



THE LINK

A publication of Rydalmere Public School

Term 1: Issue 4

17 March 2014

DATES TO REMEMBER	
Term 1	
18.3.14	Harmony Day & Multicultural Feast
20.3.14	P&C Meeting – 6.30pm in Library
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

From the Principal

I cannot tell you how proud I am of our students as I visit classrooms and join in with the learning experiences offered to our students from Preschool to Year 6 - seeing first-hand the effort our students are putting into their own learning, the creative thinking that is occurring and the enjoyment our students are experiencing from the learning experiences offered here at Rydalmere PS.

General School Contributions

We are seeking from parents and carers a voluntary, General School Contribution. Funds raised through this contribution are used to supplement educational resources and programs in our school. This year, the School Contribution amount has been left unchanged at an amount of \$40 per student.

The funds raised are used to pay for the following:

- Resources to support learning in the six Key Learning Areas (English, Mathematics, Science & Technology, Human Society & Its Environment, Personal Development, Health & Physical Education and Creative Arts)
- Library books and computer resources
- Sporting equipment

Rydalmere Public School welcomes your contribution as this will significantly enhance the resources made available to students. I would like to thank all parents for their generous School Contribution support given to the school and the students previously.

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



Signage

Last week we had our first lot of signs boasting our new colours and logo installed. All blocks and noticeboards are clearly marked with the new insignia and I'm sure you'll all agree that they look wonderfully bright red and blue!



P&C Meeting

This Thursday 20th March we are holding our monthly P&C Meeting in the Library at 6:30pm. I encourage all parents to attend and be an active part of this parent body. Our P&C meetings are one of the forums where you as parents/carers/community members can have a voice and discuss ideas and support school programs. We currently have 2 executive positions vacant that urgently need to be filled. Again I encourage you to consider becoming an executive member of our P&C. These positions will be voted on at our meeting on Thursday 20th March.

Working Bee

I would like to personally thank all of the families who volunteered their time on Sunday to participate in our Working Bee. There are areas of our School and Preschool playground that look remarkably better, our chickens have a thoroughly cleaned hen house (complete with a new floor!!), our veggie gardens have been weeded, branches pruned, cement surfaces look spic-and-span after a thorough scrubbing and our Art Room is a functional and ordered work area for our student and community groups. To the following families – THANK YOU, THANK YOU, THANK YOU:

- Lee
- Apps-Tulip
- Thompson
- Velazco
- Ewings
- Kruus
- Curnow (Preschool)

I would also like to thank all of the staff and their families who also attended to help make the day a huge success along with our wonderful families.

Zone Carnival

We celebrated an extremely successful day at our Zone Swimming Carnival. Mrs Moloney and I accompanied the most wonderfully mannered and well-behaved swimming squad. All swimmers did their very best in each of the events and the sportsmanship displayed towards each other was heart-warming. Many of our swimmers placed in the Top 3 in their heats. We now have two of our swimmers, Will Cottam and Michael Geddes representing our school and Parramatta/Merrylands PSSA at the Sydney West Swimming Carnival this Thursday 20th. Best of luck boys!! Rydalmere PS will be cheering for you!!



Harmony Day

A reminder that we are celebrating Harmony Day tomorrow 18th March. Please come dressed in your national dress or the colour orange, and don't forget to bring some food for our feast. All families are invited to join us in this celebration day and feast that is followed by a FREE African Drum Performance and a parade.

Sewing Group

Miss Sarah, along with Fariba (Sameer's Mum) are beginning a weekly sewing group on Wednesdays. Please see invite below for all of the details – come along and join in the fun!!

Healthy Food Tips

Nutrition Snippet

The simplest way

to make shopping fun

Grocery shopping is an important time for kids to learn about storage, selection and preparation of fruit and veg. Try these games next shopping trip to challenge your kids' fruit & veg knowledge:

1. **Play fruit & veg 'I spy'** - name a colour and get your kids to find all the fruit and veg they can in that colour.
2. **Fruit or veg of the week** - let your kids select a new fruit or veg to try for that week. Brainstorm together what meals you could create with this new ingredient.
3. **If you're stuck for variety** - set your kids a challenge to pick a furry fruit, an odd coloured veggie or a veggie that grows in the ground.

Try different ways of approaching fruit and veg: you'll be surprised at the difference it makes to your child's eating habits.

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 get kids in the kitchen

Cooking in the kitchen is a great time to catch up with your kids, and get them involved in fruit and veg preparation. Try our top 10 tips for getting kids into the kitchen:

1. Washing vegies
2. Setting the table
3. Mixing the salad
4. Mashing potato
5. Putting toppings on pizzas
6. Choosing and adding fillings to sandwiches
7. Measuring frozen vegies before cooking
8. Picking fruit and veg from the garden
9. Unpacking shopping from the supermarket
10. Get older kids to help peel or chop fruit and vegetables

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

"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. **Please advise the school office as soon as possible if you have a new or updated email address.**

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.

ASSEMBLY AWARDS: 7 March 2014

Safe Award	Lucas C, Jared P, Darcy J, Nigeen A
Respectful Award	Sabrina B, Terry T, Jacquelyn L, William R
Learner Award	Faisal S, Cameron G, Connor S, Michelle S

Preschool News

Preschool Learning

The children have been enjoying water play. Water play allows the children to explore many mathematical concepts such as full, empty, more, less, heavy and light. The children counted how many small containers of water it took to fill the larger containers.



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??

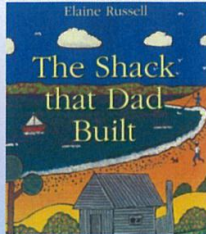
Mrs Robyn McDonald, our Learning and Support Teacher, co-ordinates a reading program called Multilit (Making Up Lost Time In Literacy) a well-researched program which was created at Macquarie University.

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.

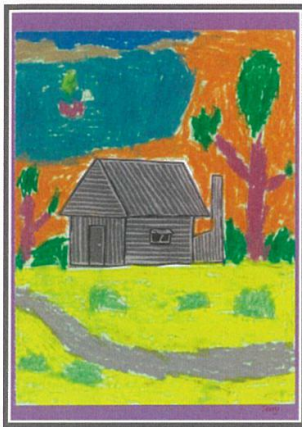
Please contact the school or see Mrs McDonald on Mondays, Tuesdays or Thursdays (until 12.30) when she is at Rydalmere PS.

What's Happening in 1/2R?



1/2R has been reading the story 'The Shack that Dad Built' by Elaine Russell. It is a true story about Elaine and her family moving from northern New South Wales to Sydney when she was a child. The students in 1/2R created their own artworks of a shack by the beach and wrote literary recounts about the story

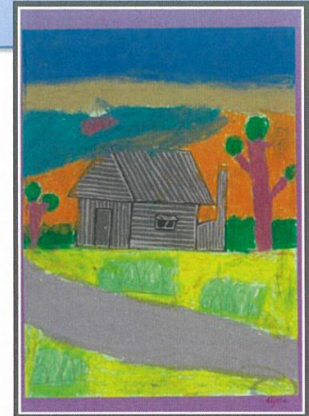
Elaine moved to Sydney with her family. Her dad built a shack so all her family had somewhere to live. They slept on a mattress in the shack.



Artwork by Terry

Elaine's brothers went down under the water and looked for some money to buy some hot chips. Elaine poured some water on the dirt so the dirt would go on the walls. They looked for golf balls and they took them home and cleaned them and took them back to the golfers. They pulled some oysters off the rocks. Elaine went to school on her first day of school she was a little scared but then she made some new friends.

By Odessa.



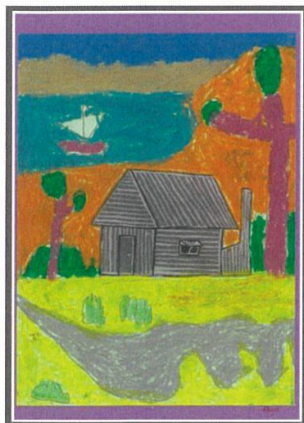
Artwork by Alyssa

Elaine moved in to Sydney with her family. Elaine's dad found new work then Elaine's Dad made a home for Elaine's family and Elaine's family had a fire and then they had a fun time.

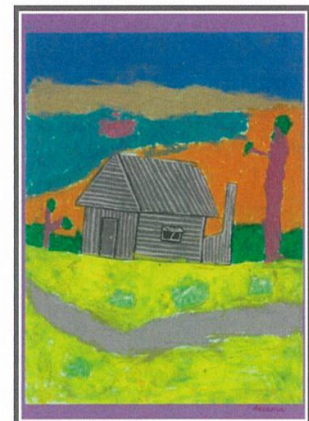
By Mikayla

Elaine moved to Sydney and her dad built a shack so the kids can be safe. They put the mattress under the bed. In the morning the rug came out from under the bed and they went fishing and ate berries.

By Tamara



Artwork by Rhys



Artwork by Aaesha

The Shack that Dad Built

A long Time ago Elaine moved to Sydney and her dad built a shack. Elaine watered the ground then she swept it. Elaine and her brother went diving in the sea and got lots of coins. Elaine's big sister walked her to school. She was nervous.

By Jared

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



**Community
hubs**

Connect. Share. Learn.



P&C committee positions must be filled.

We are in need of a new P&C President and also a Vice-President or Parent Rep.

There is information on the P&C Federation website on the various roles. If you are interested and have any questions about what is involved please speak to one of the current P&C members or enquire at the school office. **The positions will be filled at the P&C meeting this week – Thursday 20th 6:30pm in the Library.**

Fundraising in 2014

Term 1

- Fruit Box drive – Deliveries will be on 25-27th March.
- Easter Raffle – Lots of lovely eggs/rabbits/soft toys have been received at the office already. There is a basket waiting for your donation. These will be bundled together for class prizes and general prizes. Refer poster in The Link.
- Cadbury Chocolate Boxes – have been issued to families. Please see Rita Cottam or Maryanne Thompson if you need another box.
- Entertainment Books – information will come out soon. This is co-ordinated by Michelle Bolliger.

Working Bee – Sunday 16th March – 8-11am

Thank you to the wonderful parents and staff who came to tidy up our school yesterday. It was a great and productive morning.

Bunnings BBQ and Cake Stall – Sunday 6th April

This is an excellent opportunity to raise some money for our school for a small amount of time. Paula Britz is co-ordinating this and more information will come out soon. Please mark it in your diary.

Advance notice: Family Photos will be coming in September.

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 this Thursday 20th March

Come along and meet other parents, carers and friends this Thursday 20th March at **6:30pm** 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

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.

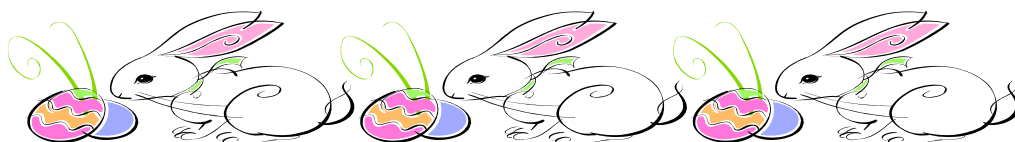
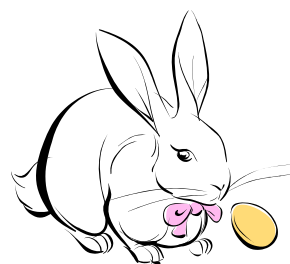
Ticket prices as follows:

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**.



COMMUNITY NEWS

News from Marsden High School:

Macquarie University partnered this month in launching [Bridge to Employment \(BTE\)](#), an initiative to inspire young people to stay in school, excel academically and elevate their career aspirations.

The Bridge to Employment Program (BTE) was established by Johnson & Johnson in 1992. Janssen Australia, the pharmaceutical company of Johnson & Johnson, has joined with 2realise, a charity supporting young people, to start the first Australian site of this international program.

As part of the Australian program, **47 student participants have been selected from Marsden High School, West Ryde.** Through a focus on academic enrichment, career readiness and personal development these students will be exposed to the various careers and opportunities within the health industry.

Read more: <http://mq.edu.au/newsroom/2014/02/28/launch-of-bridge-to-employment-program-with-local-industry-and-education-partners/#ixzz2urYzgZGg>

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.

ENROL TODAY.



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www.youtube.com/user/pdkdojo

senseiricky@pdkdojo.com

0410 404 900

PDK DOJO

Martial Arts School



www.pdkdojo.com

Seven Hills | Kellyville | Parramatta

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.

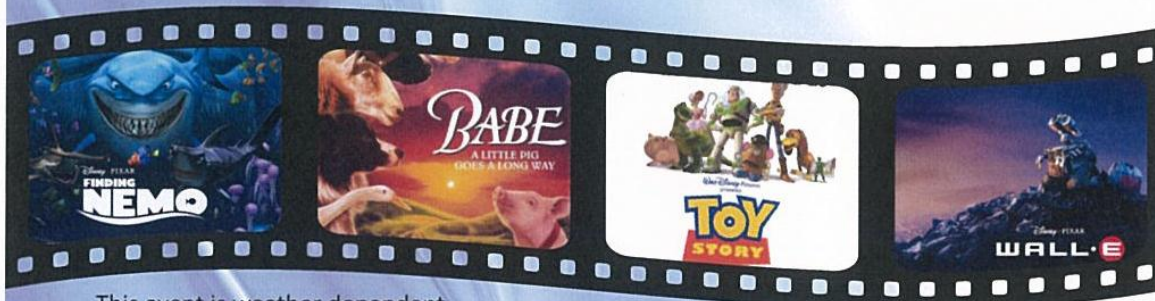
Pack a picnic, grab some delicious food at the many restaurants nearby, or at the food stall set up especially for the screenings. Come along early and hire a boat or Zorb for some fun along the river.

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



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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