



THE LINK

A publication of Rydalmere Public School

Term 1: Issue 5

31 March 2014

DATES TO REMEMBER	
Term 1	
31.3.14	Parent Teacher Interviews
1.4.14	Fun Food Day
6.4.14	Bunnings BBQ -Sunday
11.4.14	Easter Hat Parade
11.4.14	Last Day of Term 1
28.4.14	Staff Development Day
29.4.14	K-6 students & 3-day Preschool return for Term 2
1.5.14	2-day Preschool returns for Term 2
2.5.14	Gymnastics commences for K-6
6&9.5.14	P&C Mother's Day Stall
15.5.14	P&C Meeting in the Library

From the Principal

This will be our final newsletter for Term 1. When I reflect on the term that is nearly over, I can't believe how quickly the time has flown. We have had an extremely busy time, full of wonderful learning experiences.

Harmony Day

Harmony Day was a huge success. We came together as a school community and celebrated all that we are. Our day began with the planting of our Harmony Hands, followed by our official planting of an Orange Tree (another addition to our small, yet full of potential, orchard). Shortly after this we came together to enjoy our Harmony Day Feast, and we finished our day with an African Drum and Dance Explosion combined with our annual Harmony Day Parade. I would like to thank Mrs Brady and Mrs McDonald for their organisation of the day. An event like this takes months of preparation and we all appreciate the efforts of our wonderful teachers. I would also like to thank all of the parents who came along to help on the day. Our feast is an extremely big event, made much easier by those parents who come along to help us serve the food and to clean up. Rydalmere PS thanks all of you!! My final thanks goes to all of our families who supported our day by providing food for our feast and enabling your children to dress up for our day – thank you.

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



Canteen Art

It was my great pleasure to announce the winners of our Canteen Art competition at last week's school assembly. Soon we will see these artworks turned into 'art on a wall' in our school Canteen. Congratulations to these winners:

- Maria – K/1A
- Mikayla – 1/2R
- Erin – 2/3/4M
- Nigeen – 5/6Z
- Overall Winner = Kelsey

Winter Uniform

The pants for our winter uniform have been chosen and we have arranged a deal with a local shop where you can purchase these. A note containing all of these details will be sent home this week.

Nutech Paint

You may have noticed on our Victoria Road sign, a thank you to Nutech Paint for supporting RPS. Nutech have kindly donated nearly 50 Litres of paint to support us in painting a mural on our Office Wall. Once the weather clears up we will get this under way. We would like to thank James (pictured) and Steve for organising this for us. In addition, they have offered all of our families a very generous discount on paint. Please see the information below.



Voluntary Contribution

These contributions are an important part of our funding. These contributions enable us to provide the basic requirements for your children. Please consider making this payment prior to the end of Term 1. Part payment instalments are gladly welcomed for families who require it. We thank you for your support.

Easter Hat Parade

I am looking forward to my first Easter Hat Parade at Rydalmere PS. I know that this will be another great community event. Please assist your child to make their hat at home so that it is ready for our Parade Day.

Happy Holiday Break

As I close this newsletter, I would like to take this opportunity to wish all of our families a happy and safe holiday break. We look forward to seeing you all back here for a fabulous Term 2!!

Healthy Food Tips

**Nutrition Snippet**

The simplest way

to bust hunger after school

Try these great veggie filled recipes that will top up their tank until dinner time.

Speedy Pizza
A wholegrain English muffin with tomato, corn, capsicum and reduced fat grilled cheese.



Fast Toasty Fingers
A slice of wholegrain toast cut into soldiers served with 'reduced salt' or 'no added salt' baked beans.

Veggie Kebabs
Kebab skewers with reduced fat cheese, cherry tomatoes & cucumber slices.

Macho Nachos
Corn tortillas and sprinkle with quartered cherry tomatoes, kidney beans and reduced fat cheese. Bake in oven for 15 minutes and serve with mashed avocado.

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 add healthy snacks in lunch boxes

Snacks are an important part of a healthy diet for active children. Kids have little tummies so they need small amounts of food often.

Try these simple & healthy snack ideas in your kid's lunchbox:



- **Popcorn:** plain air-popped popcorn (without salt or butter) mixed with sultanas and dried apple
- **Dried fruit snack packs:** buy them ready made, or make your own at home in reusable containers
- **Fruit salads:** buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit and make your own
- **Crackers & veg:** slice up some avocado or tomato with some rice crackers
- **Little veggie bags:** cherry tomatoes, capsicum, carrot and celery sticks in a zip lock bag
- **Frozen fruit bags:** freeze grapes, orange quarters or strawberries in a zip lock bag

Remember: kids love small portions, so cutting up fruit & veg into little pieces will help make sure they don't bring it home at the end of the day!

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



Bek Zadow

Principal

ASSEMBLY AWARDS: 21 March 2014	
Safe Award	Dekoda S, Rhys F, Olivia P, Joanne R
Respectful Award	Ayden W, Mikayla C, Georgia R, Nour D
Learner Award	Breanna V, Cameron S, Jayden C, Barin S

HARMONY DAY 2014



We
Belong





YOU + ME = US



Celebrating
our
differences
together in
Harmony



What's Happening in K/1A?



Free Sewing Group



When:

Every Wednesday
During Term 1, 2014

Time:

9-10:30am

Where:

**Art Room (Next to the
Parent and Community
Room)**

Who:

**Parents of students from
Playgroup, Preschool or
Primary school who are
interested to learn or
develop their skills in
sewing. No prior
experience required**

- Learn how to sew, cut patterns and take measurements to make garments
- Develop friendships with other women from your community
- Gain information and support related to parenting and your child's development

Contact:

Sarah (Rydalmere Community Hub Leader) 9638 1568
Sarah.nassereddin@connect.asn.au

Fariba (Fashion Design, Sewing Teacher) 0433311852

Go4Fun

Healthy • Active • Happy • Kids

**Want ideas on raising healthy,
active and happy kids?**



**FREE healthy lifestyle program for
7 – 13 year olds**

Term 2 enrolments close 18th April
Parramatta & Holroyd locations

1800 780 900
go4fun.com.au

 **Health**
Western Sydney
Local Health District



Community hubs

Connect. Share. Learn.



P&C committee positions have been filled!

At the last P&C meeting our President and Vice-President positions were filled.

Our new President is Kylie Ewings (Mum of David in Year 6) and new Vice-presidents are Nicole Roberts (Mum of Aaesha in Year 2 and Zain in Kindy) and Jo Fourro (Mum of Rhys in Year 1 and Luke in Preschool) They join Wendy Tulip (Secretary), Daniella Marafioti (Treasurer) and Paula Britz (Parent Rep) to form the P&C Committee for 2014.

Fundraising in Term 1

- Easter Raffle – Thank you for the donations of Easter eggs/rabbits/soft toys that have been given so far. There is still time to send items in. They will be bundled together for class prizes and general prizes. All prizes will be drawn on the day of the Easter Hat Parade.
- Easter Guessing Competition – please refer to note handed out to students for details. You are able to guess the number of eggs in the jar and it will also be awarded at the Easter Hat Parade.
- Cadbury Chocolate Boxes – this is currently underway. Please see Rita Cottam or Maryanne Thompson if you need another box.

Coming in Term 2

- Entertainment Books
- Mother's Day Stall
-

Bunnings BBQ and Cake Stall – Sunday 6th April – this Sunday!!

This is an excellent opportunity to raise some money for our school for a small amount of time. For only 1 or 2 hours you can help us sell sausages or cakes. There are still vacancies on the roster so we look forward to your help on the day! You can send a note via the school office or speak to Paula Britz (0420 668 020) who is co-ordinating this event.

Cakes for the Cake Stall can be brought to school on Friday, to Bunnings on Sunday or arrange with Paula for collection on Saturday.

Canteen

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 ☺

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.

School Banking

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

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.

Our next meeting will be held on Thursday 15th May

Come along and meet other parents, carers and friends on Thursday 15th May in the Library and be involved in planning and chatting about the year ahead.

Enjoy your week ☺

Canteen Ice Cream Prices

(available on Thursdays)

Paddle pops \$1.30

Frozen yogurt \$1.30

Mini calipo \$1.00

Icy twist \$1.00

Ice cream tub \$1.00

Fruit stack \$1.00

Juices 50c

Cool Kids Music Co.
Music lessons held at school
For enrolment please call
0457 668 742
For lesson times

Old 2nd-hand uniforms are being donated to Parramatta Rotary. Please bring any old uniforms to Maryanne who is collecting them. Thank you.

UNIFORM SHOP

With the great response from the community and overwhelming response to the new uniforms, the Summer uniform pack will only be available until the end of Term 1.

If you would still like to purchase a uniform pack please come and see me at the uniform shop with your order or you may leave a deposit and order form at the office. We are still waiting on polo shirts in sizes 6 and 8 which will be here at the start of term 2.

Thanks

Maryanne Thompson

School Banking

Hello and welcome to a new year of School Banking.

Did you know that our school receives \$5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of \$10 per individual deposit)?

Not only does School Banking teach our kids about saving and money management, it is also a great fundraiser for our school. If your child doesn't already have a bank account, why not pop into a Commonwealth Bank branch and open up a Youthsaver Account? Then all you need to do is send in their bank book to school each Wednesday with any deposit amount at all, even 20c! Then they can start collecting tokens and can trade them for some great rewards. Every deposit earns them a token and every 10 tokens earns them a reward, it's that easy. All children should have brought home an information pack already which contained rewards vouchers and some other information. If you have any questions at all, please feel free to come and ask me, I'm at school Thursday and Friday mornings and afternoons. My name is Melissa and I am mum to Lachlan (year 2) and Hamish (kindy). So, chat to your kids, find a savings goal (new toy, game etc) and get banking!

Melissa

Rydalmere P&C **Easter Raffle**

Lots of prizes to be won

3 Easter Hampers for anyone who purchased a ticket to win

6 smaller prizes for students who sold tickets. 1 prize per class, pre-school group.

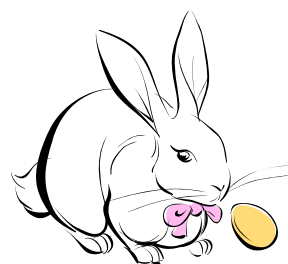
Ticket prices as follows:

1 ticket for \$1

3 tickets for \$2

8 tickets for \$5

Each ticket sold get the student a ticket in the class raffle. Raffle drawn at the end of the **Easter Hat Parade** on **FRIDAY 11th APRIL**.



Youth Week, 4-13 April 2014

Our voice. Our Impact.

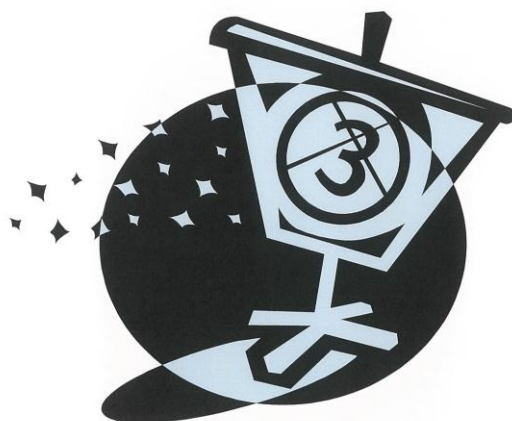
National Youth Week is the largest celebration of young people in Australia. If you're aged 12 - 18 register for one of the great events we're holding this year.

Robots vs Monsters' Box War Battle and Pacific Rim movie night. – Parramatta Library

Art or destruction. You can be the judge!

Come and create your own Robot or Monster using well... BOXES. Then have fun destroying them in a Monster v Robot Smack down. Don't know what we're on about, visit Parramatta City Libraries Facebook page to see a Youtube clip.oh and like our facebook while you're at it!

- **Saturday 5 April 12 -3pm**
Session 1 – Set and Costume Creation
– Making and creating the box town and robots and monster costumes. All materials have been up cycled for this event. Pizza provided
- **Saturday 5 April - 3.00- 3.30pm**
Session 2 - Big Box battle begins!
– Fighting them out (an possible looking at an alternate endings for the story)
- **Friday 11 April – 3.30 -5.30pm**
– Movie screening of Pacific Rim . Popcorn and Pizza provided



Celebrate Youth Week with a Movie Night
followed by pizza and drinks

@ Ermington Library

Join us for a free screening of a charming funny, enthralling
film, invigorating anime as a mainstream art-form.

We will be showing "Wolf Children" by Mamoru Hosoda an
award winning director.

10 April 2014

6:00 pm –7:30pm | Free | Bookings required

9638 2270 | Cnr River Road & Lister Ave, Ermington



Ermington Library
PARTICIPATE CONNECT LEARN
www.parracity.nsw.gov.au/library

BACK-TO-SCHOOL SELF-DEFENCE



Develop coordination, improve fitness, boost confidence, enhance teamwork and find new friends.

Martial Arts can do all of them for you.

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senseiricky@pdkdojo.com
0410 404 900

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Martial Arts School

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Seven Hills | Kellyville | Parramatta

Easter in the Garden

Teloopa Community Garden

Shortland St, Teloopa

Thursday 17th April 2014

10.30am to 12.30pm

Sow a Rabbit Garden

Craft and Garden Activities

Bring your Easter Bonnet

Hot Soup & Bread Rolls

Decorate an Egg

Gold coin donation
money raised is used to
support future
garden events

For more information contact Dundas Area Neighbourhood Centre **9684 4250**





For a perfect finish ! Introducing



Pavecoat H₂O

Nutech Paint has developed a revolutionary new water based penetrating concrete sealer, Pavecoat H₂O. This single pack water-based acrylic concrete sealer has been developed to achieve excellent penetration and adhesion to concrete to overcome the problems associated with traditional organic solvents solutions based concrete sealer Pavecoat H₂O is developed using NANO technology, rapid hardness development, good chemical resistance and excellent adhesion to concrete and masonry surfaces. Most importantly the sealer has low odour, non-toxicity and non-flammability characteristics.

Pavecoat H₂O is cost effective and there is no need for solvent thinners or disposing of brushes and rollers. Unlike solvent based sealers that covers an area of 4m² per litre. Pavecoat H₂O can be thinned with water and covers an area 6m² per litre. This equates to a cost saving of 33%. When cleaning up only use water to wash your tools. These tools can then be reused.



Nu-ecoPaint Architectural Range

Nu-ecoPaint environmentally friendly, low VOC (Volatile Organic Compound) is 100% pure acrylic high quality interior coating suitable for plaster, timber, masonry, brick or other similar building surfaces. Available in a wide range of colours, this paint has excellent covering power, low splatter and simple water wash-up



Nu-ecoSafe-Strip

The chemical paint and coating strippers that have been produced over the years can only be described as harmful to both the environment and to the general health and safety of workers. Government regulations are now forcing all users to seek less harmful alternatives to the harsh and toxic chemicals used in the past. Nutech Paint has developed a most effective, water bases Nu- ecoSafe-Stripper solution.

FOUR STEPS OF COATING REMOVAL

- 1) Apply Nu-ecosafe-stripper to surface approximately 3 to 5 millimetre thick
- 2) Allow the Nu-ecosafe-stripper to do it's magic, penetrating through the coatings
- 3) The coating adhesion to the surface is released from the substrate
- 4) Scrape and high pressure wash surface ready for recoating

Nutech Paint would like to offer all Rydalmere Public School Staff and Parents a
10% discount on all purchase. Present this voucher to Nutech Paint at

18 South Street, Rydalmere

Phone 02 9638 7089



This offer is valid till 30th September 2014

(Code RPS)



Bananas in
Pyjamas



Nathan Bazley
Behind the News



Kayne, Olivia & James
ABC3



Ali McGregor



Jay Laga'aia
Play School



ABC

family
festival

Saturday 12th April 10am – 4pm
Parramatta Park



Jimmy Giggle
Giggle and Hoot



Wot Wots

A fun, free day for the whole family

Main stage will hold a big kids concert with Jimmy Giggle, Jay Laga'aia, Ali McGregor, Bananas in Pyjamas and many more.

Chill out zones for kids and parents, Play School craft zones and 'Click' zones for the latest in ABC apps.

Visit the ABC Exhibition Trailer, meet ABC News Presenters, the ABC Grandstand team and listen to Simon Marnie from 702 ABC Sydney broadcasting live.

Parramatta Park will be vehicle free for this event, so leave the car at home!

www.abc.net.au/familyfestival

#abcfamilyfest



seed. harvest. spoon.
Nurture fresh thinking for a healthy world

Back By Popular Demand!!!

Children's Garden Workshops 2014

“Let's Get Our Garden Started!”

This five week practical program facilitated by
Seed Harvest Spoon is designed for children
3-5 years plus one parent/carer.

Topic areas will include:

- **Parent Information Session**
(Parents/carers only. Childcare available)
- **'Creative Composting'**
- **'We Love Worms'**
- **'Wonderful Water'**
- **'Growing our Garden'**



- VENUE:** Telopea Public School 'Edible Garden and Orchard' and Telopea 'Schools as Community Centre' (SaCC) Rooms
- DATE:** Five consecutive Mondays starting 19th May
(19, 26 May, 2, 16 & 23 June)
- TIME:** 9:45am-11:15am
- CHILDCARE:** Free limited child care is available for siblings under three years.

REGISTRATION is essential!

For further enquiries and registration please contact
Pip Martins Telopea SaCC Facilitator.
Phone: 9898 3448
Email: phillipa.martins@det.nsw.edu.au



For Parents

Help Your Child Succeed at School Literacy Workshops for Parents

Session 1 | 14 April 2014 | 10am-12pm

Wondering how to prepare your child for learning to read?
This is for you.

Session 2 | 15 April 2014 | 10am-12pm

Is your child a 'reluctant reader'?
Work out strategies to help foster a love of reading.

Presented by Olivia Holland,

literacy expert & educator from The Australian Literacy Academy

Children are welcome and will be supervised by library staff.

FREE | Bookings Essential | 9806 5159



Parramatta City Library

Participate Connect Learn

parracity.nsw.gov.au/library



Adult Migrant English Program (AMEP)



**Are you interested in developing
skills to enable you to help
someone with their English?**

Meadowbank TAFE is offering a free 4
week training session to give you
skills for tutoring small groups or
individuals in English

The classes will begin on Monday
12 May from 10am-2pm. They will run
for 4 consecutive Mondays at
Meadowbank TAFE

For more information please

Email susan.mills2@det.nsw.edu.au

The Adult Migrant English Program is funded by the
Australian Government Department of Industry

131 674 • www.nsi.edu.au/amep

ETD Provider Number: 80011 • CRICOS Provider Code: 60591E

140042 JAN 2014



PARRAMATTA CITY LIBRARY SERVICE

Evening Storytime

Come in your pyjamas to experience the magic of storytime with your child at the library. This storytime is intended for lower primary school children. The interactive session includes stories, songs, dances, crafts or other extension activities



Milk and cookies will be provide, so hurry up!

*Ermington Branch Library
First Monday of the month
6 pm — 7 pm
Enquiries 9638 2270.*



PARRAMATTA
CITY COUNCIL

LIQUID cinema

7pm every Friday from 21 March until 11 April
Boat and Zorb hire 4pm until 7pm

FREE MOVIES BY THE RIVER
Parramatta River foreshore, between Barry Wilde Bridge and Elizabeth Street Footbridge

Bring along your cushions and blankets and take in a family-friendly movie sure to satisfy all tastes.

Pack a picnic, grab some delicious food at the many restaurants nearby, or at the food stall set up especially for the screenings. Come along early and hire a boat or Zorb for some fun along the river.

21 March 7:00pm Finding Nemo (G)

28 March 7:00pm Babe (G)

4 April 7:00pm Toy Story (G)

11 April 7:00pm Wall-E (G)



This event is weather dependent. Any cancellations will be listed on Council's website discoverparramatta.com on the day of the event or call the wet weather information line on 9294 8586.

For further information contact Parramatta Heritage and Visitor Information Centre on 8839 3311.

PARRAMATTA
FUTURE GENERATION

