



The Link

A fortnightly publication of Rydalmere Public School

Term 2: Issue 1

| DATES TO REMEMBER | |
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| Term 2 | |
| 8,10.5.13 | P&C Mother's Day Stall |
| 14,15,16.5.13 | NAPLAN testing for Years 3 & 5 |
| 16.5.13 | P&C meeting in the Library – 7pm |
| 18.5.13 | Family Portraits |
| 21.5.13 | ICAS Computer |
| 22.5.13 | Zone Cross Country |
| 29.5.13 | Celebrating the Arts Rehearsal (Years 3-6) |

FROM THE PRINCIPAL

Welcome Back

Welcome back to the term. I hope that the break from the school routine gave you time to do the things that bring enjoyment to you and your family. This term is a very busy short term. We are already into Week Two and there are only nine weeks this term, as a result of having a longer period last term (11 weeks).

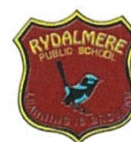
Working Bee

Last Sunday a hardworking group of parents, children and staff came together to work and improve the school grounds for the children. We were able to achieve a great deal in the three hours allotted. This included weeding the front rose garden; cutting out a large but rotten tree; painting the side of the Library where the paint was peeling; weeding next to the preschool so that prickly plants do not blow in and sting the children; tidying up the area around the class vegie gardens; weeding and tidying up the gardens at the entry to the school. Two images will stay with me for a long time to come. The first picture was a parent with her youngest son, Jack, by her side and her new child, Nicholas, in a pram walking down the playground pulling a large branch from the tree out front. Such was the enthusiasm for the task. Another was watching a young boy determined to bring the wheel barrow back to the shed at the end of the day. It was bigger than him yet he showed enormous determination.

The results of the day are clear for all to see. The look of the school is greatly improved both from Victoria Rd and Johns St and within the school grounds. The area around the preschool is neat and tidy and the

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outside of the library looks loved once again. I hope that you can see that these afternoons provide an opportunity to meet and work with fellow parents to the betterment of our much loved school and therefore, the students. Thanks to all who attended and I hope you enjoyed it as I certainly did. I wish to name all those who attended so that you can thank them should you wish. I will do my best to mention all who came, my apologies if I miss you out.

Nigel Apps, Wendy Tulip, Kelsey and Mac; Garry and David Ewings; Jo-Anne Fourro, Jason Huggett and Rhys; Dianne Cole and Rebecca; Mark Nicholas, Nicole, Lachlan and Jarrod; Carlos Velazco; Maryanne Thompson, Jack, Amelia, Elizabeth and Nicholas; David, Rita, Jayden, Lucas and Will Cottam; Amanda, Ryan, Josh and Hayden Green; Jo Wainiqolo and Ulita; Col Podmore; Dorothy Kushturian; Barbara Aldred; Sue MacKay; Martin Naylor.



Naplan

All parents of Year 3 and 5 will have already been informed about the Naplan testing to be conducted next week. We have done extensive work to prepare your children regarding what the test looks like, what will be in the test and what to do if they have a blank and cannot answer a question. Please reassure your children that they should just do their best and it is not something that we use to personally judge them. Please report any great anxiety to the teachers prior to the test, so that we can support your child in this process. A good night sleep in the days leading up to the test and a nourishing but not too heavy breakfast the morning of the test, would be a good physical support to your child.

Timetable:

Tuesday 14th May – Literacy, Language Conventions (First Session) and Writing (Second Session).

Wednesday 15th May – Literacy, Writing.

Thursday 16th May – Numeracy.

Martin Naylor

Principal



Newsletter APP for Android, Blackberry and Windows Phones

School eNews has announced that they now have available an app for Android, Windows and Blackberry phones. Receive the newsletter the easy way and download the App.

CROSS COUNTRY

Last Friday all students in Years 3-6 participated in the school cross country. The students walked to Rydalmere Park with Mr Naylor and Mrs Ryan where they ran a two or three kilometre course.

Regular practice during term one throughout the school playground played a part in enhancing the students' endurance running skills. All students tried their best and many students will be representing Rydalmere at the Parramatta-Merrylands Zone Cross Country.

A special thanks to the parents who helped monitor the running course on the day - Sharon Geddes, Wendy Tulip, Di Cole, Kirsty Spurdle, Pauline Nicholas and Sherri Reece.



PREMIER'S READING CHALLENGE

This week children will be receiving detailed information on how the Premier's Reading Challenge works. They will also be receiving their Personal Reading Logs and information on how to record books they have read or books that have been read to them.

These Personal Reading Logs will be kept at home.

Our aim is for K-2 to complete 30 titles and for Years 3-6 to complete 20 titles by 15th August. When they reach the target, please return the Reading Log to the class teacher, or you may enter the books online.

Please encourage your child/ children to read as many books as possible from the PRC list or you can read the books to your children.

We are encouraging children to read/borrow PRC books from the library.

We hope this is going to be another successful PRC year. Thank you for your co-operation.

Cynthia Brady
Teacher/ Librarian



Rydalmere Public School

Parents - Friends - Community

Welcome to Term 2. Hope you all enjoyed a break from the typical school routine ☺ We have a few events organised for this term and encourage you all to take part in any way you can.

Fundraising opportunities

Mother's Day Stalls - Wednesday 8th and Friday 10th May

A great opportunity for the children from Preschool - Year 6 to purchase gifts for their Mother's, Grandmother's and Carer's. Gifts range from \$1.00 - \$5.00

Bunnings BBQ - Sunday 9th June

We have booked in to run a BBQ at Bunnings Lidcombe on Sunday 9th June. This is a fun day and if you are able to help out for an hour or two on the day, or if you are a keen organiser and would like to help out this way, please let Wendy know as soon as you can. As the P&C has agreed to pay for the cost of the bus taking the yr 3-6 children to camp this year, the money raised from this BBQ will be put toward that cost. Whether you have children attending the camp or not, this is an excellent opportunity for you to make a contribution by helping out on the day. ☺

Woolworths Earn and Learn

A reminder to pick up your stickers when you go shopping at Woolworths as part of the Earn and Learn program. This will help with getting as many resources for our school as we can. Place your stickers on the appropriate sheets from Woolies and place them in the Rydalmere Public School box either at the store or at the school office.

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 16th May 2013

Join us in the Library on Thursday 16th May at 7pm. Come for a chat and have some input into what is being planned for the year ahead ☺

Uniform Shop

When you need some uniforms, come and see Yvette on Thursday mornings 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 ☺





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

Cost \$10 per class

Classes start 6th April.

MUIRFIELD HIGH SCHOOL CAR BOOT SALE

25th May 2013

Stall holders wanted

Ring or email Karin: 0425 354

924

kgrant@hydroinnovations.com.au

Family Portraits - Saturday 18th May

Come along and have a family photo taken on Saturday 18th 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 are also offered (from \$69). A flyer was sent
home with the children prior to the holiday break.

**With only 2 weeks until Family Portrait Day, please make your
booking now - Contact Diane Cole by email
dicolerydalmere@optusnet.com.au, or call or SMS on 0412198447.**

Last day for bookings - Saturday 11 May.

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

Homework Group/ Parent Support Group

Need help assisting your children to complete their homework? Like most parents, helping your children to complete their homework can sometimes be challenging. So why not register for our Homework Group for your child/children.

The lead facilitator will be supporting your children to complete their homework on a weekly basis, in a safe, supportive and encouraging environment.

Details:

Location: Rydalmere Public School (Library)

When: Tuesday from 3-4pm.

First session will take place on the 19th Feb 2013

Contact Sharlene on 0448 825 219 for registration

**Or email
sharlene.pasqual@parramattamission.org.au**

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - 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 (28/5-25/6, 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 (8/5-26/6)

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 (23/5 - 27/6, 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 (20/5 -24/6, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Cremorne 16/5-30/5 & Chatswood 5/6-19/6 (3 wks/2.5hrs (7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (21/5, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (13/5, 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



Health
Northern Sydney
Local Health District





Are you interested in developing skills to enable you to help someone with their English?

Meadowbank TAFE is offering a free 5 week training session to give you skills for tutoring small groups or individuals in English.

The classes will begin on Tuesday 14 May from 10am- 1pm. They will run for 5 consecutive Tuesdays at Meadowbank TAFE.

For more information please

Email susan.mills2@det.nsw.edu.au

Phone 9942 3572

NSI delivers AMEP services on behalf of the Department of Immigration and Citizenship. The AMEP is a Commonwealth Government Program. For more information about the AMEP, visit <http://www.immi.gov.au/living-in-australia/help-with-english/amep/>

**TAFE NSW – Northern Sydney Institute
Adult Migrant English Program (AMEP)**

NSI RTO Provider Number: 90011

Understanding IQ & Educational Assessments



Presenter: Andrew Greenfield

Child & Educational Psychologist

**Term 2
Seminar**

Tuesday 28th May 2013

www ldc org au

VENUE:

Parramatta Leagues Club
Sterling Room
13-15 O'Connell St, Parramatta

TIME:

Registration 9.30am
Presentation 10am - 12pm

COST:

Seminar Payment Only

\$30 Seminar - LDC Member
\$65 Seminar - Non LDC member

Seminar & Membership Offer

\$60 Seminar entry & NEW Individual m'ship (till 31 May 2014)
\$75 Seminar entry & NEW School m'ship (till 31 May 2014)

PARKING:

Free parking at the Club

When it comes to IQ and educational assessments (often referred to as psychometric assessments) there is a lot of misunderstanding about how these tools can be used and what information can be obtained from them. In this seminar, Andrew will try to answer some commonly asked questions about these tests and discuss how these assessment tools can be useful for both parents and teachers when investigating issues such as ADHD, Giftedness, Learning Difficulties, Nonverbal Learning Difficulties and other conditions. Andrew will discuss in detail what is involved in a psychometric assessment, what information should be gathered from them and how they should be interpreted by parents, teachers, school counsellors and other allied health professionals. With the new DSM-5 coming out in May 2013, Andrew will discuss the possible implications in relation to different diagnoses.

2 registrants @ member rates per Individual Membership
6 staff @ member rates per School/Organisation Membership
Register online @ www ldc org au **OR**

complete this form and send with payment to the LDC Office.

Seats are limited, **REGISTRATION & PAYMENT must be received by Tuesday 21st May**

Name: _____ School Name (if applicable): _____

Address: _____ Suburb: _____ Post Code: _____

Ph: _____ Email (**PRINT CLEARLY**): _____

Payment type (please tick)

GST FREE

TAX INVOICE

ABN 93 046 401 929

☐ Paypal OR credit card (go to www ldc org au)

☐ Cheque/Money order (Made out to "Learning Difficulties Coalition")

Post to: LDC Office, PO B0x 140, Westmead, 2145

☐ Direct Deposit (St George Bank, BSB 112 879, A/C No: 044 050 245)

Please insert your surname as the reference to verify payment

Payment amount (please tick)

Seminar Payment

☐ \$30 Seminar entry LDC Member

☐ \$65 Seminar entry Non LDC Member

Seminar & Membership Offer

☐ \$60 Seminar entry & NEW individual membership (until May 31, 2014)

☐ \$75 Seminar entry & NEW school membership (until May 31, 2014)

Refund of fees, less 30% administration, will be available up to 14 days prior to conference commencement. No cancellations accepted later than 14 days to conference. Substitute delegates welcomed at no extra charge.

Office Use Only

| | |
|-----------|-------------|
| Date: | Receipt No: |
| Reg List: | Email Reg: |
| Contact: | Email Paid: |

This workshop explores the symptoms displayed by children and adolescents with depression and/or anxiety. It examines treatment, diagnosis, causes and related risk factors. There is a focus on what parents can do to support these children.

Date: Tuesday 14 May, 2013

Time: 6.00pm-8.30pm

Venue: Learning Links Mt Pritchard-

Lvl 1, 46B Reservoir Rd, Mt Pritchard 2170

Cost: FREE*

Suitable for: Parents and Carers ONLY

For enquiries and bookings please phone Dana on 8568 8200

* This workshop is funded by the Department of Education and Communities.

Move Play & Learn

FREE

Give your child the best start in life with Move, Play & Learn.

Time: 10:30am-11:30am

Date: Starting 14th May, every Tuesday during the school term

Location: Parramatta Town Hall, Church St.

Move, Play & Learn is a pre-school program for young children aged 18 months to 4 years, to assist with their physical and gross-motor skill development.

The structured program gives you and your child the opportunity to socialise with other young families, learn about healthy lifestyles and encourage active play and movement.

Bring your child along to ensure they are reaching their full potential and enjoy a free morning tea.

For more information please call the Recreation Programs and Services Team on 02 9806 5130.

