

Term 1: Issue 2

17 February 2014

DATES TO REMEMBER	
Term	
20.2.14	P&C Meeting – 7pm in the Library
21.2.14	Welcome BBQ for Parents and Students - 5-7pm, Preschool – Year 6
25.2.14	Know Waste visit at Preschool – 3 day
27.2.14	Know Waste visit at Preschool – 2 day
6.3.14	Zone Swimming Carnival
7.3.14	School Photos – 2 day preschool & Sports Captains
11.3.14	School Photos – K-6 and 3 day preschool
18.3.14	Harmony Day & Multicultural Feast

FROM THE PRINCIPAL

Our Gates are open!!



Our front gates are proudly opened each morning and afternoon for our families to enter. The gates will remain open each morning until 9:30 and from 2:30 each afternoon. We encourage all families whose closest gate is via Victoria Road to use this gate, walk through the office to greet our lovely Office Staff and then make their way into the playground.

Classes

Our student numbers have increased slightly and we are on the cusp (only a couple of students away) of forming a fifth class. Until then, we will exist as a four class school. As of today we have formed four composite classes: K/1A, 1/2R, 2/3/4MG and 5/6ZG. I encourage all of our families and community members to positively promote our wonderful school by encouraging all local in-area children to attend Rydalmere PS.

Uniform

A reminder that all students should be wearing our broad brim hat at all times outside the classroom. Our uniform policy states: 'No Hat NO Play'. Students not wearing their school hat during play time will be asked to sit in the shade for their protection. Also, jewellery (other than a watch, plain earrings or necklace of religious significance) should not be worn under any circumstances.

Milo Cricket

Sport during Term 1 will consist of a 4 week cricket program, staffed by accredited coaches from Cricket NSW. We have secured a deal with Cricket NSW where they will charge on \$3 per week for expert tuition. That is only \$12 for a 4 week program! A separate permission note will go home today for this. Please return permission note and payment for this over the next fortnight.

Teachers on duty from 8:30am

At Rydalmere Public school, we have teaching staff on duty from 8:30am. Children are able to come to school from this time onwards. Leaving your child at school before this time unsupervised places them in danger. Many families at Rydalmere PS needing care before this time currently choose to use the services of Ermington West Before and After School Care. I encourage you to contact this facility or organise alternative care arrangements for your child if they need care before 8:30am. The safety of your children is of the utmost importance to us.

WATCH THIS SPACE!!

In our next newsletter, you will see student work featured from each class. I am sure all parents and carers are just as excited as I am to see the wonderful learning we have happening here at Rydalmere PS!!



Healthy food tips

We all know how tricky it can be to find foods our children like to eat that are nutritious for them. In each 'Link' edition I will include some tips for parents and carers. These are provided to us through the Cancer Council.

Nutrition Snippet

The simplest way

to increase your vegies

Eat vegetables throughout the day
It's hard to get all your vegies at dinner. Try vegie sticks with low-fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.



Decrease the meat in your meals and add more vegetables
For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.
Hint: chickpeas, lentils and beans are rich in protein and will help curb big appetites!

Add vegetables to all your meals
Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

Health
Western Sydney
Local Health District



Nutrition Snippet

The simplest way

to drink the right amount of water

We need to consume around 2 litres of water every day.

It sounds like a lot – but remember you get water from both drinking and eating the right foods.



Here's some tips to help you + your family stay hydrated:

- Carry a water bottle with you wherever you go
- Mix 125mL of fruit juice with sparkling water for a treat
- Add tinned or fresh fruit pieces to ice block moulds for a snack
- Make sure a frozen water bottle is part of your kids' lunch box every day.

Getting the right amount of water is important all year round, but vital on these hot Summer days!

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

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Bek Zadow

Principal

"The Link" Newsletter

As advised previously, the fortnightly newsletter is produced electronically. It is available for viewing on the school website: www.rydalmere-p.schools.nsw.edu.au and will be emailed to those parents for whom we have email addresses.

A print copy will be posted on the notice board outside the Kindergarten room by Tuesday morning.

Should neither of these options meet your needs, please advise the office either by phone or a note and we will arrange for a print copy to be sent to you via your child.

Kind regards,

Bek Zadow

Principal

Volunteers needed for the Multilit Reading Program.

Can you spare as little as 30 minutes a week to work one-to-one with students in Yr 2 and above??

Mrs Robyn McDonald, our Learning and Support Teacher, co-ordinates a reading program called Multilit (Making Up Lost Time In Literacy) a well-researched program which was created at Macquarie University.

Multilit involves intensive, systematic instruction in phonics and word attack skills, sight word recognition and supported book reading in a one-to-one context.

Training and support will be given to new volunteers – unfortunately it is not possible to bring toddlers when volunteering unless they can play quietly and not disturb the students who are doing the program.

Please contact the school or see Mrs McDonald on Mondays, Tuesdays or Thursdays (until 12.30) when she is at Rydalmere PS.

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 4th Feb 2014

Contact: Nada on 0448 825 219 for registration

SCHOOL BANKING

The students at Rydalmere Public School have the opportunity to participate in the School Banking Program organised by the Commonwealth Bank. If you would like your student to be involved and learn to save regularly there are information packs at the office or you could leave a note for the Banking Co-ordinator – Melissa Ball.



We're already into week four of this term and looking forward to our first Disco and BBQ on Friday.....

- ❖ **Welcome BBQ and Disco**
Friday 21st February from 5pm - 7pm
Preschool to Year 6

FREE – The BBQ is FREE for students currently attending Rydalmere PS and their parents / carers. Siblings and other family members are welcome to attend and will be required to purchase their sausage / chicken kebab rolls for \$2.50 / \$3.50.

Hopefully everyone received a note about the Welcome BBQ / Disco. If you haven't ask for a copy at the school office. To assist with catering, please complete the note and return it to the office by Wednesday 19th February.

Look forward to seeing you all there ☺

This is a great opportunity to welcome / meet new people and just "catch up".

Upcoming events for Term One

- ❖ Fruit Box Drive – Mid Term One (more details should be circulated soon)

Canteen

Great news..... the Canteen is open every Friday as well as every Wednesday ☺

Each week the canteen is open:

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

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

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

If you have any questions or you can spare an hour or two to help out in the canteen please see Jenny Mercer (Canteen Co-ordinator) or give her a call on 0419299784. Jenny is Aliyah's Mum in Year 6 ☺

School Banking

School banking day is Wednesday. Melissa Ball (Lachlan in Year Two and Hamish in Kindy) is co-ordinating school banking.

New Uniform

Some items that we ordered recently have arrived and we are still waiting on other items which will take a little longer. Thank you everyone for your patience.

You are able to place your order if you like and receive the items when they arrive. If you have any questions please see Maryanne Thompson who is more than happy to assist ☺

For anyone still requiring some items of the previous uniform we still have items in stock so please see Maryanne.

Uniform Shop

In Term One, Maryanne will be opening the uniform shop every Friday **from 8:50am - 9:15am** (just down the corridor from the front desk in the office building). If you require any uniforms, please come and see Maryanne then. If you are unable to make it at that time, please organise another time that suits you both.

Aussie Farmers Direct

Reminder: If you are an Aussie Farmers Direct customer and haven't yet linked your account to our P&C charity, please support our school by going on-line to: aussiefarmers.com.au/linkmyaccount and have your customer number and the name of our group – "Rydalmere Public School Parent's Association" ready to enter.

Our next meeting will be held this Thursday 20th February

Come along and meet other parents, carers and friends on Thursday 20th February at 7pm in the Library and be involved in planning and chatting about the year ahead.

Enjoy your week ☺

COMMUNITY NEWS



**Teaching someone to drive
can be a happy experience.**

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE: 6pm – 8pm Wednesday 5 March 2014	VENUE: Granville Youth Centre (room 2), 3A Memorial Drive, Granville	BOOK NOW ON: Elisabeth Sacco M: 0449 247 495 or esacco@saccomm.com.au
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Helping learner drivers
become safe drivers



Play Netball

We have vacancies for:

2 x 7/8 year olds

3 x 9/10 year olds

1 x 12 year old

Practice is at Meadowbank Park

5-6pm on Thursdays.

Saturday morning games at

Brush Farm for 10 and under

Meadowbank Park for 11-12 yrs

Register online NOW:

www.cometsnetball.com.au

Dundas Chinese School

2014 Enrolment Open

Founded in 1982, Dundas Chinese School as a non-profit-making organization is heading towards its 32 years. With experienced teachers & interesting approach in teaching, we aim at providing our students a pleasant learning environment to learn Chinese (both Mandarin & Cantonese). Classes are from beginners to High School level covering speaking, writing and Chinese culture. In order to cater for students of various backgrounds, classes are taught in Cantonese (traditional), Mandarin (simplified) & English- aided Mandarin.

Primary and High School students from all schools and backgrounds are welcome.

Chinese School resumes 6-2-2014 Thursday.

When: Term time Thursdays 3.30-5.30pm.

Where: Dundas Public School, 85 Kissing Point Rd, Dundas 2117

Contact: Mr. Phillip Ng (Principal) on 9876 2900 for more details

Meet new friends...

Develop ACADEMY skills...

Have fun...



PLAY FOOTBALL

**NEW IN 2014
ACADEMY
TRAINING**

Register online at
www.myfootballclub.com.au

www.parramattacityfc.com.au

**New Under 6 Players
FREE REGISTRATION**

Eric Primrose Park, John St Rydalmere. ☎ Nick Vrahnakis 0414 744 433



North Rocks Rugby Union Club

2014 Registration and info day, for all ages.

The 2014 season is almost upon us, so it is time to register to play this great game of rugby. If you would like to join our local, family orientated club or have any questions about your kids playing, please come along on Saturday 16th February at Kingsdene Oval, Felton Rd, Carlingford from 11am to 1pm.

**Registration and info can also be found online at
<http://northrocksrugby.rugbynet.com.au/>**

We offer free registration for any new U6 players and 50% off the rego fee for all other new players in the others age groups.

**For more information contact David Wehbe on 0418 278 166 or visit our website.
See you all there.**

DUNDAS VALLEY JUNIOR RUGBY UNION FOOTBALL CLUB



Dundas Valley Junior
Rugby Union Club



FREE REGISTRATION & INSURANCE

REGISTRATION DAYS

SATURDAY 1ST & 8TH FEB from 9am -1pm

at

Cox Park .Evans rd Dundas
& Ermington shops
Betty Cuthbert Ave Ermington.

Contact: Margaret Myhill:
M.0406 106 621 / H. 9631 5369

CUMBERLAND

High School

Quality Education *in a* Caring Environment



**Come and see
your outstanding local school...**

Dunmore Avenue, off Pennant Hills Road, Carlingford. Parking on site.
Ph: 98717718 www.cumberland-h.schools@det.nsw.edu.au

Monday 3 March 2014 5:00 - 8pm

Open Evening



**Meet our teachers.
Meet our students.
View our
\$4 million facilities
and upgrades.**

- ✓ Gifted and Talented Program
- ✓ Professional, experienced and nurturing teachers who support your child's learning
- ✓ Fully air-conditioned classrooms
- ✓ Excellent sporting facilities
- ✓ Landscaped grounds

NORTHMEAD CREATIVE AND PERFORMING ARTS HIGH SCHOOL

Campbell Street
NORTHMEAD 2152



OPEN DAY

TUESDAY 18 MARCH 2014
Year 5 (entering year 7 2016)
Year 6 (entering year 7 2015)



Morning Session: 9.15am - 1.00pm
Evening Session: 5.00pm - 7.00pm (Open school tour)
7.00pm - 8.00pm (Formal presentation in the Hall)

Northmead CAPA High School

- ◆ **Central Location**
 - Just off Windsor Road - end of Campbell Street
 - Good Transport Connections - Bus and Rail
 - Experienced and Committed Teachers
- ◆ **Creative and Performing Arts**
 - Year 7 CAPA Class (selected by audition)
 - Elective classes in CAPA (Yrs 9-12)
 - Bands & Choir
 - Dance, Drama & Music
 - Instrumental Programs
- ◆ **Focus on Academic Excellence**
 - Gifted and Talented Programs
 - Extension Program for Year 7 Students
 - Support and Remediation Programs
- ◆ **Comprehensive Education**
 - Special Performing Arts Programs
 - Broad Curriculum
 - Excellent Sporting Opportunities
- ◆ **Caring School**
 - Support for Year 7 Students
 - ◇ Orientation Program, Yr 6 to Yr 7
 - ◇ Peer Support
 - ◇ Year 7 Camp
 - ◇ Student Ambassadors Year 7
 - ◇ Proactive Learning Support Team
 - ◇ Anti-bullying Program, with state recognition
 - ◇ Values driven school that promotes Respect, Responsibility, Commitment, Community
 - ◇ Special Programs
- ◆ **Extra Curricula Activities**
 - Sport
 - Debating & Public Speaking
 - Mock Trials
 - MUNA
 - Sister Exchange Visits:
 - Kawaguchi Japan
 - Lots More
- ◆ **Year 7 Scholarships**
 - 3 Categories
 - Performing Arts, Academic, Sport
 - Contact School on 9630 4116 for Application Forms

Discover the fabulous opportunities that Northmead CAPA High offers:

At Open Day you will:

- Meet teachers and students
- Use technology to create a memento of your visit
- Develop team building skills
- Discover the powers of your mind
Problem solving and brain teasers
- Explore 'living' music using technology
- Experience the fascinating and exciting work of Science
- View nature at work - visit the school farm and animals
- Enjoy lunch provided by the SRC



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 1 - 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 (25/2 - 25/3, 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 (17/2 - 31/3)

NEW

Communicating with Kids Workshop (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.
Chatswood 6 wks/2.5hrs (1/4, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Chatswood (5/3 - 2/4, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 27/2, 6/3 & 13/3 (3 wks/2.5hrs each (7.00-9.30pm))

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (20/2, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (26/2, 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.nslhd.health.nsw.gov.au/services/CAP



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