



The Link

A fortnightly publication of Rydalmere Public School

Term 3: Issue 11

5 August 2013

DATES TO REMEMBER

| Term | |
|-----------------|---|
| 5-7.8.13 | Camp – Years 3-6 |
| 13.8.13 | ICAS Maths |
| 14.8.13 | Collection of Stewart House Bags |
| 14.8.13 | Wheelchair Rugby Championships at Homebush – Years K to 6 |
| 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 |

FROM THE PRINCIPAL

Years 3/4 and 4/5/6 went off to camp at The Great Aussie Bush Camp today. We wish them well and look forward to the stories they will tell on their return.

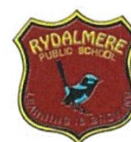
Athletics Carnival

It was exciting for the school to celebrate their athletic prowess on the fields of Barton Park on Thursday 25 July. Below are some snap shots of the children achieving beyond their expectations. A great time was had by all. Many thanks to the parents who came down and helped on the day. Without you the day would not have been a success.



Rydalmere Public School 397 Victoria Road, Rydalmere 2116

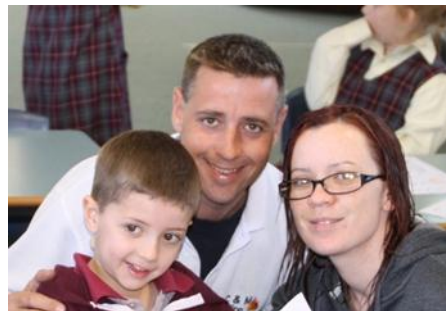
Phone: 9638 1568 Email: rydalmere-p.school@det.nsw.edu.au
Fax: 9898 0161 Web: www.rydalmere-p.schools.nsw.edu.au





Education Day

Rydalmere Public School opened its doors to the classrooms last Thursday and invited everybody in. After seeing the children at work, a performance was conducted celebrating the artistic work of the students. All items from Preschool, Kindy, 1/2, 3/4, and 4/5/6, were drawn from the work being done in the classroom. It was very entertaining and of a high standard. I would like to thank the parents who were able to attend. The children enjoyed playing to an audience. For those who were not able to come, please ask your children about the day. Your interest has a significant impact on the way they value school. You may also like to know that Mrs Aldred wrote the words to the Kindy song, and Mrs Ryan wrote the play performed by 4/5/6. "My, we have some creative teachers at our school!"





It has been noticed that Preschool is following the example of the girls from 4/5/6 and are dressing up as ballerinas and dancing. Remember that girls!

Martin Naylor
Principal

| ASSEMBLY AWARDS: 26 July 2013 | |
|-------------------------------|--|
| Safe Award | Cameron S, Bilal S, Ella B, Jasmine S |
| Respectful Award | Serena K, Thomas B, Suzanne F, Mackenzie A |
| Learner Award | Hilal S, Odessa M, Jayden C, Rebecca C |



Rydalmere Public School

Parents - Friends - Community

Hi everyone. It's unbelievable that we are in Week 4 of term 3 already!! It's camp week for Yrs 3-6. We are confident they will have an awesome time together. There's a lot to look forward to in the term ahead.....

Fundraising

Bunnings BBQ – WOW!!!

Firstly a big thank you to Diane Cole and her family for organising, co-ordinating and participating for most of the day in this fundraising event. If it wasn't for Diane and her family taking this opportunity on, we would not have been able to run this event due to a minimum of volunteers for that day (for various reasons). Funds raised from this day were \$1030 – WOW!! Great job everyone and thanks to all who were able to help. Don't forget that we will also be having a BBQ and cake stall at school on Federal Election Day. We will keep you posted.

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 **THIS WEEK.**

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.

OOSH (Out of school hours)

Due to a highly involved procedure of attempting to establish an OOSH on the school premises, this has had to be delayed slightly. 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.

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

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

For further information visit 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 (Jo-Anne is Rhys' Mum from Kindergarten) ☺

Ladies Market Night – Friday 1st 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.

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. Open Friday 16th and 30th August.

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 22nd August 2013

Join us in the Library Thursday 22nd 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!

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 ☺

COMMUNITY NEWS



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.



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
2. Fill in your details,
you'll then receive
a call from us.
3. Your introductory pack will
be delivered direct to you
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

AussieFarmers.com.au/Fundraising



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



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

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.

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



Health
Northern Sydney
Local Health District





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.

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.



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.



**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

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