



# The Link

*A fortnightly publication of Rydalmere Public School*

**Term 3: Issue 12**

**19 August 2013**

DATES TO REMEMBER	
<b>Term 3</b>	
<b>20.8.13</b>	Book Week Parade, Book Fair & Eid Luncheon
<b>22.8.13</b>	Zone Athletics (Field)
<b>29.8.13</b>	Book Week Performance – Ermington Library (Years 3-6)
<b>2.9.13</b>	Celebrating the Arts Concert
<b>4.9.13</b>	“Paint Parra Read” – Ermington Library (Years K-2)

## FROM THE PRINCIPAL

Dear Parents & Carers

Years K-6 greatly enjoyed the excursion to the Wheelchair Rugby Finals last Wednesday. The whole school was able to attend. Thank you to Mrs Kushturian who made extra phone calls to get permission for those who had forgotten and to all of you who saw the value of allowing your children to witness such an event. If your children didn't have a good voice the next day, it was because we yelled our support constantly, led by Mrs Moloney, our chief cheer leader. Below is an account by Sam Reece, an enthusiastic supporter of all things sporting. It was a special day and the children were able to appreciate the athleticism and courage of the participants in spite of their various disabilities.

*Martin Naylor*

**Principal**

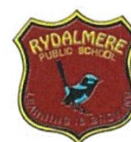
## Sports Update

All students K-6 have nearly completed their Premier's Sporting Challenge for 2013. It's great to see the students participating in a variety of daily fitness activities and Friday sport lessons.



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

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This week Rydalmere PS sent 28 students to the Parramatta-Merrylands Zone Athletics carnival held at Homebush. Many students qualified to enter the 100m, 200m and 800m events.



On Wednesday the 14<sup>th</sup> August, Rydalmere Public School went to Sydney Sporty Centre to watch the National Wheelchair Ruby Championships. The first match was New South Wales versus Queensland. New South Wales lost by a point. It was very entertaining. After that we ate lunch outside near where the hockey games were played at the 2000 Sydney Olympics. Finally it was time to leave. Everybody packed up and returned to school.

Written By Sam 3-4 MF



## Gardens

Some classes are starting to plant vegetable crops ready for the start of spring. Corn, peas, beetroot, spinach and celery will soon be sprouting in the vegetable gardens. The Chickens seem to love the idea of helping the students prepare the soil. The chickens seem to love the idea of helping the students prepare the soil!



## LIBRARY NEWS

Today we are having a whole school book character parade during our Book Week celebrations. I look forward to seeing the creative costumes representing student's favourite characters from books they have read and enjoyed.

Congratulations to those students who have already completed their Premier's Reading Challenge (PRC). Students are reminded that the PRC will be officially concluding on 1<sup>st</sup> Sept. Students need to print up their completed Reading Logs or hand in their written record to their teachers by Friday 23<sup>rd</sup> August so that records can be validated and submitted in time.

**Librarian**      **Cynthia Brady**



## GREAT AUSSIE BUSH CAMP 2013

Thirty-eight students from Years 3-6 attended the Great Aussie Bush Camp from 5 to 7 August. Students had the opportunity to engage in many resilience building activities including rock climbing, duel flying fox, bush craft skills including making a camp fire and cooking damper, archery, high ropes and canoeing.

We all went on an excursion to the local sand dunes and listened to information about the connections to the local Aboriginal history. After the sand dunes, it was off to the beach for a sand castle making competition and a fabulous swim.

The night activities included a trivia night and disco. We were joined by cheeky possums who wanted to join in the disco and nibble on the cookies for supper when we weren't looking!

All students had a terrific time with lots saying it wasn't long enough! Well done to everyone who participated in the activities and displayed great, positive behaviour.





## Rydalmere Public School

# Parents - Friends - Community

It seemed like all the students who were able to attend camp had a great time and were able to participate in many adventurous and challenging activities. Well done! And all the best to the students who will be competing in the Zone Athletics Carnival this week. There's still a lot to look forward to this term.

### Fundraising

#### **Election BBQ – Saturday 7<sup>th</sup> September**

Now that we finally have a set Election Day – Saturday 7<sup>th</sup> September, we are able to confirm that we will be running a BBQ (Bacon and Eggs, sausages) and a cake stall here on the voting grounds at our school. We will commence at the start of voting – 8am and continue through until a little after lunch. We would very much appreciate some help on the day. This is not only a great opportunity to help with fundraising but also to showcase how our school community gets involved. Please let either Rita Cottam or Wendy Tulip know if you can help out on the day for an hour or two (either on the BBQ, serving, or selling cakes). Preschool is being involved with this also and preschool parents will be happily baking cakes to donate to the stall.

**We would very much appreciate your donation of home-made cakes or slices for the stall.**

**A note will be sent home with your child soon.**

**Please let us know what you are able to be involved in.**

### **Cadbury Fundraiser Grant**

Unfortunately this time we were not successful in obtaining a Cadbury Fundraiser Grant for the design and installation of a "Multicultural Sensory Garden and Interactive Social Play Area". There were over 1000 applicants. We plan to continue to enthusiastically apply for other community grants as they arise.

#### **Father's Day Stalls – Wednesday 28<sup>th</sup> and Friday 30<sup>th</sup> August**

We are giving children the opportunity to buy a gift for their dads, grandads, or carers on these days: **Wednesday 28<sup>th</sup>** – Yrs K-6 and 3 day Preschool

**Friday 30<sup>th</sup>** – 2 day Preschool and Yrs K-6 who either didn't get the opportunity to buy a gift on Wednesday or would like to buy another gift ☺

A note with more details will be sent home with your child soon.

### **Canteen**

The canteen is now open every 2<sup>nd</sup> 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 2<sup>nd</sup> Friday for sandwiches, hot food and snacks. Open Friday 30<sup>th</sup> August and then Friday 13<sup>th</sup> and 27<sup>th</sup> September.

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 ☺

#### **Ladies Market Night – Friday 1<sup>st</sup> November**

Keep this evening free! The first meeting went well. Everyone is welcome to attend. Please see Michelle or Dorothy to find out when the next meeting is scheduled for. If you are unable to attend and have some ideas/suggestions please let either Michelle or Dorothy know.

**Just in case you missed this in the last newsletter.....**

## **Aussie Farmers Direct - Exciting news!**

**Our Parent Association has teamed up with our local Aussie Farmers Direct milko to raise funds!**

Aussie Farmers Direct provides a free home delivery service of 100% Australian owned and grown produce – every time you shop with Aussie Farmers Direct, our local milko will donate a portion of your spend to our school – it's that easy!

Conveniently, you can shop online, from the comfort of your own home and wake up to an esky full of fresh produce – no more running out of milk in the morning!

Attached is an offer from Aussie Farmers Direct – start shopping with the confidence that you are supporting Aussie farmers, your local milko and our school.

Are you already a customer? You can link your shopping account to the Rydalmere Public School Parent Association by visiting [AussieFarmers.com.au/linkmyaccount](http://AussieFarmers.com.au/linkmyaccount)

For further information visit [AussieFarmers.com.au](http://AussieFarmers.com.au) or call 1300 654 562 or get in touch with Jo-Anne Fourro on 0415 549 799 or [jofourro@yahoo.com.au](mailto:jofourro@yahoo.com.au) (Jo-Anne is Rhys' Mum from Kindergarten) ☺

## **OOSH (Out of school hours)**

Due to a highly involved procedure of attempting to establish an OOSH on the school premises, unfortunately this has had to be delayed. 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. We are really looking forward to this and see it as a step in the right direction with many positive and promotional opportunities for our school community. We will keep you updated on the process.

## **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 22<sup>nd</sup> August 2013**

Join us in the Library this Thursday 22<sup>nd</sup> August 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!**

## **Uniform shop - 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.

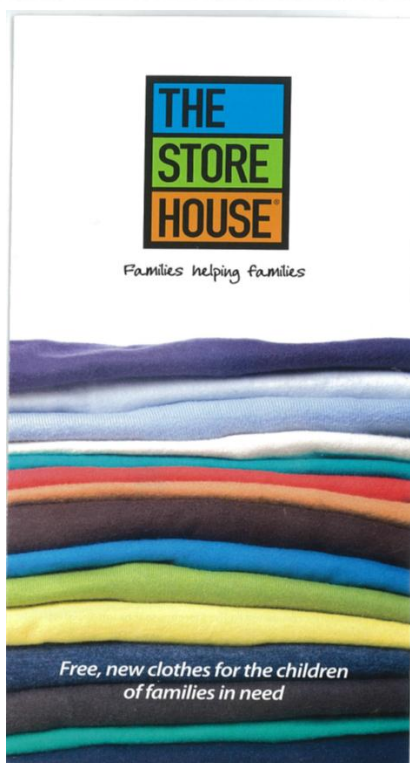
Have a good week.....see you around ☺





**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](mailto:jk.bates@hotmail.com)  
Cost \$10 per class  
Classes start 6<sup>th</sup> April.



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

# 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 4<sup>th</sup> of August 2013. For bookings & enquiries, call Lauren any time on 0410439943.**

# Foster Care Association NSW Inc.

**Supporting Carers to  
Build Better Futures for Children in Need!**



P.O. Box 895  
Raymond Terrace NSW 2324  
Ph: 02 4987 1847, (02) 879 840 25  
Email: [admin@fcansw.org.au](mailto:admin@fcansw.org.au)  
Website: [www.fcansw.org.au](http://www.fcansw.org.au)  
ABN : 76 186 448 088  
INC9896773

The Foster Care Association NSW Inc. is the voice of foster carers in this State. Our role is not only to support the work of carers in policy setting, but to encourage people to take up caring. Would it be possible to insert into your school's newsletter to parents a small paragraph drawing to their attention the benefits of caring?

"The Foster Care Association NSW Inc. is the voice of foster carers in this State. Our role is not only to support the work of carers in policy setting, but to encourage people to take up caring  
If you are interested in becoming a foster carer, why not contact the Foster Care Association at [shaz@fca.org.au](mailto:shaz@fca.org.au) or go to our website for more information [fcansw.org.au](http://fcansw.org.au) to gain information and background? The Association is made up of experienced carers who can answer your questions about what caring "feels like". Foster Care Association NSW Inc. provides information and advocacy for foster and kinship carers throughout the State."

If you have any questions regarding foster care, I would be very happy to answer them. We can also demystify fostering if you believe this would help families attending your school.

I have also attached our latest newsletter and a copy of the speech our president Patray Moncacha presented at the Inaugural OOHG Summit held in Melbourne last month, Patray received a standing ovation! Please feel free to pass these onto anyone who may be interested

Yours sincerely,

**Sharon Cameron**

Vice President Foster Care Association NSW Inc

Phone 0409994243

Email: [shaz@fcansw.org.au](mailto:shaz@fcansw.org.au)

Website: [www.fcansw.org.au](http://www.fcansw.org.au)

## WEST RYDE



## Rovers Cricket

**PLAYERS WANTED**

U9 MODIFIED COMP. 3 more players

U10 - 3 MORE PLAYERS

U12 - 3 MORE PLAYERS

U13 - 2 MORE PLAYERS

U15 - 4 MORE PLAYERS

Contact: Kerrie O'Brien (Club secretary)

[roverscricket@gmail.com](mailto:roverscricket@gmail.com) OR

Fiona Harrison (Club registrar)

[fiona.rovers@gmail.com](mailto:fiona.rovers@gmail.com)





Aussie  
Farmers  
Direct  
Fundraising



# New Customer Introductory Offer!

Support your school, club or community group!  
Simply SHOP with us and we'll donate part of your  
spend back to their fundraising effort – it's easy!

Aussie Farmers Direct milkos deliver 100% Australian fresh milk  
and dairy, bread, fruit and vegies, meat and much more,  
**FREE** to your door!

Our huge range of fresh produce means you can rely on us to  
look after breakfast, lunch and dinner. Enjoy the convenience of  
shopping from home whilst supporting your local community,  
your local milko and our Aussie farmers!

Ready to get started?



**Hey Kids!**  
Turn over and  
check out my NEW  
activity page!

## What's Next?

1. Jump online at [AussieFarmers.com.au/Fundraisingoffer](http://AussieFarmers.com.au/Fundraisingoffer)
2. Fill in your details, you'll then receive a call from us.
3. Your introductory pack will be delivered direct to your door by your local milko.

Mornings  
Made Easy  
Valued at \$50

### Contents:

- 1x Couples F&V Box
- 1x Apple Juice 2L
- 1x Sliced Ham 100g
- 1x Wholemeal Loaf
- 1x Reduced Fat Milk 2L
- 1x Pk Fruit & Seed Muesli Bars
- 1x Free Range Eggs ½ Doz 330g



We deliver direct  
to your door!

Terms & Conditions: 1. The Fundraising Program - New Customer Introductory Offer is valued at \$50.  
2. Prices may vary from state to state. 3. This offer is strictly for new Aussie Farmers Direct customers  
only. 4. If it is determined that you are not in a serviceable area after you have filled in your details, we  
will notify you. 5. This offer cannot be used in conjunction with any other Aussie Farmers Direct offers.

Are you already a customer?

To link your account just go to [AussieFarmers.com.au/LinkMyAccount](http://AussieFarmers.com.au/LinkMyAccount)

[AussieFarmers.com.au/Fundraising](http://AussieFarmers.com.au/Fundraising)



# 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
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Older Sibling - New Baby
- ★ Bully Busting
- ★ Resilient Kids

- ★ Transition to School
- ★ Transition to High School
- ★ Triple P (PPP) Seminar Series  
1-12 years & Teens
- ★ Dealing with Teen's Back Chat
- 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

### July - October 2013

Group	Outline	Date & Time
<b>Triple P Seminar – The Power of Positive Parenting</b>	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.	<b>Friday Morning</b> <b>19<sup>th</sup> July</b> Time: 10am till 12pm
<b>Beyond Abuse</b>	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.	<b>Thursday Mornings</b> <b>8<sup>th</sup> August till 26<sup>th</sup> September</b> Time: 10am till 12pm
<b>3 Choices- Incorporating 123 Magic and Emotional Coaching</b>	This three week program will assist parents of children aged 2 – 12 years to: <ul style="list-style-type: none"> <li>Engage children's cooperation</li> <li>Set clear expectations</li> <li>Help children develop frustration tolerance</li> <li>Respond to children's behaviour with less emotion</li> </ul>	<b>Wednesday Evenings</b> <b>7<sup>th</sup> 14<sup>th</sup> &amp; 21<sup>st</sup> August</b> <b>AND</b> <b>4<sup>th</sup> 11<sup>th</sup> &amp; 18<sup>th</sup> September</b> Time: 5.30pm till 8pm
<b>Parenting After Separation</b>	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>2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> &amp; 30<sup>th</sup> August</b> Time: 10am -12pm
<b>Engage 4 Mums</b>	This four week program is designed for Mums who have limited time with their children. The program includes: <ul style="list-style-type: none"> <li>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</li> <li>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.</li> <li>Modelling the use of play as an engagement tool with children is shown to develop a plan for quality time</li> <li>Persistence and resilience needed for the life long relationship with a child not in their care</li> </ul>	<b>Friday Mornings</b> <b>20<sup>th</sup> 27<sup>th</sup> Sept &amp; 4<sup>th</sup> &amp; 11<sup>th</sup> October</b> Time: 10am -12pm
<b>Prior Booking Essential: 9895 8054</b>	<b>Venue: ANGLICARE Family and Relationship Service</b>	<b>Level 3, 16 Parkes St. 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.



## PARRAMATTA DISTRICT JUNIOR TOUCH FOOTBALL

### COMPETITION 2013.

Parramatta District Touch Association will commence their 2013 park competition on Tuesday 3<sup>rd</sup> and Wednesday 4<sup>th</sup> 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](http://www.parratouch.asn.au) or an email sent to Pam Hetherington email: [parratouch@hotmail.com](mailto: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.*



**SUE STERN  
PSYCHOLOGY**

# NEUROFEEDBACK

ASSISTANCE WITH

ADD/ADHD

BULLYING

LEARNING

BEHAVIOURAL

DIFFICULTIES

PROBLEMS

ANXIETY

MEMORY AND

CONCENTRATION

32 Albion Street Harris Park NSW 2150

Phone: 9635 6535 Mobile: 0418 113 212

Email: [suestern1@optusnet.com.au](mailto:suestern1@optusnet.com.au)