

MOWBRAY NEWS

Term 2 Week 10
3 July 2019

PRINCIPAL'S REPORT

Sydney Eisteddfod

Last Sunday was a full day of dance for our school dance groups performing at the Sydney Eisteddfod held at the Sydney Opera House. All our students performed successfully scoring high marks in each of their sections.

A big THANK YOU to our dance teacher who choreographed the routines and those who attended to support our students. A fun day was had by all!



PRINCIPAL'S REPORT



2019 Colour Run

Last Thursday was an afternoon of fun-filled merriment for all our MPS students. Our 2019 P&C Colour Run was a roaring success. Congratulations to **1HP** who raised the most money and had the obviously enjoyable task of 'colour bombing' me – as you can see they did an exceptionally thorough job!

Thank you to our students and school community who raised money and participated enthusiastically in the event. Thank you to our P&C volunteers who organised the afternoon and our ever-supportive school staff who joined the fun!



The real price of being late to school – food for thought

The morning routine for families can be frantically busy, ensuring that children are fed, correctly clothed, packed for the school day and spending extra time finding a lost item can be taxing. It is understandable that a late arrival to school can occur every now and again especially as the weather becomes colder and wetter!

It is important to crunch the numbers here. A late arrival to school by 10 minutes is 50 minutes of learning time lost in a week. This equates to 33 hours in the school year. It is also important to recognise that when students are late they can miss out on important instructions and be left behind before they even begin the day.

PRINCIPAL'S REPORT

Some simple suggestions to hopefully assist all students to arrive at school by 9:10am:

Pack bags and lunchboxes the night before. *Students should be packing their own bags it is not mum/dad's fault if a reader, recorder or homework is left behind!*

Lay clothes out. *This can aide time to hunt down matching socks, or recognise that pants have a hole!*

Have everything in the same place. *School bags, jackets and shoes in the same place means that children know where to find them in the morning.*

Earlier to bed on school nights. *A good night sleep will help fatigue (and grumpy attitudes) in the morning.*

Routines. *A good routine such as 'breakfast, brush teeth, uniform on and bed made' can help ease the morning.*

Conflict. *You might know something is going to come up in the morning that will cause conflict e.g. not wanting to eat breakfast, or wanting to wear something that isn't school uniform. Talk about it the night before when everyone has time and you're less likely to be stressed.*

Play family friendly music. *Possibly picking an up-beat song at the same time every morning that signals the final stages of getting ready and that it is time to walk/get into the car when the song is over.*

<https://raisingchildren.net.au/school-age/school-learning/school-homework-tips/morning-routine-for-school>

Remember school supervision starts from **8:40am**, so arrival is welcome from this time every morning!

Principal Leave

I will be having some leave for the first two week of Term 3 to attend a family event. Mandy Ryan will be Acting Principal in my absence.

Open Day Reminder – Save the date: Tuesday 6 August

This year Open Day will be on Tuesday 6 August. This is a morning that we welcome our parents/carers and grandparents to come and see a concert with a selection of our extra-curricular groups. Student classrooms are also open to show the teaching and learning experiences that our teachers provide for students. Open classrooms will be followed by a parent morning tea.

The event will be from 9:30am – 11:30am. More details will be given early next term.

I wish all our MPS families a happy and safe holiday and look forward to seeing you all in Term 3.

CAROLINE ALFORD
PRINCIPAL

PRINCIPAL'S REPORT

TERM 2 & 3 – DATES TO REMEMBER

TERM 2 - WEEK 10

Friday 5 July	Last day of school - End of Term 2
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TERM 3 - WEEK 1

Tuesday 23 July	School Resumes for Students 3-6 Assembly – 2.30pm – presented by 3B
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WEEK 2

Tuesday 30 July	K-2 Assembly – 2.30pm – presented by 2F and 2M
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CONGRATULATIONS to the following students who will receive their Awards at the following Assemblies:

Years 3-6 Assembly at 2.30pm on Tuesday, 23 July (Week 1):

Gold Awards – 3-6

3B	Ellie R, Jason B, Luhain S
3E	Ariya D, Aiden I
4A	Aron S, Megan T
4E	Oscar F
4F	Owen C, Tanya G, Marcus S, Joshua H, Lucy B,
5T	Hannah J, Lila M
5V	Alyssa H
5/6M	Takumi K, Noah J

Years K-2 Assembly at 2.30pm on Tuesday, 30 July (Week 2):

Gold Awards – K-2

KL	Asher T
1M	James H, Rida S
1N	Sienna K, Srihan K
1BH	Abbigale X
1HP	Jake S
2S	Soraka T

Note: If your child's name is not in the Newsletter they will not be receiving an award at these Assemblies. Please look out for their name in the next one.

SCHOOL NEWS

Kindergarten's Excursion to Calmsley Hill City Farm

Last Monday 24th June, Kindergarten went on an excursion to Calmsley Hill City Farm. Whilst at the farm, we were lucky enough to milk a cow, go on a tractor ride, visit a nursery full of baby farm animals and watch a sheep shearing show. We had a brilliant day and even saw some sunshine!



SCHOOL NEWS



On Monday
Kindergarten
Went to the farm
because we had
been learning about

farm animals.

First we went
on a tractor
ride. Next we
went to milk a
cow to get milk.
Then we went to
a whip show.

Finally we
went to see the
sheep dogs.

Rex



On Monday, KL Went
to the farm
because We
Wanted to learn
about farm
animals.

First we milked
a large cow.
Next we saw a
pregnant pig.

Finally we
patted a rabbit.

Shiv

SCHOOL NEWS

Sydney Eisteddfod

Last weekend on Sunday 23rd June, our Mowbray Dance Groups performed at the Opera House for the Sydney Eisteddfod. These groups were the Stage 1, 2 and 3 Performance Ensembles and the Boys Hip Hop Performance Ensemble. All students did an amazing job, putting on impressive performances and demonstrating all the techniques and skills they've learnt so far this year. Everyone was very well behaved, had fun and gave it their all. Thank you to all the teachers and families who supported this special event.



SCHOOL NEWS

INTERSCHOOL DEBATING

Every Tuesday morning over the last term, the Mowbray Public School Interschool Debating team have been working extremely hard to prepare for the Interschool Debating Competition held on Tuesday, 2nd July between friendly, local rivals - Lane Cove and Lane Cove West.

There were 6 debates with another 6 debates next term. After all 12, we will get to see which team and school get to hold the bragging rights and the knowledge of being the 2019 ultimate Interschool Debating Team! Go Mowbray!

Mrs Collins, Mr McElhenny and Miss Simionato



SCHOOL NEWS

NAIDOC Week Assembly



Mowbray Public School celebrated NAIDOC week with a special whole school assembly.

We learnt about the history of the Aboriginal people and the purpose of the message sticks. This week students will get the opportunity to design their very own message sticks telling their story or message.

Tamara Shamaon & Sarah Walker



SCHOOL NEWS

Tea and Chat afternoon with EAL/D students and families.



Many thanks to all who attended we enjoyed your company and sharing afternoon tea.

Mrs Walker, Mrs Shamaon and
Mrs Cunningham

LIBRARY NEWS

Thank-you Parent Helpers!

A very big thank-you to the amazing parents that help us in the library! Whether it is helping shelf books in the morning or covering books we want to say a huge big THANK-YOU!



Holiday Activities @ Your Local Library!

Chatswood Library

Info for Lego Club, the Dreamtime screening & FriYAY Friday Fun (craft), and Escape Room programs

<http://www.willoughby.nsw.gov.au/library/events-and-programs/children-programs/school-holidays-activities-/>

Lane Cove Library

Info for Coding activities with....Ozobot Mazes, Pom Pom creations and more

<http://www.lanecove.nsw.gov.au/Community/Library/Pages/NewsandEvents.aspx>



**CONTINUE CODING IN
THE HOLIDAYS WITH
THESE PROGRAMS**



Coding Lab for kids - Sphero Robot Obstacle Challenge

<https://www.apple.com/au/today/event/coding-lab-kids-sphero-robot-challenge/6546567018655891809/?sn=R523>

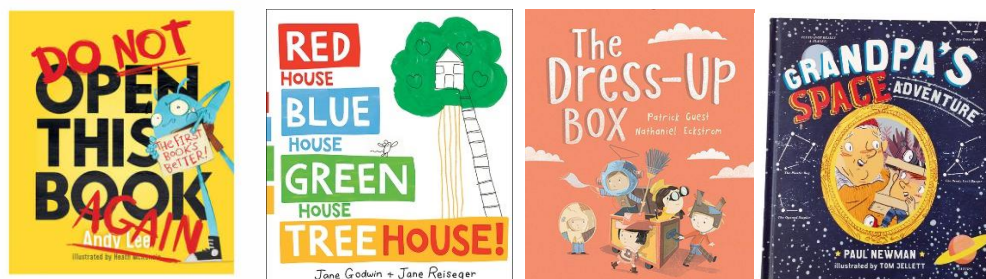
Video Lab for kids - making an iMovie

<https://www.apple.com/au/today/event/video-lab-making-movie-trailer/6545256165260232297/?sn=R254>

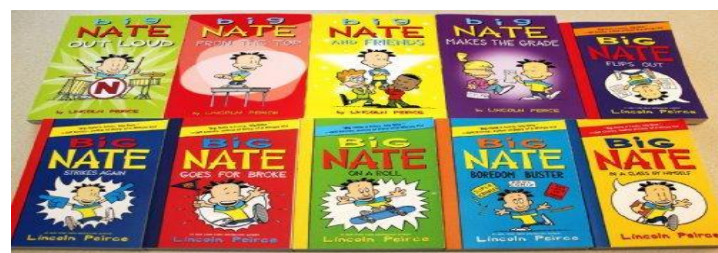
LIBRARY NEWS

New Books to the Mowbray Library...

K-2 new **picture** books include:



3-6 students have been requesting **more graphic novels** and here are just some of the newbies.



Don't forget all students can access the [MPS library catalogue](#) and see all the new acquisitions on their 'my library' homepage, through their student portal.

Happy Reading Adventures!

Mrs Dana Duveck-Steele, Mrs Shelley Kapp and Mrs Jennie Neil-Smith
Teacher Librarian Team

MOWBRAY PUBLIC SCHOOL P&C *Picks!*



e info@mowbraypandc.org.au w www.mowbraypandc.org.au
Fb www.facebook.com/groups/MPSFF



COLOUR EXPLOSION

What a day! In it's second year, the Colour Explosion is a highlight of the year, for many of our kids. This one did not disappoint! Messy to the max but fun for all! Thanks to our Mowbray community for their support and Cristina and her team for organising this event.



NEW P&C EXECUTIVE

The recent addition of Sara Khodayari (Secretary) (bottom left) and Rodrigo Contreras (Treasurer) (top right) have made our 2019 P&C Executive complete. Say hi, if you see them in the playground!! (Missing from photo - Julie Campbell)



COMING UP WORKING BEE

Good in the garden? Love mulch? Our next Working Bee is Sunday, 25 August. Activities include moving mulch to the playground, planting Lomandra, weeding the veggie patch and along the oval fence. Come help!



FATHERS DAY BREAKFAST

Friday 30 August is our Fathers Day Breakfast AND 2nd Hand Uniform PopUp Shop day! Join other families for a quick breakfast, a fun photo opportunity and some activities with your kids. All before you start your day!



ROCK'N BINGO

The next major fundraiser (adults only - no kids) is coming up in Term 3! Keep your eyes and ears open for more information about the Rock'n Bingo night, Saturday 14 September. Tell your friends and book the babysitter!"

Next P&C meeting: Tuesday 6 August 7:30pm, in the Library

Please donate any good, clean uniforms you no longer need.

Leave at the Office for the P&C Pop-Up Shop.

It's a useful service for our families plus all sale proceeds will benefit Mowbray



**Pop-up
SHOP**

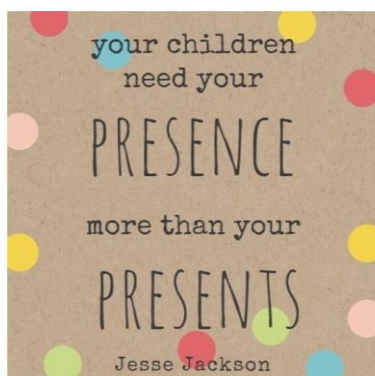
Mowbray P&C
**2ND HAND
UNIFORMS**

SALE Friday 30 August 2019
at "Fathers Day Breakfast"

*Donate any good, clean uniforms you no longer need, at the Office, for the P&C Pop-up Shop.
It's a useful service for our families plus all sale proceeds will benefit Mowbray.*

CASH ONLY Sales are final. Items are in 'as is' condition. No facilities to try items on.

Got It!



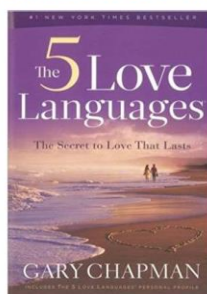
Spending **quality time** with our children helps build positive relationships, improves self-esteem, and is essential to optimal development.

Our lives can get so busy that quality time with our children can fall off the radar but it is important to find a few minutes here and there.

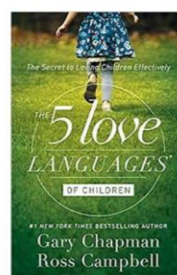
Ways to spend quality time with your children:

1. Plan regular **scheduled** dates. Planning and scheduling quality time means our kids look forward to quality time.
2. Take **pictures together**. Photos create memories that stretch quality time beyond the time you physically spent together.
3. **Cook together**. Your child gets to spend time with you and learn some helpful life skills as well!
4. **Eat** dinner together as a family a few times a week.
5. **Exercise together**. It's good for both of you.
6. **Play together**. Build an indoor cubby house with an old sheet, build a fort out of boxes, play doctor, or have a family games night.
7. Build quality time into your **morning and bedtime routines**. Set aside time to really talk together, read together, relax together - whatever suits your family.
8. Remember, it is **quality** not **quantity** - just 5-7 minutes a day of one on one time is enough.

Resource: A book about the different ways people express love.



The 5 Love Languages
By Gary Chapman



5 Love Languages of Children
By Gary Chapman and Ross Campbell



Health
Northern Sydney
Local Health District

Got It!



Self-Care is important.

There is simply no way to be a patient and calm parent if you are not looking after yourself.

Develop a guilt-free self-care plan:

- Set aside guilt-free time for self-care. Guilt-free because you are doing it to be a better parent.
- Think of activities that are both activating (e.g. exercise) and calming (e.g. reading).
- To start, set aside 5-10 minutes a day to do a self-care activity. Even this will make a difference!
- Consistency is important! Set a daily reminder alarm on your phone.
- Reassess how you are going and enlist a buddy if you need help.
- You will get more recharge if you focus on one thing at a time. That means no Facebook, diary checking, or dinner planning!
- Once you have developed your own self-care plan, you can help your children learn what activities recharge their batteries.



Resources:

The following websites have some great information on self-care strategies for parents and children:

<https://au.reachout.com/>

<http://www.resourcingparents.nsw.gov.au/>



Health
Northern Sydney
Local Health District

NORTH SYDNEY UNITED 2019 GALA DAY & FUNDRAISER

SATURDAY 27TH JULY, MILLER ST, NORTH SYDNEY OVAL 8.30AM-9.00PM



We will be donating to "the Sydney Breast Cancer Foundation" & "NSW Community Fund". To support the fundraising efforts we encourage you to come along.

ALL DAY
BBQ

Raffle

Petting Zoo (10am-12pm)

Face Painting (10.30am-1pm)

chiro Assessments during morning

Men's o35s vs Turramurra 3.30pm

Massage/Physio During Afternoon
Games \$1/Minute - All Goes To The
community Fund

Men's Premier League (Firsts) vs
Lindfield 7.15pm

Junior Skills with
(12 - 2.30pm)



3 Hours of Junior Football
comp Games In The Morning

Bouncy castle (9.30am-3.30pm)

North Sydney United
Merchandise Stall

Roller & Fitball classes
during morning

u14s vs TBC 5.30pm

cake Stall

Entry on the door will also be a gold coin donation. We welcome you to our special day. Please help us make this a successful fundraiser as well as a memorable day!



Proudly supporting



FULL DETAILS: www.northsydneyunited.com.au
ENQUIRIES OR RAFFLE/AUCTION DONATIONS:
clubadmin@northsydneyunited.com.au
sharoncox69@gmail.com
EVENT CO-ORDINATORS:
Sharon Cox - 0407 488 287
Simon Cox - 0418 460 668
scox@creative-endavors.com.au

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AUSTRALIA'S YOUTH PRESENTS

A SELF DEFENCE KARATE AND SAFETY AWARENESS PROGRAM

For boys and girls
Ages 5 – 16
In Sydney Since 1994

Website – karate-kids.com.au

DEVELOP SELF CONFIDENCE

INSTRUCTORS TRAINED SPECIFICALLY
FOR TEACHING CHILDREN AND TEENS

IMPROVE CONCENTRATION

SELF DEFENCE ONLY IS TAUGHT

BUILD COORDINATION

CLASSES DIVIDED BY AGE
AND EXPERIENCE

BUILD SELF ESTEEM

FROM BEGINNER TO
BLACK BELT

IMPROVE STUDIES

MAKE FRIENDS



Only \$14.00 Per Week
With a \$2.00 Rego per term
No Extra Grading Fees!

Location: Truscott Street Public School
Truscott St. and Morshead Road, North Ryde
Classes are every Sunday for 9 Weeks (Every School Term)
New and Returning Registration: Sunday, 28 July, 2019
New Students can also join on: Sundays, 4 Aug., 11 Aug.

**New and Returning
Students
Ages 5-8**
Class Time 9:00 to 9:40AM

**New and Returning Students
Ages 3-4**
Parents must be present
Class Time 8:30 to 9:00AM

**New Students
Ages 9-16
and Returning Students**
Class Time 9:45 to 10:25AM

Returning Students please see website at www.karate-kids.com.au for class times.

REGISTRATION WILL BE ACCEPTED UP TO THE THIRD WEEK OF TERM. NO PRE-REGISTRATION IS NECESSARY,
JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE. WE ACCEPT CHEQUES OR CASH.
FOR **FURTHER INFORMATION**, SEE WEBSITE AT www.karate-kids.com.au.



Start up Squash

Willoughby Squash Centre

K-6 Term 3

Fridays 4pm to 5:30pm

9958-1399

Free





LANE COVE NORTH

Are you looking for a dance school to ignite your child's passion for dance & welcome them into an inclusive community, all whilst have a whole lot of fun? With over 20 years of experience, Dance Sensation is ready to welcome you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY
4:00 - 5:00pm 5-12yrs (K-Yr6) Tap \$170/term	3:40 - 4:40pm 9-12yrs (Yr3-6) Funky Jazz/Hip Hop \$170/term	9:30 - 10:00am 2-5yrs Ready Set Ballet \$150/term	3:45 - 5:15pm Mini Performance Crew \$220/term	9:20am-10:00am 3-5yrs (Pre-school) Acrodance \$160/term	8:30 - 9:00am 2-5yrs Ready Set Ballet \$150/term
4:00 - 6:00pm Junior Performance Crew \$255/term	3:50 - 4:40pm 5-8yrs (K-Yr2) Acrodance \$165/term	10:00 - 11:00am 2-5yrs Ready Set Dance \$170/term	3:45 - 4:35pm 9-13yrs (Yr3-6) Boys Hip Hop/Breakdance \$165/term	10:00 - 11:00am Adult Dance Fusion \$170/term	9:00 - 10:00am 2-5yrs Ready Set Dance \$170/term
5:00 - 6:00pm Teen Tap (Yr7-12) \$170/term	4:40 - 5:40pm 9-12yrs (Yr3-6) Acrodance \$170/term	4:00 - 5:00pm 8-12yrs (Yr2-6) Lyrical/Contemporary \$170/term	4:30 - 5:20pm 5-8yrs (K-Yr2) Boys Hip Hop/Breakdance \$165/term		9:00 - 10:00am 5-12yrs (K-Yr6) Tap \$170/term
6:00 - 7:00pm Adult Beg/Int Tap \$20/class \$170/term	4:40 - 5:30pm 5-8yrs (K-Yr2) Funky Jazz/Hip Hop \$165/term	4:10 - 5:00pm 5-8yrs (K-Yr2) Funky Jazz/Hip Hop \$165/term	5:20 - 6:20pm 6-12yrs (Yr1-6) Acrodance \$170/term		10:00 - 11:00am Musical Theatre \$170/term
7:00 - 8:00pm Adult Adv Funky Jazz/Hip Hop \$20/class \$170/term	5:40 - 6:40pm Teen Acrodance \$170/term	5:00 - 6:00pm 9-12yrs (Yr3-6) Funky Jazz/Hip Hop \$170/term	5:15 - 6:15pm Teen Ballet \$170/term		10:00 - 11:00am 9-12yrs (Yr3-6) Funky Jazz/Hip Hop \$170/term
8:00 - 9:00pm Adult Int/Adv Tap \$20/class \$170/term	6:40 - 8:40pm Senior Performance Crew \$255/term	5:00 - 5:50pm 5-8yrs (K-Yr2) Ballet \$165/term	6:15 - 8:15pm Open Performance Crew \$255/term		10:00 - 10:50am 5-8yrs (K-Yr2) Funky Jazz/Hip Hop \$165/term
		5:00 - 6:00pm Teen Lyrical/Contemporary \$170/term	6:30 - 7:30pm Adult Beg/Int Ballet \$20/class \$170/term		10:50 - 11:40am 5-8yrs (K-Yr2) Ballet \$165/term
		6:00 - 7:00pm Teen Funky Jazz/Hip Hop \$170/term	7:30 - 8:30pm Adult Beg/Int Funky Jazz/Hip Hop \$20/class \$170/term		11:00 - 12:00pm 9-12yrs (Yr3-6) Ballet \$170/term
		6:15 - 7:00pm Pointe \$160/term			11:00 - 12:00am 2-5yrs Ready Set Dance \$170/term
Private Lessons For Solo Competitions, Exam Preparation or Self Improvement, Private Lessons can be booked with a Teacher of your choice and are \$35/30mins		7:00 - 8:00pm Adult Adv Ballet \$20/class \$170/term			
		8:00 - 9:00pm Adult Contemporary/Lyrical \$20/class \$170/term			

Dance Sensation offers a space to build encouraging friendships and to learn life skills together! **Discover more** about each exciting style of dance we offer on our website's 'classes page' www.dancesensation.com.au/classes/ to find the perfect class for you!

ENROL NOW and JOIN IN THE FUN!

<https://dancestudio-pro.com/online/dancesensation>

Click 'Online Registration' and create an account, enter your details, create a new student and select the classes you wish to enrol in!

\$\$\$ GREAT TERM DISCOUNTS FOR FAMILIES AND STUDENTS ATTENDING MULTIPLE CLASSES

Questions? Email admin@dancesensation.com.au

facebook/Dance Sensation



@dancesensationaustralia

