



# The Link

*A fortnightly publication of Rydalmere Public School*

## Term 1 : Issue 4

DATES TO REMEMBER	
<b>Term 1</b>	
<b>19.3.13</b>	Harmony Day Celebrations and Multicultural Feast
<b>21.3.13</b>	P&C Meeting in the Library – 7pm
<b>27.3.13</b>	Combined Scripture
<b>28.3.13</b>	Easter Hat Parade
<b>12.4.13</b>	Anzac Day Service

## FROM THE PRINCIPAL

### 2012 Earn and Learn promotion by Woolworths

Early this term we received our allocation from last year's Earn and Learn fundraiser. I have previously related to you our thanks for the great efforts from many parents to make this successful. We have now received our goods and they are in the classroom being put to use. A few photos are included below. The items supplied included one hundred and fifty two home readers for all classes at various levels; a set of eleven Indigenous picture books; polydron solid sets; various dice sets for use in groups; red led dice, which is always a hit as they light up!; Australian currency and Geometric shapes.

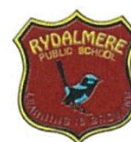


### School Photos

The children came to school last week for photo day “dressed to the nines”, as they say, in their best uniforms and neatly groomed. We had photos of each class taken, individual photos of all children, student leaders and a photo of the whole school. We are all looking forward to receiving them back soon. If you have to change your order, please contact “The School Photographer” via their website to do so.

**Rydalmere Public School 397 Victoria Road, Rydalmere 2116**

Phone: 9638 1568 Email: [rydalmere-p.school@det.nsw.edu.au](mailto:rydalmere-p.school@det.nsw.edu.au)  
Fax: 9898 0161 Web: [www.rydalmere-p.schools.nsw.edu.au](http://www.rydalmere-p.schools.nsw.edu.au)



## Harmony Day

The last reminder for Harmony Day Feast and National Costume Parade being held on Tuesday 19<sup>th</sup> March at 12.30 pm. Some communication states that it begins at 12.00 pm, however, food will be served at 12.30 pm.

## Easter Hat Parade.

A separate note is included on the Easter Hat Parade but it is duplicated below as an additional reminder.

## Aldi opens on Wednesday and we are invited!.

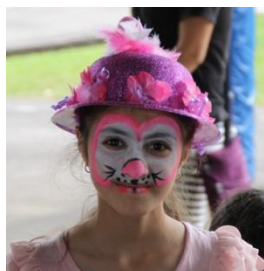
We were contacted by Aldi last week with an exciting promotional and fundraising opportunity. During the first day of opening, the new Aldi store has asked that we run a BBQ for the day. We have called for volunteers to help staff the BBQ from the morning until 4.00pm. A number of teachers and I will staff the BBQ from the end of school until 4.00pm. This is a small way that we build relationships with our corporate community and I would like to thank Mrs Kushturian for her liaison role with the company and Ms Tulip for her swift response and enthusiasm for the opportunity. Any parents who can spare some time during the day, please contact Wendy Tulip on 0418 256 270.

*Martin Naylor*

Principal

### ASSEMBLY AWARDS: [8<sup>th</sup> March]

Safe Award	Tiahna T, Olivia P, Lachlan N, Haylie H
Respectful Award	Rhys F, Kory P, Ana L, Jasmine S
Learner Award	Ahmed R, William M, Jessica B, Aliyah M



## EASTER HAT PARADE 2013

*Our school Easter Hat Parade will take place on Thursday 28 March 2013. Students are asked to create their own Easter hat to wear in the parade.*

*Parents are invited to attend the parade to watch their child march with their hat at 1:50pm. The P&C will be selling hot cross buns with a juice or cup of tea or coffee.*

*Years 5 and 6 will be face painting on the day.*

*An Easter egg on a cheek for \$1 or the whole face for \$3.*

*We hope to see you there!*





## 1/2M's Gardening and the environment

1/2M started the year planting from seeds into the school's Greenhouse. We put in radishes, sunflowers and lettuce. The children enjoyed the hands on experience of planting from seed and watching the seeds germinate into a seedling. The lettuces are extremely slow growing and we hope to plant them into the garden this week. We had a planting day where the parents came in



and helped us plant our sunflowers in a garden facing Victoria Road, they are progressing along nicely. Hopefully we will see some sunflowers before we break at the end of term.

It is the radishes that we are most excited about, as they are a really fast growing plant. We harvested the radishes last Friday and every child got to take one home and we cut some up in the classroom to taste the fruits of our labour.

Another focus for the class is keeping the bird bath topped up with fresh water daily, changing the water in the blue tongue lizards bowl and monitoring the amount of duck weed and water that is in the frog pond.





## Rydalmere Public School

# Parents - Friends - Community

### Aldi Grand Opening BBQ - Wednesday 20<sup>th</sup> March

Our school has been given a wonderful opportunity to hold a fundraising BBQ at the grand opening of Aldi's new store at Rydalmere this Wednesday 20<sup>th</sup> March. If you are able to help out for an hour or two between 9:30am - 4pm that would be great. Please let Wendy know (phone: 0418256270 / email [wendy@capsize.com.au](mailto:wendy@capsize.com.au)) or complete the slip which was given out last week and return it to the school office.

### Family Portraits - Saturday 18<sup>th</sup> May

Come along and have a family photo taken on Saturday 18<sup>th</sup> May between 9.00am - 3.00pm.

Cost \$15 (all goes to the school) includes one family portrait photo 13"x10" (A4) or pencil sketch portrait (A3), plus one wallet size photo and one key ring.

Great photo packages offered (from \$69). See Flyer in this Link or Samples on the Noticeboard beside Kindergarten.

We need 30 families for this to go ahead so please ask your family and friends.

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### Canteen

Wednesdays: Canteen is open for hot food and snacks.

Thursdays: The year 6 students are selling ice-creams in the canteen.

Fridays: California rolls and sandwiches are available on Fridays. Orders for California rolls must be placed on the Thursday prior. Children will not be able to order these on the Friday.

If you have any queries related to canteen or would like to help out for an hour or two a week, please feel free to chat to Michelle Bolliger (Canteen Co-ordinator).

### Our next get-together for this year - Thursday 21<sup>st</sup> March 2013

Join us in the Library on Thursday 21<sup>st</sup> March at 7pm. Come for a chat and have some input into what is being planned for the year ahead ☺

**Cookie Dough Fundraiser** - Cookie Dough Arrived last Friday 15<sup>th</sup> March - Yum!! We made over \$420 and this money will be put toward shade for the oval and upgrade of playground equipment. Thank you to all who participated.

### Uniform Shop

**Next two weeks**: Thanks Diane for helping out in the uniform shop while Yvette was away. Yvette will be back this Thursday morning from 8:40am - 9:15am (just down the corridor from the front desk in the office building). If you're unable to make it on Thursday, you can leave your order with the office staff or see Rita Cottam.

Have a good week.....see you soon ☺



## WESTSIDE TALENT SCHOOL

ERMINGTON

Uniting Church - Cnr Trumper St & Victoria Rd  
Thursday from 3:45 pm

*Come & learn all styles of dance in a  
happy & friendly environment.*

Enquiries Welcome:  
0419 246 280 - 9526 8655



HIP HOP JAZZ / FUNK TAP

BALLET SINGING

TINY TOTS CLASS

BOYS ONLY HIP HOP

*We accept students from the  
age of 3 years to young adults*

Exams in Ballet, Tap and Hip Hop offered

End of year stage production



**Attention Parents: Come and join the party!**

Fitness for adults. Great cardio workout if  
you're looking to shed a few extra kilos, while toning up.  
No experience required, suits all levels of skill and fitness!

**RYDALMERE PUBLIC SCHOOL HALL**

**6.30PM WEDNESDAY NIGHTS**

CALL, TEXT OR EMAIL TO REGISTER

**KAREN 0423 688 088 [jk.bates@hotmail.com](mailto:jk.bates@hotmail.com)**

Cost \$10 per class

Classes start 6<sup>th</sup> April.

## Reminder - MultiLit Literacy Centre Family Information Session Saturday 23rd March 2013 at 12pm

The MultiLit Literacy Centre works with low progress readers from kindergarten through to high school.

We now also offer a preschool program that teaches prerequisite reading skills to give children the best start when they transition to formal schooling.

MultiLit, a research-based initiative of Macquarie University, addresses the literacy needs of low progress readers with proven programs that improve reading accuracy, fluency, comprehension, spelling and vocabulary.

Our family information session will provide parents and carers with information about the range of programs available at our Literacy Centre as well as the opportunity to see our Reading Tutor Program in action.

The MultiLit Literacy Centre is located in the Macquarie University Research Park next to Macquarie University Hospital:

Suite 2, Level 3

75 Talavera Rd

Macquarie Park

Parking is available on Talavera Rd, at Macquarie University Hospital and at Macquarie Shopping Centre.

Register your interest now (or feel free to just drop in on the day)! Email [readingcentre@multilit.com](mailto:readingcentre@multilit.com) or call 1300 55 99 19.

Kind regards, [vanessa.black@multilit.com](mailto:vanessa.black@multilit.com)

Vanessa Black

Multilit Pty Ltd

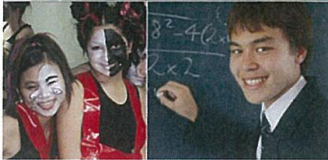




MARSDEN  
HIGH SCHOOL



## Learning today, shaping tomorrow



Marsden High School is a **dynamic** and **culturally rich** school. Our students are cooperative, engaged learners; resourceful, **critical and creative thinkers** and are socially tolerant.

Our purpose is to maximise outcomes for all students in a challenging, **technically innovative** and rich learning environment. At Marsden we believe in the importance of connecting students' learning to the world beyond school and that learning is a continuous lifelong process.

At Marsden, we give our students the **tools** they need to **succeed** in tomorrow's world.

### Marsden Facilities:

- Interactive white boards
- New science labs
- Outstanding sports grounds
- Talented Sports Program
- 5 computer rooms
- Laptops for learning
- Gifted & Talented Programs
- TAFE / TVET programs
- Student Leadership Team
- Duke of Edinburgh
- ESL + Indigenous support
- Vocal, Concert & Stage Bands
- Debating & creative writing
- Outstanding dedicated teachers
- Learning Support Team
- Photography & Art exhibitions
- International study trips

### The Pinnacle

The Pinnacle program has been designed to extend and enrich the potential of academically gifted students. Students benefit from learning with like minded peers in a challenging, differentiated program. The Pinnacle Program operates from Years 7-10 and is by application only, supported by academic testing.

### The Principal's Tour

Weekly tours are available to help you get to know Marsden and find out more of what our great school has to offer your child. Please call the office on 9874 6544 to make a booking.

Winbourne St, West Ryde 2114  
Phone: 9874 6544 Fax: 9858 1716

Email: [marsden-h.school@det.nsw.edu.au](mailto:marsden-h.school@det.nsw.edu.au)  
[www.marsden-h.schools.nsw.edu.au](http://www.marsden-h.schools.nsw.edu.au)

# NORTHMEAD CREATIVE AND PERFORMING ARTS HIGH SCHOOL

Campbell Street  
NORTHMEAD 2152



## OPEN DAY

TUESDAY 19 MARCH 2013

**Morning Session:**  
**Evening Session:**

9.15am - 1.00pm  
7.00pm - 9.00pm



### Northmead CAPA High School

- ◆ **Central Location**
  - Just off Windsor Road - end of Campbell Street
  - Good Transport Connections - Bus and Rail
  - Experienced and Committed Teachers
- ◆ **Creative and Performing Arts**
  - Year 7 CAPA Class (selected by audition)
  - Elective classes in CAPA (Yrs 9-12)
  - Bands & Choir
  - Dance, Drama & Music
  - Instrumental Programs
- ◆ **Focus on Academic Excellence**
  - Gifted and Talented Programs
  - Extension Program for Year 7 Students
  - Support and Remediation Programs
- ◆ **Comprehensive Education**
  - Special Performing Arts Programs
  - Broad Curriculum
  - Excellent Sporting Opportunities
- ◆ **Caring School**
  - Support for Year 7 Students
    - ◇ Orientation Program, Yr 6 to Yr 7
    - ◇ Peer Support
    - ◇ Year 7 Camp
    - ◇ Student Ambassadors Year 7
    - ◇ Proactive Learning Support Team
    - ◇ Anti-bullying Program, with state recognition
    - ◇ Values driven school that promotes Respect, Responsibility, Commitment, Community
    - ◇ Special Programs
- ◆ **Extra Curricula Activities**
  - Sport
  - Debating & Public Speaking
  - Mock Trials
  - MUNA
  - Sister Exchange Visits:
    - Kawaguchi Japan
  - Lots More
- ◆ **Year 7 Scholarships**
  - 3 Categories
  - Performing Arts, Academic, Sport
  - Contact School on 9630 4116 for Application Forms

### Discover the fabulous opportunities that Northmead CAPA High offers:

#### At Open Day you will:

- Meet teachers and students
- Use technology to create a memento of your visit
- Develop team building skills
- Discover the powers of your mind  
Problem solving and brain teasers
- Explore 'living' music using technology
- Experience the fascinating and exciting work of Science
- View nature at work - visit the school farm and animals
- Enjoy lunch provided by the SRC



# Parenting Programs

## Child & Adolescent Parenting

### WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

#### **Tuning in to Kids Course** (3-10yrs)

Help your child develop emotional intelligence, manage emotions & deal with conflict.  
Chatswood 5wks/2.5hrs (25/2-25/3, 7.00-9.30pm)

#### **Triple P (Positive Parenting Program) Course** (3-8yrs)

Strategies to encourage desirable behaviour and manage persistent misbehaviour.  
Chatswood 7sessions over 8 wks - 5 group & 2 telephone (14/2-4/4)

#### **Communicating with Kids Course** (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.  
Chatswood 6 wks/2.5hrs (5/3 - 9/4, 7.00-9.30pm)

#### **Communicating with Teens Course**

Aims to increase your understanding of your adolescent's needs & behaviour with skills to relate to them.  
Chatswood 5 wks/2.5hrs (13/3 -10/4, 7.00-9.30pm)

#### **Toddlers Workshops** (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep  
Chatswood 3 wks/2.5hrs (4/2-18/2, 7.00-9.30pm)

#### **Resilient Kids Workshop**

Strategies to accept & express feelings, develop optimistic thinking & coping skills  
Chatswood (14/3, 7.00-9.30pm)

#### **Dealing with Teen's Backchat Workshop**

Learn how to restore a respectful & positive relationship between you & your teenager  
Chatswood (6/3, 7.00-9.30pm)

### WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- |  |                                 |
|--|---------------------------------|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School          |
| ★ Tucker without Tantrums/Toilet Training          | ★ Transition to High School     |
| ★ Speech & Language Development/Sleep              | ★ Triple P (PPP) Seminar Series |
| ★ Older Sibling - New Baby                         | 1-12 years & Teens              |
| ★ Bully Busting                                    | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids                                   | NEW ★ Grand Parenting           |

**Enquiries: Child & Adolescent Parenting 9887 5830**

**[www.nscchhs.health.nsw.gov.au/caparenting.htm](http://www.nscchhs.health.nsw.gov.au/caparenting.htm)**



**Health**  
Northern Sydney  
Local Health District





## Family and Relationship Service Education and skills Training February – April 2013

Course	Outline	Date & Time
<b>Parenting after Separation</b>  Fees calculated on a sliding scale when booking into the course.	This five week program includes: <ul style="list-style-type: none"> <li>Education on the importance of children's emotional and physical safety</li> <li>Recognition that distress felt in separation is a normal process</li> <li>Acknowledgment that separation creates change which can be viewed as a destructive event or a time for personal growth</li> <li>Education on awareness of parents actions impacting on themselves and their children</li> </ul>	<b>Friday Mornings</b> <b>8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> Feb &amp; 8<sup>th</sup> 15<sup>th</sup> March</b> Time: 10:00am till 12.00pm  <b>Wednesday Evenings</b> <b>27<sup>th</sup> Feb, 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> &amp; 27<sup>th</sup> March</b> Time: 5.30pm till 7.30pm
<b>Engage 4 Dads</b>  Fees calculated on a sliding scale when booking into the course.	This four week program is designed for Dads who have limited time with their children. The program includes: <ul style="list-style-type: none"> <li>Identification of both a healthy and unhealthy relationships; in their own lives and with people in authority;</li> <li>Education on the necessity for a child to have a secure base. Individual grief is discussed with strategies of self care and acceptance of their individual situation.</li> <li>Participants become aware of the importance of play and using play as an engagement tool with their child. Recognition of the feelings in the irregularity of the relationship is explored.</li> <li>Persistence and resilience needed for the life long relationship</li> </ul>	<b>Wednesday Evenings</b> <b>3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> &amp; 24<sup>th</sup> April</b> Time: 5.45pm till 8pm
<b>Three Choices - Incorporating 1-2-3 Magic &amp; Emotion Coaching</b>  Fees calculated on a sliding scale when booking into the course.  There is a one off fee of \$5.00 for the accompanying workbook	This three week program is designed to assist parents and caregivers of 2 - 12yr old children: <ul style="list-style-type: none"> <li>Increase their knowledge about what works in managing difficult behaviour</li> <li>Lessen their feelings of frustration</li> <li>Get better results with less effort and stress</li> </ul>	<b>Wednesday Evenings</b> <b>13<sup>th</sup> 20<sup>th</sup> &amp; 27<sup>th</sup> February</b> Time: 5.30pm to 7.30pm
<b>Triple P Seminar Series</b>  Participants will be asked to pay a once off \$5 to cover morning tea	This three week seminar series covers: <ul style="list-style-type: none"> <li>Understanding general parenting issues, why children behave in certain ways under certain influences</li> <li>Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience</li> <li>Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children</li> </ul>	<b>Friday Mornings</b> <b>22<sup>nd</sup> March</b> <b>5<sup>th</sup> &amp; 12<sup>th</sup> April</b> Time: 10.00am till 12.00pm
<b>Bookings Essential:</b> <b>9895 8054</b>	<b>Venue: ANGLICARE</b> <b>Family and Relationship Service</b>	<b>18 Parkes Street</b> <b>Parramatta 2150</b>

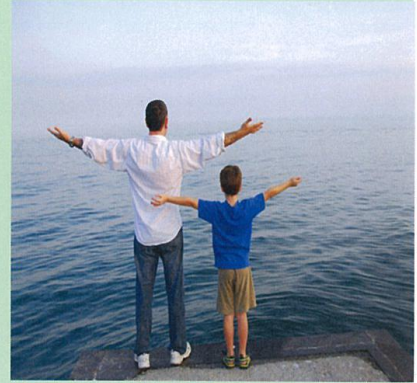
**To gain a certificate of attendance you must attend all set course days  
Unfortunately we are unable to offer child minding for any of our courses**

# Bedwetting Information Evening for Parents

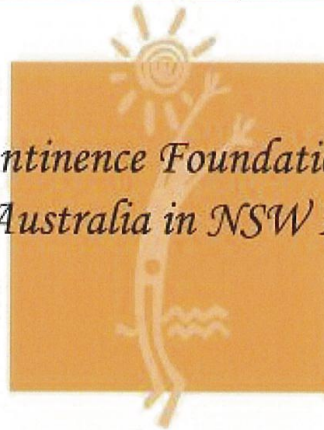
**If you have a son or daughter aged 5—18 years who has a bedwetting issue (nocturnal enuresis)**

**Then come along to the seminar to hear all about:**

- family history and bedwetting
- types of enuresis
- causes of bedwetting
- how constipation may contribute to bedwetting
- treatment of bedwetting
- when and where to get professional help



*Continence Foundation  
of Australia in NSW Inc.*



**7 pm Tuesday 26 March 2013**

**@ Paraquad Building**

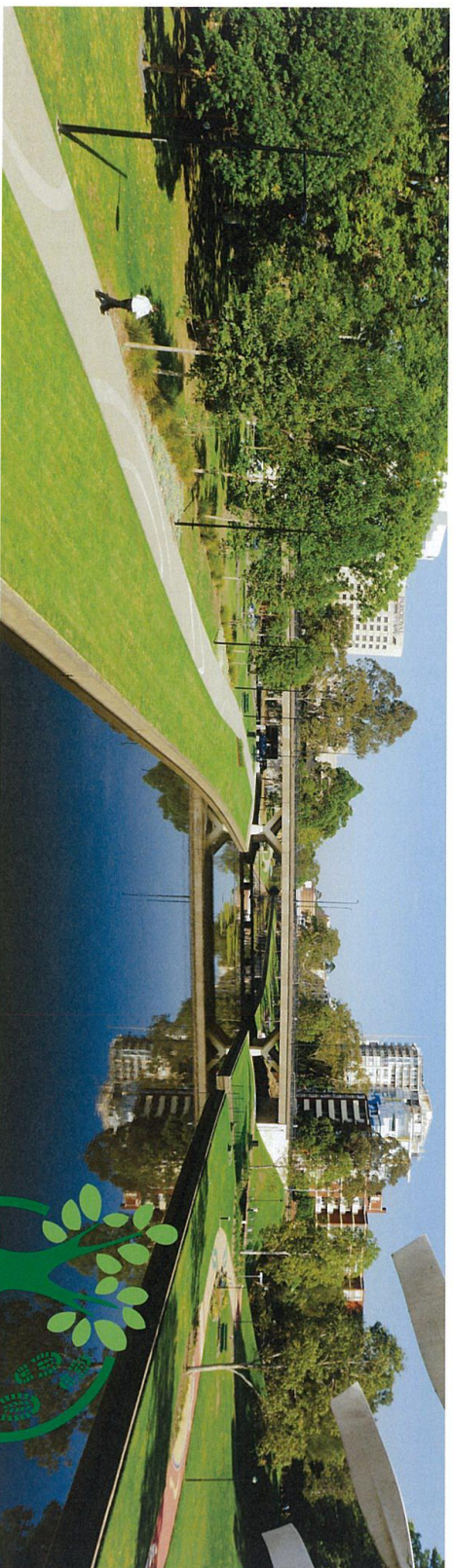
**6 Holker St Newington - near Newington Shopping Centre  
(children welcome too!)**

**\$10 donation (Tax deductible)**

**RSVP: by 19 March 2013 via email to [nswcfa@gmail.com](mailto:nswcfa@gmail.com)  
or phone 02 8741 5699**



## FREE WALK AND FESTIVAL – Sunday 24 March



Celebrate 2013 NSW Seniors Week with friends and family by taking part in the inaugural Park to Park Walk and Festival.

Walk along the picturesque Parramatta River foreshore from Sydney Olympic Park, ending at Parramatta Park for a festive day of live entertainment, food stalls, information booths and talks with 2013 NSW Seniors Week Ambassadors Graham Ross and Kumar Pereira!

**Walk: 8.00am – 11.00am**  
**Festival: 10.00am – 2.00pm**

### Meeting & check-in point:

Parramatta Interchange,  
Parramatta Railway Station

### Start Point options for all fitness levels:

9km Primary Start Point – Blaxland Riverside Park  
6km Start Point – Rydalmere Ferry Wharf  
4km Start Point – University of Western Sydney  
2km Start Point – Parramatta Ferry Wharf  
Finish Point and Festival – Pavilion Flat, Parramatta Park

This is an alcohol-free and non-smoking event.



Presented by



Walk managed by



Event Partner



Venue Partner



### Walk & registration enquiries:

Visit [www.activeseniorsnsw.com.au](http://www.activeseniorsnsw.com.au) or phone 02 9548 6760

### For all other information:

Visit [www.nswseniorsweek.com.au/parktopark](http://www.nswseniorsweek.com.au/parktopark)



# DON'T MISS OUT! HELP RAISE FUNDS FOR RYDALMERE PUBLIC SCHOOL



Limited time only  
A3 Pencil Sketch



10x13" family portrait

**OR**



**You receive these 3 items for \$15**

Keyring



Wallet sized portrait

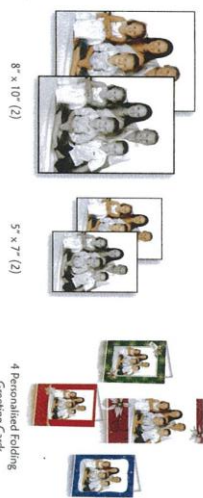


Location: RYDALMERE PUBLIC SCHOOL.  
Date: **18/06/2013**  
Contact: Diane Cole  
Phone: 0412 198 447  
Email: dcoleyrydalmer@optusnet.com.au  
(to prepay and book your photographic session)

**Don't wait until it's too late!**  
Book now and secure professional portrait images of this special time in the life of your family

## Brand New Package Featuring Pencil Prints & Greeting Cards

### Family Pack



### Fundraising Package



### Children's Pack



### Parent's Pack



- No obligation to purchase
- Includes a range of gift ideas
- Extra poses available
- Digital images complimentary when complete package is purchased



### Three Things You Can Do To Help

- Encourage as many of your family and friends as you can to participate in our fundraiser.
- Promote our fundraising event on your facebook page.
- Get your fundraising contribution in early and guarantee your preferred portrait time.

### Three Simple Rules

- There must be a minimum of 2 generations in each fundraising family portrait (children must be photographed with parents).
- No person may appear in more than one fundraising portrait.
- Three different poses will be taken of each family.

Head to our facebook page for further details and advice on what to wear to your portrait session  
[facebook.com/advancedlifefundraising](http://facebook.com/advancedlifefundraising)

**advancedlife**  
photography  
1300 653 883