


WHALER NO 2
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Dates to Remember

<i>All grades</i>	<ul style="list-style-type: none"> - Mondays 2.00 - 3.30pm - uniform shop open - Fridays 8.30 - 10.00am - uniform shop open - 4/3/19 - 30/8/19 - Premier's Reading Challenge - 11/3/19 - Treasure Box working bee @ 9am - volunteers please sign in at the office - 13/3/19 - Take3fortheSea assemblies - 15/3/19 - National Day of Action against Bullying & Violence - 20/3/19 - school tour for new enrolments - bookings: mosman-p.school@det.nsw.edu.au - 21/3/19 - Harmony Day Parade @ 9am in Belmont playground - 23/3/19 - Election - polling booth in our hall - 31/4/19 - Photo payment due - online or in the envelope to the notes and payment chute - 3/4/19 - P&C Disco Day [information & ticket link to come] in our hall <ul style="list-style-type: none"> o K-1 @ 1.00 - 1.45pm o 2-3 @ 2.10 - 3.00pm o 4-6 @ 6.00 - 7.30pm - 2/5/19 - School Photos [Summer uniform] - 16/6/19 - Mini-Mos Fun Run & Fair
<i>Early Stage 1 only</i>	
<i>Stage 1 only</i>	<ul style="list-style-type: none"> - 28/3/19 - Swimming Carnival ribbon assembly for Years 2 to 6
<i>Stage 2 only</i>	<ul style="list-style-type: none"> - 18/3/19 → 29/3/19 - Tell Them From Me Survey open [Year 4,5,6 only] - 28/3/19 - Swimming Carnival ribbon assembly for Years 2 to 6
<i>Stage 3 only</i>	<ul style="list-style-type: none"> - 12/3/19 - Year 6 parents to return high school tracking form to notes and payment chute - 14/3/19 - Selective High School Test [Year 5 only] - 18/3/19 → 29/3/19 - Tell Them From Me Survey open [Year 4,5,6 only] - 28/3/19 - Swimming Carnival ribbon assembly for Years 2 to 6 - 1/4/19 - 2/4/19 - Year 6 Peer Support training

Follow this link to the yearly calendar: www.mosman-p.schools.nsw.edu.au/calendar

PRINCIPAL'S REPORT



Welcome to our new partner in environmental awareness & action

P&C update - a great thank you to our 2018 P&C Executive for a year of tireless work and great gains:

President - Kate Blunden

Vice Presidents - Monika Crennan & Fleur Collyer

Treasurer - Sarah Woolcott

Secretary - [vacant all year]- filled casually by Natanya & Prue

Committee - Prue Clubb, Natanya Haggman, Lisa Paff,

Congratulations to our new P&C executive voted in by a bumper crop of enthusiastic parents in attendance at the AGM. All reports from the AGM will be posted to the school website on Monday.

To access: click on Supporting our Students → Parents, Carers and the Community → Parents and citizens' association.

National Day of Action against Bullying & Violence [NDA] - our school will join with school communities across the nation to stand united and spread the message *Bullying. No Way!* Held on Friday March 15, the NDA gives schools the chance to take action and empower young people to be part of the solution when addressing bullying in their school community. It provides an opportunity to focus on bullying and the big changes we can make to create safer communities for everyone. Students will participate in activities with their classroom teacher and buddy class next Friday.



Harmony Day

Thursday March 21, 2019

This year, Mosman Public School will be celebrating Harmony Day on **Thursday March 21**. Harmony Day is about celebrating Australia's cultural diversity. It is a day of cultural respect and a sense of belonging for everyone.

To help celebrate Harmony Day we are asking all students to dress up in traditional/cultural clothes or in orange (the Harmony Day colour). The canteen will also have a special item for sale on the day.

There will be a school parade in Belmont playground at 9am and parents are welcome to attend. This will be an exciting way for the students to showcase their cultural diversity.



Moving in to Year 7

All Year 6 students have received the *Moving into Year 7 in a NSW Government School in 2020* form. Parents need to complete and return the form to the school office, by no later than March 12, 2019. The form needs to be completed and returned even if your child will not be attending a government school.

Selective High Testing

For those students applying for Selective High in 2020, the Selective High School Placement Test will be held on Thursday March 14, 2019 from 9.00am to 1.30pm.

Unless parents have made special arrangements with the High Performing Students Unit to attend an individually allocated test centre, candidates from Mosman PS need to go to **Northern Beaches Secondary College Mackellar Girls Campus**

Treasure Box Working Bee Monday March 11

There will be a working bee on Monday March 11 in the school hall to laminate the cards required for the Maths Treasure Boxes that are used by students in all grades. The working bee will begin at 9am. Thank you to those who volunteered last week and packed the boxes, it was greatly appreciated.

School Photographs

School Photographs will be taken on **Thursday May 2, 2019** by *Advancedlife*. Photographs can be purchased by following the link <https://www.advancedimage.com.au/keycode/keycodefinder.aspx?keycode=D1LN5L1XB> [use **Order Code: D1L N5L 1XB**] or by using the envelope that has been sent home today (this must be returned to the notes and payment chute by Tuesday April 31, 2019).

Students are required to wear the school **summer** uniform:

Girls: dress or pale blue shirt with tailored skirt or tailored short

Boys: pale blue shirt with tailored short

Group photo day is on **Thursday May 23, 2019** for:

- * Siblings currently enrolled at MPS [must be pre-ordered online using the link & code above, or collect an envelope from the office]
- School leadership groups [Captains & Vice Captains, House Captains, SRC, Sustainability Team]
- PSSA teams [Soccer, Netball]
- Performing Arts groups [choir, dance, drama, debating, Instrumental Ensembles, recorder]
- Year 6

Nadia Tobia - Deputy Principal

Peer Support

Our Year 6 students will soon have the privilege of participating in two days of leadership training as part of the Peer Support Australia program. The Peer Support program provides opportunities and an environment for students to develop skills for building positive relationships and encouraging participation. All of our Year 6 students will become trained peer support leaders and in Term 2, will take on the responsibility of leading small groups of students across the school. As a school we will be focusing on the *Resilience* module. The Resilience module aims to support our students to respond appropriately in challenging situations; remembering their strengths, practising different strategies and asking for support to help them to move forward in a resilient way.

We have been lucky enough to secure the Balmoral Sea Scouts Hall for the training sessions, which will take place on Monday April 1 and Tuesday April 2. More information will be sent to Year 6 parents.

School is back and so are lunch boxes!

Karina, one of our school mums and paediatric dietitian from Smartbite, has some top tips for a supercharged lunch box. Here are 3 main groups to include daily in the lunch box:

- **Carbohydrate:** Try to move them over to grainy wherever possible as these foods have a much better effect on their blood sugar levels. Grainy bread, wholegrain wraps, sweet potato wraps, grainy crackers eg. Ryvitas/Vitawheat, high fibre or wholemeal pasta, brown/black/wild rice or basmati rice, baked potatoes, sweet potato wedges, English muffins (wholemeal). Other “snack” additions include sweet potato crisps (oven dried), dry Weetbix, dry Sultana Bran /Buds or All Bran, air popped popcorn, wholemeal fruit muffins, banana bread or bliss balls (recipes can be found at www.smartbite.com.au).

- **Protein:** shredded chicken, lean meat, hummus, boiled egg (whole or mashed with mayonnaise), quiche, leftover Bolognese or meatballs, veggie patties (made with legumes), tuna, baked beans, tinned 4 bean mix, edamame beans, dried chickpeas or fava beans, milk, yoghurt, cheese.
- **Plant foods: include for crunch and sip and also at lunch time** - fresh fruit, chopped carrot, sugar snap peas, cucumber, snow peas, capsicum, frozen peas, baby corn, corn on cob, roasted capsicum (jar is fine), olives (try green vs black), gherkins or cornichons, cherry tomatoes, edamame, dried chickpeas or fava beans, baby spinach/rocket (with extra virgin olive oil/vinegar dressing). You may also like to try dips such as hommus, nut free pesto, beetroot dip or tzatziki (although not for crunch and sip)

Calcium and good fats are also a very important part of a child's daily intake. Whether it's in the lunch box or at home, try to include some of these foods:

- Calcium rich foods include milk, yoghurt, cheese, canned fish (sardines, salmon with bones), soy products and leafy greens such as kale and bok choy, broccoli, lentils and sesame seeds.
- Good sources of healthy fats include avocado, salmon, sardines, seeds, nuts (at home) and extra virgin olive oil – used as a dressing or in cooking.

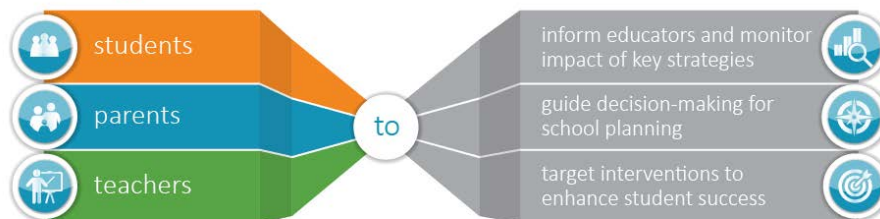
For more nutrition tips and recipes head to www.smartbite.com.au

Tell Them From Me Survey

The Tell Them From Me (TTFM) Survey is a complete evaluation system for measuring **student engagement, wellbeing** and **classroom climate**, and other factors known to affect learning outcomes. Informal data is captured from students in Years 4-6, parents and teachers, to guide decision-making for school planning and ultimately increase student achievement.

Information including a consent form will be emailed to parents with a child/ren in Years 4-6.

Use insight from:



Kerry McConaghy - Deputy Principal

STUDENT HAPPENINGS

On Friday March 1, Mosman Public held our second Waste Warrior Day. What a success it was! The school was transformed in to a sea of green and many gold coin donations were collected. The fundraising reached a grand total of \$716.95. That's an amazing effort that has enabled the purchase of specialty recycling bins to be distributed throughout the school corridors and playgrounds. They will be introduced to students next week - keep an eye out for the **yellow** recycling bins and **blue** paper bins.

Clean Up Australia Day was also held on Friday March 1. Every grade was spotted out on the playground with gloves, bags, buckets and tongs in tow. Well done to all students and teachers for a terrific effort that made our school sparkle by the end of the day!

On Saturday March 3, many MPS families and people from the wider Mosman community visited Balmoral beach for a community clean up. It was a beautiful morning and another great success. Thank you for your contributions towards cleaning our beautiful surrounds and protecting our land and marine life. Please see the photos below, showing both the school and community clean up.



Swimming Carnival

Our school carnival was held on Monday February 25 this year at the amazing North Sydney Olympic Pool. With the Harbour Bridge as our backdrop and a beautiful sunny day, it's no surprise that the carnival was a huge success. All students participated with great enthusiasm, including for the first time, thirteen 8 year old students from Year 2 who competed in the 50m freestyle. A huge thank you to Ms Clayton who organised the carnival, liaising with the new venue. Great thanks also to the many parent helpers who assisted with the timing, especially Kate Gutteridge and Megan McKay our wonderful parent co-ordinators. Well done to all students who participated and congratulations to Monterey House, who were the overall winners. We will be sending a strong team of 38 swimmers to the Zone carnival to be held at Drummoyne Swimming Centre on Friday March 15. We wish all these swimmers the very best.

Hao Lu - Sports Co-ordinator



Swimming Carnival at school

Meanwhile, back at school, the playground was converted in to the location for our 'water sports day'. Students competed in groups rotating through activities including pass the sponge, tennis tournament with water balls, fill the water spaghetti, and pass the cup. The most popular game was pass the sponge, so we finished the day playing a whole group round with two lines filled with students passing sponges in their teams in the sunshine.



Rebecca McQuater - school aquatics co-ordinator

Premier's Reading Challenge: March 4 → August 30

All students have been registered for the Premier's Reading Challenge and we are aiming for 100% completion. To complete the challenge, you need to log on the Premier's Reading Challenge (NSW) site to enter the codes or titles of the books read. The website is: <https://products.schools.nsw.edu.au/prc/home.html> Then proceed to **Logon**. The **username and password** is your **child's department internet login name and his/her individual password**. The booklists and codes are on this site as well.

Kindergarten classes will complete the challenge at school. The teacher-librarians will read the PRC books during library lessons and enter the titles in August. (If you wish to complete the PRC with your child at home, then you need to enter the specific titles onto the website).

Year 1- 6 students will need to complete the challenge at home and enter their books on the PRC website.

The rules for the Challenge are on the website. Your child will need to read the following number of books.

Challenge	Number of books needed to complete the Challenge	Minimum number of PRC books for your Challenge	Maximum number of personal choice books	PRC booklist selection
K-2	30	25	5	K-2 , 3-4 , 5-6 , 7-9
3-4	20	15	5	3-4 , 5-6 , 7-9
5-6	20	15	5	5-6 , 7-9

Books you read after the Challenge closes can count towards the next year's Challenge.

K-2 students, you can read the books on your own, read them with someone, or someone can read them to you.

3-4, 5-6, 7-9 students, you must read the books on your own, but someone can help you choose them.

In a series on the PRC booklist, you can read any two books as PRC books. You can read up to five other books from the same series as Personal Choice books.

K-2 students, you can read books or have them read to you in your home language.

3-4, 5-6, 7-9 students, you must read all PRC books in English. You may read Personal Choice books in your home language.

K-2 students only - If you can read simple chapter books on your own, you can attempt the 3-4 Challenge. You need to change your online Student Reading Record to Challenge level 3-4.

3-4, 5-6, 7-9 students only - If your teacher thinks you need extra help, you can listen to unabridged audio versions of the books - as long as you read along.

If you complete your online Student Reading Record by August 30, 2019, you will be eligible for a PRC certificate in Term 4.

Please be aware that your child might be on his/her way to a gold award for 4 years of successful participation. If your child has completed the challenge for 7 years then he/she may be eligible for a Platinum Certificate. Please encourage your child to continue the Challenge.

All entries must be entered and finalised by August 30, 2019, so that I can validate the entries. A certificate will be presented to your child by the end of Term 4.

Gabi Hodge & Jill Morrison - Teacher-Librarians

P&C NEWS

Thank you to the 33 parents and community members who attended and voted at the Annual General Meeting of the P&C on Thursday February 21.

Your new P&C Executive Committee is:

President: Amanda Scammell

Vice Presidents: Amanda Collin & Natanya Haggman

Secretary: Layle Carlos

Treasurer: Sarah Woolcott

Committee: Maggie Jackson, Petra Kremer, Christine Fainga'anuku & Monika Crennan

We are all looking forward to working with you and to create a P&C that not only does amazing things but also has a positive, inspiring and welcoming culture so that everyone wants to join us on the journey of making the school a better place for our children and teachers.

We have finalised contracts for the new Playground Build. It will commence in 12 weeks and take 2 weeks (weather permitting) to build. Very exciting!

Mandy Scammell - President

Mini-Mos Fun Run and Fair

The Mini-Mos is Mosman Public Schools' major fundraiser of the year and this year will be held on **Sunday June 16, 2019**. It encompasses three fun runs (10km, 5km and 2km) and the Fair. If you are new to the school and want to find out more about the event have a look at the Mini-Mos website at www.mini-mos.com or for more details contact event@minimos.com

The Fair is a fantastic way to celebrate the success of the Mini-Mos Fun Run. Most importantly, it provides a fun day for our kids and all the families participating - and at the same time it is also a really great way to support the fundraising for the school. Last year, thanks to everyone who got involved, the fair raised \$17,500 and with the auction \$21,000!! That makes a huge difference for our school.

The success of the event relies on – yes you've guessed it! – a large number of volunteers from the whole school community. We will need lots of hands on deck – from just providing a few hours of your time on the day to taking on a lead role to help organise projects in the run up. Perhaps get together as a group of friends to man a stall or bring your extended family along and support the race by marshalling the different runs? We will be sending out a link for help on the in the week before and on the day, at the end of Term 1.

Back due to popular demand in 2019 are the pre-loved clothing and toy stalls along with the second hand books. Please start thinking about clearing out bookshelves, wardrobes and raiding your kid's rooms so we have a fantastic selection of good and clean quality items that you would love to buy yourself on the day. Besides the cake stalls with all the yummy home baked goods these are the favourite stalls of the fair. More details next term.

If you are able to help us **plan the fair** into an even more exciting event, we do have a number of roles to fill that we need help with now, namely Signage, Business Donations, second hand Toy stall, Merchandising, Pocket-Money Stalls and raffle. It's a really fun team to be a part of and you don't need too much background experience just a willingness to give it a go! Get in touch - we would really love your help. Contact us at: fair@mini-mos.com or at event@mini-mos.com.

Liz and Maggie - Fair Directors Mini-Mos 2019

Mini-Mos Charity

We are pleased to announce that the new Mini-Mos charity is **Take 3 for the Sea** which was founded in 2009 by surfing enthusiast, Amanda Marechal, marine ecologist, Roberta Dixon-Valk and environmentalist, Tim Silverwood.

Their message is simple: **Take 3** pieces of rubbish with you when you leave the beach, waterway or anywhere special, and you've made a difference.

Take 3 for the Sea is leading a movement of people who are connected to the planet to remove plastic pollution from the environment and support measures to prevent waste and pollution. **Take 3 for the Sea's** runs education programs in schools, surf clubs, communities and online, and focus on inspiration and participation. **Take 3 for the Sea** believes everyone has the power to take action and create positive change, no matter where they are.

On March 13, 2019, **Take 3 for the Sea** will present to all students about how they can make a difference to global plastic pollution. Then throughout 2019 our sustainability team will lead our community in fundraising and education programs.

For more information on **Take 3 for the Sea**, visit www.take3.org and join the #take3forthesea movement today.

If you have any suggestions about MPS student programs to support **Take 3 for the Sea** fundraising please contact Sarah Angus sarahwangus@gmail.com

COMMUNITY NEWS

Mosman High School Parent and Community Evening



"SIP & CREATE"

WEDNESDAY 13 MARCH 2019 • 7-9PM

MOSMAN HIGH SCHOOL, MILITARY ROAD, MOSMAN

Experience the expertise of MHS's dedicated Art Department teaching staff, sip wine & explore your inner creative.

Proceeds raised will help to purchase furniture for MHS's newly completed creative learning area.

BEGINNERS DRAWING • PAINTING TECHNIQUES
PERSPEX JEWELLERY • LIFE DRAWING • CERAMICS

BOOK NOW – LIMITED SPACES

Gather a friend or two, grab your favourite art smock and book via www.trybooking.com/BBBRJ or contact Ann King for further information on 0414 809 579

MOSMAN JUNIOR RUGBY
KICK - PASS - LEARN - LAUGH - JOIN
BOYS & GIRLS 6-12 YEARS WELCOME
Register Now!
www.mosmanjrc.org.au

BROTHERS Come & Try
BLUES TAG
in 2019
Launching in 2019 a dedicated GIRLS TAG Rugby League competition in the North Sydney Junior League District. Learn all the skills of this fast paced, highly skilled ball game based on Rugby League rules. Expressions of interest now open!
Seeking expressions of interest for GIRLS aged 11 - 13
Game Day: Saturday's 1pm - 3pm
Round 1: Saturday 6th April 2019
Team training's begin March
If you are interested in joining a North Sydney Brothers Girls League Tag Team in 2019 please contact nsbros@hotmail.com or nsbrothers.com.au
NSW RUGBY LEAGUE
NORTH SYDNEY BEARS
NORTHS