and support the running of the camp. Also, of course without involving your children in the performing arts we would not be able to deliver such high quality programs that

would be the envy of many public schools. So spread the word and spread the love. The world is surely a better place with students that are developing the cultural areas of their life along with the academics.

Barbara Tauber

STUDENT HAPPENINGS

Chinese Cultural Day

联合文化日

On Thursday 28th May a group of Year 6 students went to North Sydney Demonstration School for the annual Chinese Cultural Day. There were students from other schools such as Mosman High as well as a group of students chosen from North Sydney. We participated in activities such as paper cutting, traditional Chinese painting, calligraphy, Chinese traditional music and Kung Fu. We had special guests such as Mr Boon, a businessman who made great success out of learning Chinese. He encouraged us to study Chinese because it may benefit us in the future. We also had a special performance from the Shao Lin Kung Fu performers. Overall we had an amazing time at the Chinese Cultural Day and we hope we can to it again next year when we are at Mosman High. *Jac M – 6S*

Chinese Cultural Day

联合文化日

On Thursday 28th, 30 students, Mr Dowler and Mr Lu travelled to the North Sydney Demonstration School to learn about Chinese culture. We travelled by bus to our destination, which took around 20 minutes. On the bus Mr Dowler and Mr Lu handed out name tags with a letter either A or B and a colour. When we reached the school, we were locked out from the school and it took quite a while to find an open entrance.

We were lead into the hall the moment we stepped foot into the school. In the hall we were split in our groups either A or B. There were other schools in the hall as well. The schools included Mosman High, North Sydney Demonstration and Mosman Public. Group A left the hall and did either calligraphy or paper cutting. Group B stayed in the hall and watched a Kung Fu performance then we did Kung Fu with the Kung Fu masters.

After, the Kung Fu group A and B had recess. Then group A did the Kung Fu while group B did calligraphy or paper cutting. Half of group B did paper cutting. I did paper cutting and made a beautiful spring Chinese character, 春 that you could hang up. The other half of group B did calligraphy which was painting a blossom tree. After this it was lunch for about 50 minutes.

After lunch everyone went to the hall to watch some performances which included singing, playing the zither and Mr Boon gave a speech about his love for Chinese culture and then it was time for Mosman Public to perform our song 'I hate veggies.'

I think the experience of the Chinese Cultural Day was amazing and I learned so much, I hope everyone enjoyed the day as much as I did. *Haley L – 6S*





Mandarin Spotlight

What are **Chinese Radicals**?

Chinese radicals are the basic building blocks of the Chinese character system. Learning them helps students to better understand construction of Chinese characters and can assist with character recognition. Chinese radicals are also commonly derived from earlier pictographic forms and this can help with memorising them.

女 This radical means female

妈 When combined with this particular radical (马), the character formed means mother because mother is the female parent.

All students are being introduced to the Chinese writing system and you may encounter the term 'radical' in your child's report.



Congratulations to the following students who have now completed the PRC:

Izzy A (1V), Jensen C (1W), Charlotte F (1P), Michael H (1W), Tahlia D (2C), Ryan Joo (2M), Joe I (3H), Theo M (5D), Natalie W (5D).

There is still plenty of time to get your challenge finished (or started).

Remember that the closing date is 29th August, 2014.

Gabi Hodge

Teacher Librarian

Radishes are rad for Crunch&Sip!

Crunchy, peppery radishes are an unusual and delicious snack for Crunch&Sip®.

Have you tried radishes?

Taste one today!



Crunch&Sip gives students the opportunity to eat the fruit or vegetables you pack that might otherwise be left in their lunchbox. It ensures students have at least one serve of fruit or vegetables a day and can help increase their total intake. So be sure to pack something for Crunch&Sip everyday!

Send along a paper napkin or sheet of paper towel if your child's Crunch&Sip is messy or juicy.

Soft drinks, cordials, sports drinks and flavoured mineral waters contain up to 6 teaspoons of sugar in every 250ml glass. Plain tap water is the best thirst quencher and the only drink permitted for Crunch&Sip.

Don't peel your fruit and veggies as most of the fibre is found in the skin. Just give them a good wash or scrub.

Most people cook green beans to eat with a meal. Raw green beans are a great, crunchy option for Crunch&Sip and can help bump up your child's intake of green coloured vegetables, which can often be a challenge.

You may not think of radishes for Crunch&Sip, but if you plant this easy to grow vegetable in your garden your child is more likely to be keen to eat them. They will love to take them for Crunch&Sip to show their classmates the "vegetable of their labours."

Some kids love small, raw broccoli florets for Crunch&Sip. Broccoli has many antioxidant, anti-inflammatory and detoxifying nutrients as well as having high levels of immune boosting vitamin C. Start by trying your kids with a few small, raw florets alongside another Crunch&Sip favourite to get them used to it. Use it raw in salads too.

A small slice of corn-on-the-cob is a great option for Crunch&Sip. Most kids love corn. Save a slice or two from dinner the night before, just cool and refrigerate after cooking. Alternatively, a small can of corn kernels is an option, look for low salt varieties. Don't forget a fork or spoon and make sure your child can cope with opening the can and any liquid that may be in there.

Mandarins are a convenient fruit to take for Crunch&Sip. They are juicy but can be less messy than other juicy fruits. They are easy to peel and the segments are easy to separate – perfect for kids! Make the most of the limited mandarin season in late autumn and winter.

100g of kiwi fruit contains about one and a half times as much vitamin C as 100g of orange. Why not pack a kiwi fruit cut in half for Crunch&Sip with a teaspoon for your child to scoop out the flesh?

Finding pears of perfect ripeness, so they are sweet and juicy but not too soft and mushy can be a chore. You can always buy slightly firm pears and allow them to ripen at room temperature, then store in the refrigerator once ripe. A fab, no fuss snack for Crunch&Sip.

Plums come in a whole range of colours. The red or purple varieties contain higher amounts of beneficial nutrients than the yellow or green varieties, but all plums are a great choice. A few plums are an easy Crunch&Sip snack; your child can eat them whole.

Involve your kids!

Research has found that kids prefer small, cold, crisp, juicy and sweet fruits and colourful, crisp vegetables. Try the following to encourage your kids to enjoy more fruit and vegetables.

- Buy a variety so your child doesn't become bored.
- Involve your child in choosing fruit and vegetables.
- Give small, hand-sized pieces.
- Cut large fruit and vegetables into manageable pieces.
- Freeze small pieces of fruit as an icy snack.

Be a role model

Why not continue to have Crunch&Sip with your kids at the weekend? Being an enthusiastic role model and munching some fruit or veggies is the best way to get your kids to follow. Why not challenge your kids to try something new and different with you at the weekends?

Peaches

- Did you know that the expression “you're a peach” comes from a tradition of giving a peach to someone you like?
- Nectarines are just peaches without the fuzz!
- To ripen peaches, store in a brown bag at room temperature. Once ripe they may be stored in the refrigerator for up to a week, depending on the degree of ripeness.
- In China the peach is a symbol of longevity and good luck.

Yummy veggies

Don't tell kids veggies are good for them! Kids are more concerned with the taste of veggies than their nutritional content. Many kids who say they hate vegetables will eat them raw, but not cooked. Raw vegetables have a different texture and don't have as strong a smell as cooked vegetables.

- Cut raw veggies into bite sized pieces.
- Make veggie people or faces with your kids.
- Pizza is a good way to include some vegetables.
- Stir fry crisp vegetables lightly to retain their crunchy texture.
- Vegetable fritters are tasty and easy for kids to handle.

Love to eat a rainbow!

Different varieties and colours of fruit and vegetables contain different nutrients. Everyone should “eat a rainbow” of fruit and vegetables everyday so that they eat a wide variety of nutrients. Make sure you choose from each of the following everyday:

- Green (e.g. broccoli, spinach)
- Orange (e.g. carrots, pumpkin)
- Yellow and red (e.g. capsicum, tomato)

Broccoli

The word broccoli comes from the Latin word brachium and the Italian word braccio, which means 'arm'.

The world record for eating broccoli is held by Tom Landers who devoured 1 pound of broccoli in 92 seconds.

Broccoli can be eaten raw or if cooked, should still be a bit crunchy.

Not all broccolis are green. They can be sage in colour, or purple or a dark green and any shade in between those colours.

How you serve them can make all the difference

Most Australians eat only half the recommended quantity of fruit. However many of us drink far too much fruit juice – whole fruit is preferable to juice. Try the following to make fruit fun for your kids.

- Make fruit kebabs using different coloured fruit and chill or freeze before serving.
- Fruit smoothies are popular with kids and easy to make.
- Add chopped fruit to your child's breakfast cereal.
- Keep a container of chopped fruit in the fridge ready for a quick and easy snack.

Grapes

Grapes are one of the world's favourite fruits; regularly listed in the top 10 (others are mangos, bananas and tomatoes).

Around the world there are more than 8,000 varieties of grape.

There are 7 different grape colours: red, green, white, black, purple, blue and golden.

While grapes are 80% water, when they become raisins the water content is just 15%.

One grape vine can grow up to 50 feet long and can have about 40 clusters of grapes. One grape cluster has on an average 75 grapes.

Carrots

The world's longest carrot recorded in 2007 was 5.839 metres. The world's heaviest carrot recorded in 1998 was 8.61kg. We think of carrots as orange, but they can also be white, yellow, red and purple. The average person will consume 10,866 carrots in a lifetime. Eating too many carrots can cause a person's skin to turn yellowish orange, especially on the palms or soles of the feet. This is called carotenemia. It is completely reversible once the consumption of carrots is reduced.



SPORT NEWS

Zone Cross Country



3 is the Magic number. Mosman have won the Zone Cross Country Carnival for a third year in a row. Well Done!

Artarmon Reserve was once again the venue for this wonderful event. The carnival ran quite smoothly this year. We had lovely weather and the condition of the track was much better than 2013. Parent support was high and crowds were supportive of all runners.

Thank you to all the Stage 2 and Stage 3 teachers involved in the 9 weeks of training during term 1 sport that lead up to our school Cross Country Carnival. Clearly Ms Pizzolato's running program that was implemented 3 years ago is still working wonders.

Thank you to Mrs Daffas, Ms Polito and Mrs Harvey-Palmer who spent the last two weeks motivating and preparing our Zone Cross Country team.

And thank you to Ms Duke for your help and encouragement on the day.

The carnival will be held on **Thursday 12th June** at Gosford Racecourse, Racecourse Rd, Gosford. Gates open at **9.00am** with an expected finish of 1pm for primary students (the last primary aged event is scheduled to begin at 12.30pm).

There will be a cost of \$5.00 per student and spectator(s) pay at the gate.



Round 2 PSSA Results

NETBALL

Red v Mowbray: WIN 23-7

Blue 1 v Willoughby: LOSS 29-3

Blue 2 v Willoughby: LOSS (unsure of score)

Green v Greenwich: LOSS 0-8

SOCCER - Mosman Vs Artarmon

Mosman A's Lost 2-1

Mosman B's Lost 6-0

Mosman C's Lost 4-0

Mosman Girls Won 2-1

Round 3 PSSA Results

NETBALL

Red v Neutral Bay: WIN 25-11

Blue 1 v Castle Cove: LOSS 10-8

Blue 2 v Greenwich: LOSS 27-1

Green v Beauty Point: DRAW 2-2

SOCCER - Mosman Vs Sydney North

Mosman A's Lost 2-1

Mosman B's Drew 1-1

Mosman C's Lost 5-3

Mosman Girls Won 5-0



Sunday 15 June is Mini-Mos

Just an hour of your time, or a donation of some pre-loved items will help make the race and fair safe, fun and fantastic.

Thank you for your help!

Register www.mini-mos.com

Volunteer volunteer@mosmanpublicpandc.org.au

Support Charities www.mycause.com.au/events/minimos

Donate to the Fair www.mosmanpublicpandc.org.au/2014-mini-mos/fair-donate/

COMMUNITY NEWS

Latest news	Chess puzzle
-------------	--------------

Chess class

The chess class at Mosman Public School runs on Friday afternoons from 3:15pm - 4:15pm.

If you are interested in joining the chess class, please contact the Sydney Academy of Chess on (02) 9745 1170 or email enrol@sydneyacademyofchess.com.au.

Puzzle information

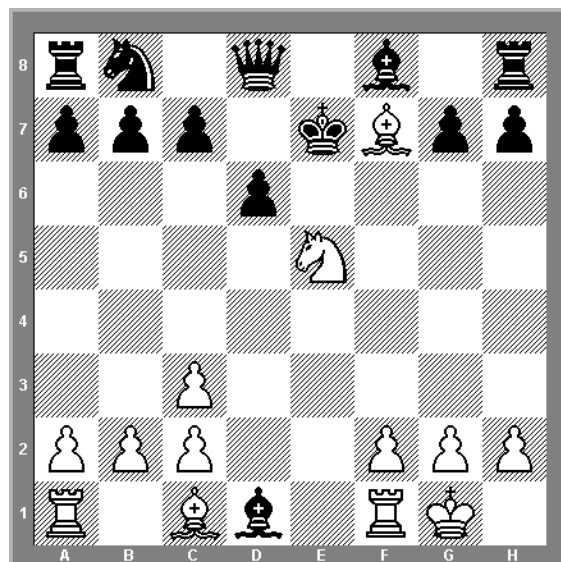
Answer Puzzle nr. 1:

1. Nf7 #

Upcoming chess event

31 May: Pymble Saturday Fun Tournament

More information on events and coaching can be found on: sydneyacademyofchess.com.au



Puzzle nr. 2: White to play and checkmate in 1 move