



The Link

A fortnightly publication of Rydalmere Public School

Term 3 : Issue 10

DATES TO REMEMBER	
Term 3	
25.7.13	Athletics Carnival
25.7.13	P&C Meeting – 7pm Library
31.7.13	ICAS English
1.8.13	Open Day
2.8.13	Jeans 4 Genes Day Competition
5-7.8.13	Camp – Years 3-6
13.8.13	ICAS Maths
19.8.13	Zone Athletics (Track) at Homebush
20.8.13	Book Week Parade + Book Fair
22.8.13	Zone Athletics (Field)
2.9.13	Celebrating the Arts Concert
9-20.9.13	Swimming Scheme

FROM THE PRINCIPAL

Welcome back

Welcome back to Semester Two. We hope that you had an enjoyable break with your children. We have been back for a week already and the children and teachers have quickly settled back into their routines and are looking forward to the exciting learning opportunities to be experienced this semester.

Woolworths Stickers

We are very pleased with the efforts of all parents and children with this year's campaign. A special thanks goes out to Maryanne Thompson, who, inspite of a new child, organised the campaign again this year. We are all excited to hear how many stickers/sheets we got this year and what we will be able to claim as rewards. Thank you also to Oatlands PS for donating to us over 130 sheets of Woolworths stickers for this promotion. We appreciate their generosity.

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PBL Fun Day

Unfortunately, we had to postpone the Fun Day on the final day of last term as a result of the poor weather that we experienced that week. We will be holding it one Friday soon when the weather permits. I will send out a note to inform you when this will be happening and to encourage you to join in as was done last term. We are all looking forward to getting out there at the park and having fun!

Uniform and keeping warm.

Term three is characterised by the cold of winter breaking into the warmth of spring. As I write it is a very chilly day, but many students attended without a jumper, although they had one at home. Please support the children in their learning by making sure that they come with a jumper or jacket to wear. In class, we have efficient heaters, but outside is another story. Cold children find it hard to play and then it takes time to warm up in class and they are distracted by the cold and miss learning opportunities.

Athletics Carnival

We are looking forward to the Athletics Carnival this Thursday. This will be held at Barton Park from 9.30 am and will conclude around 2.30 pm. Kindy – Year 2 students will return to school by 1.45 pm. Please refer to the Athletics note provided to parents last term for further information. If you have volunteered to assist on the day, please meet us at the park. We are looking forward to a great day of fun. Students from 3-6 who perform particularly well and reach the qualifying times and distances, will have the opportunity to progress to the Zone Carnival. Here are some pictures from last year. **We Need Parent Volunteers. Please call the office.**



Camp for years 3-6 is approaching.

Years Three to Six have the opportunity to attend a camp that extends and challenges them. This is scheduled for Week 4, 5-7 August.

Teacher professional Learning.

At the beginning of this term, the teachers came into school for a day of Professional Learning. We dedicated the day to deepening our understanding of the learning processes involved in Mathematics. We examined the way that students learn early number skills and how they apply them in the older

years. This is part of an ongoing project to reflect on what we do and to respond to the needs of our children in the 21st century. In other training, teachers attended a course on Speech and Language - phase two of their training in Focus on Reading; Positive Behaviour for Learning in the Preschool; various courses for support teachers, and Mrs Kushturian and I have attended courses on financial management. Next Monday Mrs Ryan and I will be attending a conference regarding Educational Leadership and Learning. We are all involved in the process of life long education much of which involves collaboration with our fellow teachers at Rydalmere.

Education Week

You will have received a note regarding Education week next week. All Public Schools celebrate the work of students and teachers within this week and you are invited to attend the school to come to the classrooms, eat lunch with your child, witness the Sporting Challenge activity and enjoy a performance of the children's work. The day begins at 12.00 pm in the classrooms and concludes with the performance in the afternoon. We look forward to seeing you.

Premier's Reading Challenge

This is a reminder that students in Years 3 to 6 must fill out and update their Reading Challenge diary online. This should be done as you go, rather than at the end of the challenge when everyone in the state will try to access the site.

Classroom helpers

Have you got a few minutes at the beginning or at the end of the day? The teachers of K-2 would like to ask that parents who can delay their morning departure from school for 15 minutes or come into school for pickup 15 minutes early, to please inform the teachers because you could be a great support by spending some time listening to children read. This would be of great service to the students as they are learning to read or improving their skills. You can do this for any of the lower classes not only your own. It is best not to read with your own child at this time as this tends to replace the excellent work already being done at home. This is extra practice.

Mrs Ryan

Some of you may know that Mrs Ryan has been relieving in her position as Assistant Principal for over the last two years. We would like to congratulate Mrs Ryan for gaining the permanent position of Assistant Principal as a result of a merit selection process carried out last term. For your information, parents were represented in the selection process by the P&C President, Mrs Cottam. Others on the selection panel were a Deputy Principal from another school, a teacher representative, and me as Principal. Rydalmere is highly regarded and so the position was highly contested. Mrs Ryan is now permanently placed in our school. She continues to be an important leader in our school and an excellent leading teacher and we are all pleased with her appointment.

Martin Naylor

Principal



Rydalmere Public School

Parents - Friends - Community

Hi everyone. Welcome back! Term 3 is once again filled with fundraising activities. We've had great success with the Mother's Day stalls, Bunnings BBQ and the Cadbury Chocolate Fundraiser ☺ Please read ahead to find out what's happening this term in relation to school promotion and fundraising.....

Fundraising opportunities

Bunnings BBQ – Sunday 28th July

This may be our last Bunnings BBQ for a while, so we would really appreciate your help for an hour or two on Sunday 28th July. Please let Diane Cole know as soon as possible either face to face in the playground or via email: RydalmerePandC@hotmail.com Don't forget that we will also be having a BBQ and cake stall at school on Federal Election Day.

Cadbury Fundraiser

Thank you to everyone who has taken a box or more of Cadbury chocolates to sell. The return has been great. **The fundraiser money is now due back.** Please bring the money raised to the office or directly to Rita Cottam **by Friday 2nd August**. The return date has been extended by a couple of weeks to give you a little extra time to sell the chocolates (rather than eat them all yourselves) ☺

We have applied for a grant being offered by Cadbury to further improve our school. The grant is for the design and installation of a "Multicultural Sensory Garden and Interactive Social Play Area" which is proposed to be located on the grass area near the John Street entrance to the school (opposite the Kindergarten room). We hope we are successful in obtaining this grant as it will assist us in engaging the local community and increase opportunities for community collaboration as well as providing outdoor learning experiences for our children and an appreciation of our Multi-cultural community.

Entertainment Books

Thank you to everyone who has purchased an Entertainment Book - we now have only 5 left in stock. If you would like one, please get your order in now. You can pay by cash, cheque, credit card, or even order and pay on-line. They are \$65 each. A sample, with order forms, is displayed in the office.

A percentage from the sales will go **towards providing resources for numeracy to complement the new National Partnership for Numeracy.**

These books offer discount vouchers valued up to \$55,000 which can be used over the coming year. Vouchers for: major tourist attractions, entertainment venues and activities, as well as hotels, lots of local restaurants and cafes and even Buy One Get One Free vouchers for McDonalds and other take-away food outlets. The books include fantastic vouchers for goods and services all over Sydney.

Ladies Market Night Meeting

Michelle Bolliger and Dorothy Kushturian have commenced in organising the Ladies Market Night to be held later in the year. They are holding the first meeting this Thursday afternoon – 25th July – straight after school. Everyone is welcome to attend. If you are unable to attend and have some ideas/suggestions please let either Michelle or Dorothy know.

OOSH (Out of school hours)

We are hoping that our commercial partner is going to be able to set up Vacation Care for the next school holidays. We are waiting on a few things to get the go ahead. We hope that if you need vacation care for every day or some days of the next holidays, you will consider Vacation Care at Rydalmere, and encourage your friends to come along as well (pending approval).

If Vacation Care is successful, our partner is aiming to establish After School Care as soon as possible and then Before School Care when it is needed.

If you are interested and would like to receive further information, please complete the survey form which will be distributed separately.

Canteen

We are happy to let you know that the canteen will now be open every 2nd Friday from 19/07/13.

Wednesdays: Canteen is open for sandwiches, hot food and snacks.

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

Fridays: Every 2nd Friday for sandwiches, hot food and snacks.

Thank you for offering to help on the Fridays so that we are now able to open every 2nd Friday. We would love to get the canteen opened more often so **if you can spare an hour or two please see Jenny Mercer** (Canteen Co-ordinator) or give her a call on 0419299784. Jenny is Aliyah's Mum in Year 5 ☺

School Banking

School banking day is Wednesday. Melissa Ball (Lachlan's Mum from Year One) is co-ordinating school banking.

Our next get-together this week - Thursday 25th July 2013

Join us in the Library this Thursday 25th July at 7pm. Come for a chat and have some input into what is being planned for the year ahead ☺

Uniform Shop

Important notice:

Limited stock is available in the uniform shop and we are not ordering any additional stock for the remainder of the year, so we are asking you to please assess uniform requirements for your children now.

Will you need any summer or sports uniforms?

If so, to ensure you will have what you need, you must pre-order and pay for your uniforms soon. Otherwise you will miss out as we may not have what you need in stock. Thank you!

Please note the change:

Uniform shop now open on Fridays

When you need some uniforms, come and see Yvette on **Fridays mornings from 8:50am - 9:15am** (just down the corridor from the front desk in the office building). If you're unable to make it on Friday, you can leave your order with the office staff or see Rita Cottam.

Have a good week.....see you around ☺



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!

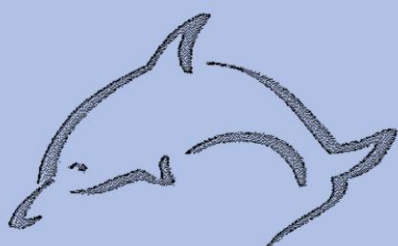
RYDALMERE PUBLIC SCHOOL HALL

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.



STEWART HOUSE

Stewart House Clothing Bags will again be collected on Wednesday 14th August.

Please leave the bags outside the P & C room.

PLAY TENNIS

Professional tennis coaching and training

Tennis promotes health and wellbeing, improves fitness and strength, positivity and an overall healthy mind and body.

Group Lessons

45 minutes

\$15 per lesson

Lesson Times

Monday/Thursday afternoons

3.00-3.45/3.45-4.30

Tennis racquets are provided. Beginners, intermediate and advanced students all welcome.

Court Location: Dundas Public School, Calder Road Dundas 2117.

Tennis Lessons commence on the 4th of August 2013. For bookings & enquiries, call Lauren any time on 0410439943.



Families helping families

The Storehouse provides free, new clothing for the 0-12 year old children of families in need in the northwest region of Sydney.

If you or someone you know is facing any crisis that significantly affects their financial and/or emotional capacity to care for their 0-12 year old children, they may be eligible. This may include financial crisis, mental health breakdown, abuse, disability or other similarly acute situations.

Families get connected to The Storehouse through approved referral partners. Before making an appointment to visit The Storehouse, families must collect, and complete, a signed referral form from one of these partners.

Please contact the school office if you would like further information.

*Free, new clothes for the children
of families in need*

FREE TALK!

SUBURBIA SO WHAT!

making the healthiest, most liveable places

presented by David Bennett, Architect

Most of us live in the suburbs.

**As a place to live, suburbia
has served our society pretty
well for the last 50 years, but
now new challenges face us,
our cities and how we live.**



Some areas have a great community yet others are isolating. Some are walkable and others are car-dependent.

Will our kids have to all be living in units or is there another way to go?

Come and hear David Bennett from www.shapingsuburbia.com present an exciting future for the suburbs and find out how you can be part of upswing.



Where: Parramatta Library

Date: Wed. 24th July 2013

Time: 6-7pm

Cost: Free

www.parracity.nsw.gov.au/library



shaping
suburbia
the form and future of our suburbs



Australian
Institute of
Architects

Family and Relationship Service

July - October 2013

Group	Outline	Date & Time
Triple P Seminar – The Power of Positive Parenting	This one off seminar is for parents of children aged 3 - 8 years. It provides practical answers to everyday parenting concerns. It will look at the power of positive parenting.	Friday Morning 19th July Time: 10am till 12pm
Beyond Abuse	This eight week program will provide a safe place where women can share their experiences of domestic violence. Support will be offered and education about the cycle of violence. Strategies to challenge the effects of abuse and the new awareness needed for future relationships will be discussed.	Thursday Mornings 8th August till 26th September Time: 10am till 12pm
3 Choices- Incorporating 123 Magic and Emotional Coaching	This three week program will assist parents of children aged 2 – 12 years to: <ul style="list-style-type: none"> Engage children's cooperation Set clear expectations Help children develop frustration tolerance Respond to children's behaviour with less emotion 	Wednesday Evenings 7th 14th & 21st August AND 4th 11th & 18th September Time: 5.30pm till 8pm
Parenting After Separation	This five week program includes: <ul style="list-style-type: none"> Education on the importance of children's emotional and physical safety Recognition that distress felt in separation is a normal process Acknowledgment that separation creates change which can be viewed as a destructive event or a time for personal growth Education on awareness of parents actions impacting on themselves and their children 	Friday Mornings 2nd 9th 16th 23rd & 30th August Time: 10am -12pm
Engage 4 Mums	This four week program is designed for Mums who have limited time with their children. The program includes: <ul style="list-style-type: none"> Identification of both a healthy and unhealthy relationship; in their lives and with people in authority; the effect of domestic violence on children is discussed Education on the necessity for a child to have a secure base and the importance of attachment with one primary caregiver. Individual grief is discussed with strategies for self care. Modelling the use of play as an engagement tool with children is shown to develop a plan for quality time Persistence and resilience needed for the life long relationship with a child not in their care 	Friday Mornings 20th 27th Sept & 4th & 11th October Time: 10am -12pm
Prior Booking Essential: 9895 8054	Venue: ANGLICARE Family and Relationship Service	Level 3, 16 Parkes St. Parramatta 2150

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.



PARAMATTA DISTRICT JUNIOR TOUCH FOOTBALL

COMPETITION 2013.

Parramatta District Touch Association will commence their 2013 park competition on Tuesday 3rd and Wednesday 4th of September 2013.

Competition will be played at Doyle Ground, Macarthur Street North Parramatta each Tuesday and Wednesday

Teams from under 9's (mixed, boys & girls) 11, 13, 15 & 17 boys will be played each Tuesday. Under 11, 13, 15, and 17 girls will be played each Wednesday at nominated times from 5.00pm to 6.30pm

For full information regarding costs etc: a nomination form can be downloaded from our web site www.parratouch.asn.au or an email sent to Pam Hetherington email: parratouch@hotmail.com or mobile 0407 928 308 for more information.

This competition runs from September to December finals will be played before the start of the Christmas break holidays, semi final and final dates are subject to inclement weather.



Interested in refereeing at the above competition? Or wanting to complete level 1 referee course? Please send email or contact Pam on the above email or mobile number.

DO YOU HAVE A CHILD DIAGNOSED WITH AD/HD ?

ARE YOU LOOKING FOR POSITIVE STRATEGIES TO HELP MANAGE YOUR CHILD'S BEHAVIOUR ?



Is your child between 6 and 12 years old ?

You are invited FREE OF CHARGE to attend a well-known parenting program at Macquarie University

The program is part of an evaluation study and participants will be asked to:

- attend evening sessions
- fill in questionnaires (anonymously)

Please call Julie Chesterfield (Department of Psychology, Macquarie University) on **0412 414 114** (if unanswered, please leave a clear voicemail), text, or email julie.chesterfield@students.mq.edu.au and leave your phone number.

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - 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 (12/8 - 9/9, 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 (8/8 - 19/9)

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 (13/8 - 17/9, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.

Chatswood 5 wks/2.5hrs (31/7 - 28/8, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep

Chatswood 18/7 - 1/8 (3 wks/2.5hrs (7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills

Chatswood (5/8, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager

Chatswood (24/7, 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



WEST RYDE



Rovers Cricket

CRICKET REGISTRATION FOR 2013/14

SEASON

Boys and Girls

In2cricket (Milo) 4 - 7 yrs (10 week program, term 4.)

U8/U9 modified cricket competition.

10 – 16 yrs competition + girls only team.

Registration: Sunday 11 August (11am – 4pm)

Denistone Sports Club

59 Chatham Rd West Ryde.

Contact: Kerrie O'Brien (Club secretary)

roverscricket@gmail.com



SUE STERN
PSYCHOLOGY

NEUROFEEDBACK

ASSISTANCE WITH

ADD/ADHD

BULLYING

LEARNING

BEHAVIOURAL

DIFFICULTIES

PROBLEMS

ANXIETY

MEMORY AND

CONCENTRATION

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