



The Link

A fortnightly publication of Rydalmere Public School

Term 3 : Issue 14

16 September 2013

DATES TO REMEMBER	
Term	
19.9.13	P & C Meeting – 7pm in the Library
20.9.13	PBL Fun Day at Blaxland Riverside Park, Homebush
8.10.13	K-6 students and 3-day Preschool return for Term 4
10.10.13	2-day Preschool returns for Term 4
16.10.13	Kindergarten Orientation Morning
1.11.13	Ladies Market Night – 5-8 pm

FROM THE PRINCIPAL

Holidays – Last Day Friday 20th September and returning Tuesday 8th October. Remember the Public Holiday Monday!

I would like to wish all the students, parents and teachers an enjoyable and safe holiday break. This term has been a very productive term where students and teachers have embraced the warmer winter and spring weather and planted in the garden, conducted lessons out in the playground and worked positively on their learning. We look forward to term four and all the wonderful learning opportunities that it will bring.

Twitter

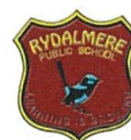
Thank you to all those people who are following the school on Twitter. They now have the opportunity to follow the activities of the school in real time and receive updates of the many things that the children do throughout the week.

Reward Day Friday 20th September

We are all looking forward to the postponed PBL reward day. Children will need to wear their sports uniform and bring a bag with the following items: light rain jacket; a small towel; morning tea; lunch and a drink bottle.

Professional Development

As part of our work on teacher professional development, we have repeated our Lesson Studies commented on in a previous newsletter. Teachers have once again come off class to design and implement a teaching strategy, and then review and reteach the strategy. The focus has been on numeracy. We are pleased with the work that has been carried out and the potential to promote continual improvement in teaching practice.



SASS Week

We would like to thank those people who conveyed their best wishes and thanks to our School Support Staff during last week. The teachers invited Dorothy and Clayton to a morning tea on Thursday and Kylie and Sue came on Friday. We are very thankful for their continuing support for the school as they perform their support role duties. As was the theme of the week...they are "vital"... to the running of the school.

Election Day

I am sure that the P&C will thank the parents who were able to give of their time during election day, however, I would like to extend our thanks to you on behalf of the teachers and students. While the fundraising aspect of this work is important, the welcome that the parents gave to the community when coming to vote was a great promotion of the values that we hold dear in public education and here at Rydalmere Public School.

Martin Naylor

Principal



Congratulations to Ulita and Ella who competed at the Regional Athletics Carnival last week. Ulita ran in the 200 metres and Ella competed in the discus event. These regional carnivals are highly competitive with students from nearly 100 schools attending zone athletics carnivals to try and gain a place at regional level.

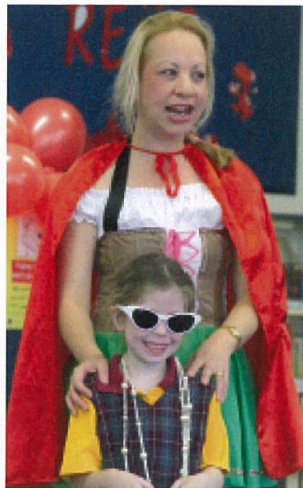
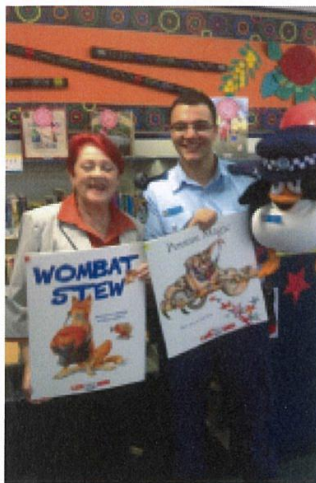
Both girls tried their best and we are very proud of their achievements.



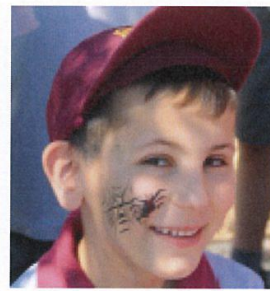
WELL DONE to all the choir members who participated in the mass choir for [Celebrating the Arts 2013](#) at Parramatta Riverside Theatres. The concert was a great success with some fabulous dance and drama routines from schools in Western Sydney.

PAINT PARRA READ

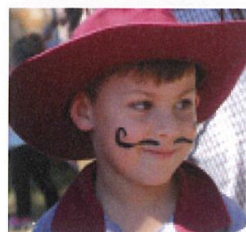
On Wednesday 4 September, the students from KA and 1/2M walked to Ermington Library to take part in Paint Parra Read. This was an early literacy program to promote the importance of reading, singing and playing with young children. Local Councillor Lorraine Wearne and youth officer Elie El Jammal read Mem Fox stories and the students participated in the play Little Red Riding Hood. The morning concluded with fresh fruit for morning tea and face painting. All the students had a wonderful time.



On Wednesday 4 September KA and 1/2 M went to Paint Parra Read at Ermington Library. We listened to stories and we ate fruit. We met Redsee the dinosaur. We saw Little Riding Hood. Layla had a part in the play. She was the mother. Next we sang songs with Redsee. I had my face painted. It was a big rainbow butterfly. I got to take home a balloon apple. Oceana Franklin KA



On Wednesday 4 September KA went to Paint Parra Read. We listened to stories. I liked meeting Redsee the dinosaur. I had a rainbow butterfly painted on my hand. - Tamara Waterfield KA





Rydalmere Public School

Parents - Friends - Community



With this being the last week of term three, we hope you have enjoyed all the events thus far. Here is an update on the successes of the last few weeks and the upcoming activities for term four.

Election Day BBQ

The Election Day BBQ proved to be a great success. Funds raised from this event (which includes the BBQ and Cake Stall) totalled \$1,085.

This will go toward:

- Improvement of the preschool facilities - garden and outdoor area
- Funds to purchase a shade cover for the oval (money raised from the Ladies Market Night will also go toward this)
- Thank you to all the families from the preschool and primary school who donated cakes and slices for the day. We had so many beautiful and delicious cakes which many were able to enjoy.
- Thank you to all the volunteers who helped by either - setting up and cleaning up, cooking the BBQ, selling cakes, food and drinks. It was great to have some of the students helping out also. Thank you to Diane Cole for co-ordinating the event. Thank you for everyone's enthusiasm on the day.
- Thank you to Aussie Farmer's Direct for donating a large portion of the eggs and bacon, some bread and all the onions for the BBQ. We encourage you to get on to their website and provide your support by purchasing from their huge range of fresh high quality produce. You will also be supporting our school – Aussie Farmer's Direct will donate 2% of your spend back to our school. Jump online at: AussieFarmers.com.au/Fundraisingoffer
- Thank you to Catherine from the Cup and Spoon Café for donating some lovely cakes to our cake stall.

Father's Day Stalls

Funds raised were \$175 to assist in improving the school outdoor area and gardens.

Ladies Market Night – Friday 1st November

Keep this evening free!

Next Ladies Market Night Meeting and Update – Thursday 19th September

Everyone is welcome to attend the next update meeting on this Thursday 19th September at 3pm. If you are unable to attend and have some ideas/suggestions, please let either Michelle or Dorothy know.

Canteen

The canteen is now open every 2nd Friday.

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 11th and 25th October.

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 ☺

Stay tuned for more information after the holidays on our Term 4 disco (Friday 29th November) and Christmas stalls

School Banking

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

Our next get-together - Thursday 19th September 2013

Join us in the Library this Thursday 19th September 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.

Hope you enjoy a relaxing break with your families.....see you next term ☺



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.

Protecting Children is Everybody's Business



September 1-7 2013 was National Child Protection Week and the community is being encouraged to play more of a part in helping to protect and care for children and young people. There are many ways we can all be more involved and aware:

- **Parents** can help by providing loving and supportive environments and by showing children how to have respectful relationships.
- **Carers** can help by keeping children and young people safe and providing them with a safe space in which they can thrive and grow.
- **Neighbours** can help by supporting and helping each other and working towards a safe and inclusive neighbourhood.

For more information refer: www.napcan.org.au

National Association for the Prevention of Child Abuse and Neglect

Book in now for Parramatta City Council's Spring Activity Guide.

Parramatta Artists Studios is presenting two children's workshops for 5 to 8yrs and 9 to 12yrs.

- Colour and Shape, Tues 24 September, with artist Chrissie Ianssen
- Playing with Prints, Wed 25 September, with artist Linda Brescia

For times and bookings, please visit the [Council website](#).

Regards,

Parramatta Artists Studios

Parramatta Artists Studios

City Animation Unit | Parramatta City Council

T: 02-9687 6090 | 0467 795 819

E: studios@parracity.nsw.gov.au

Parramatta Artists Studios

PO Box 32, Parramatta NSW 2124

Level 1 & 2, 68 Macquarie St, Parramatta NSW 2150

www.parramattastudios.com



"Excellence in Girls' Education"

Edgeworth David Avenue,
Hornsby NSW 2077
Telephone: 9476 5711
Facsimile: 9482 2525
Email:
Hornsbygir-h.school@det.nsw.edu.au

*As there is no parking facilities available in
the school grounds, parking at Westfield
Shopping Centre is recommended.*

AN INVITATION TO

Hornsby Girls High School

OPEN DAY

For Year 5 students seeking admission to this

Selective High School in 2015

Friday 11th October 2013

9.00am—11.00am

Parents and Students are asked to meet in the

School Hall

If you would like to participate in Band Workshops after
Open Day please contact the school.



A Playgroup in EVERY school

Strengthening your community and making transition easier

What is Playgroup and who are Playgroup NSW?

- Playgroup is an informal, non threatening way to engage families who have children under school age. Playgroup NSW is the peak body in NSW which supports, nurtures, resources and informs Playgroups. We are able to assist your school in setting up a Playgroup for your community.
- Your Playgroup is run by the families that attend the Playgroup strengthening their bond with your school and increasing volunteerism.
- Our experience shows that Playgroups within schools foster strong relationships within the school environment and often lead to a strong relationship between the parents and the schools, as they have observed the school activities, layout of the school and the movement from Playgroup to classroom, making the move into school a fun and exciting prospect.
- Children can attend Playgroups from birth to school attendance. This weekly interaction for both the child and the parent as well as the other children helps develop social skills, strong attachments and results in the children and families feeling secure, confident and linked to their community when starting school.

Why Playgroup?

At Playgroup children have regular opportunities to socialise, experience free play, understanding the transition between activities and have experience sharing and taking turns. Early literacy and numeracy is enhanced with music, song, problem solving activities and exploration. At Playgroup children enjoy experiences that may not be offered at home like messy play. ***Parents, children and communities connect through Playgroup.***

Benefits to the School Community

Positive promotion for your school to the wider community through local advertising, Playgroup NSW website and most importantly, word of mouth. As the weekly venue for your local Playgroup, parents get to become familiar with the school before their children attend. Your school will be *“the school of choice”* as it is familiar and secure for them. ***Transition to school is easier for the parents and children.***

The teachers have an informal opportunity to meet with and interact with potential students and parents before school entry. Children with disabilities, speech and learning delays are often identified earlier by parents when they have other children of a similar age role modelling milestones and achievements.

Support from your school can come in many forms

- An indoor and outdoor space where your Playgroup can meet weekly during the school term
- Craft supplies or ongoing membership with Playgroup NSW
- Some schools have offered a teacher that can support the Playgroup, especially in forth term.

If you would like further information or would like to join us please visit our website www.playgroupnsw.com.au or call our team of friendly staff on 1800 171 882.

Regards

Sandy Kervin CEO
Playgroup NSW

artsconnect

dance • singing • acting • craft • drawing

FREE School Holiday Program

Arts Connect is a creative development initiative to encourage children from the local community to engage in a 5 day interactive program. The aim is for young people from various backgrounds, including children of refugee families, to explore their creativity and learn new skills in a fun and encouraging atmosphere.

Granville Library Activities Room

8 Carlton Street, Granville 02 9637 4270

1.5 hours daily (includes registration and light snacks / drinks)

Group A: 8 - 10 years old

Group B: 11 - 13 years old

Monday 30th September

Group A 01:15pm / Group B 02:30pm

Tuesday 1st October

Group A 02:15pm / Group B 03:30pm

Wednesday 2nd October

Group A 11:15am / Group B 12:30pm

Thursday 3rd October

Group A 11:15am / Group B 12:30pm

Friday 4th October

Group A 11:15am / Group B 12:30pm

ENROLMENT: Register at Granville Library or Phone 02 9637 4270

Places are limited & students must attend all 5 days. Video & photographs will be taken during the program for publicity & future funding, so a parent / guardian will be required to sign a standard photography permission form on the first day for all people present.



This project has been supported by Parramatta City Council, STARTTS and Parramatta Leagues Club through the 2013 ClubGRANTS program.



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - 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 (7/11 - 5/12, 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 (16/10 - 27/11)

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 (21/10 - 25/11, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Chatswood 5 wks/2.5hrs (29/10 - 26/11, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 17 - 31/10 (3 wks/2.5hrs (7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (13/11, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (22/10, 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





Family and Relationship Service

September – December 2013

Course name and description	Date & Time
<p>Parenting after Separation - This five week program includes:</p> <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 	<p>Wednesday Evenings 16th 23rd 30th October & 6th 13th November Time: 5.30pm till 8.00pm AND Friday Mornings 15th 22nd 29th November & 6th 13th December Time: 10:00am till 12 noon</p>
<p>Engage 4 Mums - This four week program is designed for Mums who have limited time with their children. The program includes:</p> <ul style="list-style-type: none"> • Identification of both a healthy and unhealthy relationships; in their own 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 of self care and acceptance of their situation. • 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. • Persistence and resilience needed for the life long relationship 	<p>Friday Mornings 20th 27th September & 4th & 11th October Time: 10.00am till 12 noon</p>
<p>Engage 4 Dads - This four week program is designed for Dads who have limited time with their children. The program includes:</p> <ul style="list-style-type: none"> • Identification of both a healthy and unhealthy relationships; in their own 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 of self care and acceptance of their situation. • 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. • Persistence and resilience needed for the life long relationship 	<p>Wednesday Evenings 20th 27th November & 4th 11th December Time: 5.30pm till 8.00pm</p>
<p>Triple P Seminar Series - This three week seminar series covers the following:</p> <ul style="list-style-type: none"> • Positive Parenting, • Raising confident and competent children and • Raising resilient children <p>The seminar series may assist parents with specific concerns about their child's behaviour. This level of intervention is designed for the management of discrete child problem behaviours that are not complicated by other major behaviour management difficulties or family dysfunction.</p>	<p>Friday Mornings 18th 25th October & 1st November Time: 10:00am till 12.00pm</p>
<p>1-2-3 Magic & Emotion Coaching - This three week program is designed to assist parents and caregivers of 2 - 12yr old children:</p> <ul style="list-style-type: none"> • Increase their knowledge about what works in managing difficult behaviour • Lessen their feelings of frustration • Get better results with less effort and stress 	<p>Wednesday Evenings 25th Sept. & 2nd 9th Oct. AND 20th 27th Nov. & 4th Dec. Time: 5.30pm till 8.00pm</p>

ANGLICARE Family and Relationship Service

Level 3, 16 Parkes Street Parramatta 2150 - Bookings Essential: 9895 8054 (If unattended please leave a message and a staff member will return your call.)