



**THE LINK**

*A publication of Rydalmere Public School*

## DATES TO REMEMBER

<b>Term 2</b>	
<b>20.5.14</b>	Zone Cross Country
<b>26.5.14</b>	Choir Rehearsal – at Westmead Public School
<b>02.6.14</b>	Calmsley Hill Excursion – Pre-school to Year 2
<b>03 &amp; 05.6.14</b>	Steps Vision (Pre-School)
<b>04.6.14</b>	ICAS Science

## From the Principal

### **Cross Country**

Our first ever K-6 Cross Country was held on Friday 9<sup>th</sup> May. It was a wonderful success with all of our students competing to the best of their ability. K-2 really enjoyed being a part of the day and some of these students were lucky enough to win a ribbon for their placing. We have 26 students from 3-6 who qualified to compete at the Zone Cross Country tomorrow (20.5.14). We wish these runners the very best of luck!!

### **NAPLAN**

I would like to congratulate all of our Year 3 and Year 5 students who completed their NAPLAN tests last week. They all approached these tests with maturity, and I am very proud of them for their efforts. I would also like to thank our Year 4 and Year 6 students who during these testing times, composed a variety of digital and multimodal resources for our Preschool, Kindergarten, Year 1 and Year 2 students all about farm animals.

### **Bunnings**

A huge THANKS to Rydalmere Bunnings for their kind donation of plants. This generosity means that we can continue to add to our beautiful grounds, and increase the colour and textures within our garden areas. I would like to thank Mrs Kushturian and her son Mitchell who volunteered to plant 3 gardens on the weekend, using some of these plants. I would also like to thank Mr Tony with David, Rummin and Samir who gave up their lunch times to plant the remainder of these plants around the school.





## Walk Safely to School Day

On Friday 23rd May, it is Walk Safely to School Day. We encourage families that can, to leave the car at home and walk the kids to school safely as part of Walk Safely to School Day. The day promotes fitness, road safety, public transport and the environment. For more information go to: [www.walk.com.au](http://www.walk.com.au)

## Nutrition Tips



Nutrition Snippet

# The simplest way

...to make Australia's Biggest Morning Tea healthy!

**Ingredients**  
Olive or canola oil spray  
2 medium apples, skin on, core removed, grated  
1/3 cup water  
1/4 cup margarine  
2 cups dates, seeded  
2 cups natural muesli  
1/2 cup plain flour  
1/2 cup wholemeal plain flour  
1 tsp ground cinnamon



**Method**  
Preheat oven to 180°C (160°C fan forced) | Lightly spray a slice tin (approx. 25x30cm) with oil | Add apple, water, margarine and dates to a small saucepan and bring to the boil | Reduce heat, cover and simmer for a further 5 minutes until the apple is soft | Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency | Meantime, place muesli in a large fry pan. Stir over low heat until lightly browned | Sift flours into a large bowl, returning husk remaining in the sieve to the bowl | Add cinnamon and muesli to the flours and mix to combine | Stir into the date mixture then spoon into prepared tin | Bake for 20 minutes until firm | Cool in tin before cutting.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://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 use leftovers in the lunchbox

Leftovers are an easy way to pack your kids a nutritious lunch, whilst clearing out the fridge.

Your kids will love these tasty leftovers and their lunch box will be sure to come home empty.



Try some of these ideas:

- Cottage pie or spag bol sandwiches - both taste great on wholemeal bread
- Healthy fried rice or stir-frys are a fun alternative to a sandwich
- Turn leftover vegies into a frittata
- Add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (then add your favourite salad).

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

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Health  
Western Sydney  
Local Health District



## Road Safety

We regularly have parents breaking a number of road safety rules during drop-off and pick-up times. I would like to ask that you consider the consequences below by way of fines and loss of demerit points.

**A more devastating consequence could be that one of our students, one of YOUR children is hurt during these times due to road rules not being followed.**

**Children are our most precious resource. Please help us to keep them safe.**

# Safe school **travel**

## INFORMATION FOR PARENTS

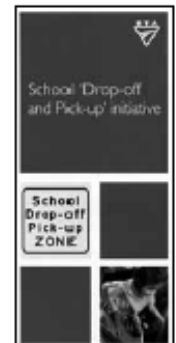
### Tips to improve children's safety around your school

- Children aged four years to under seven years must be secured in a forward facing restraint or booster seat.
- Children aged four years to under seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child restraint or booster seat.
- Children should always get in and out of the car through the rear kerb side or 'safety door'.
- Always drop your children on the school side of the road.
- Meet your children on the school side of the road, preferably at the school gate – particularly in wet weather.
- NEVER call to your children from across the road. Teach them to wait until you come to them. Talk with them about what they should do if you are not there on time.
- Children up to at least eight years old should hold an adult's hand in the car park, on the footpath and when crossing the road. Children between eight and at least ten years old should be closely supervised by an adult in the traffic environment and should hold an adult's hand when crossing the road.
- Talk your child through the 'STOP! LOOK! LISTEN! THINK!' routine every time you cross the road together:
  - **STOP!** One step back from the kerb.
  - **LOOK!** For traffic to your right, left and right again.
  - **LISTEN!** For the sounds of approaching traffic.
  - **THINK!** Whether it is safe to cross.
- Always look and listen for traffic as you cross the road.

- Always slow to 40km/h when travelling in an operating school zone.
- Always obey parking signs as these signs help save children's lives.
- NEVER leave a child of any age in a vehicle without adult supervision. A small child may rapidly suffer dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to tragedy.
- Always drop-off and pick-up your children from your school's designated area, following your school's road safety procedures with care and courtesy.

- Many schools have adopted a school 'Drop-off and Pick-up' zone – a facility that is convenient for drivers while enhancing the safety of children.

For a free copy of the *School 'Drop-off and Pick-up' initiative brochure*, Stock No 4509 4011, containing information on establishing this initiative at your school, contact the RTA.



### Offence and penalty when committed in an operating school zone

Offence	Minimum Fine	Minimum loss of demerit points
If you stop or park on or near:		
• A pedestrian crossing	\$344	2
• A children's crossing	\$344	2
• Any marked foot crossing	\$344	2
If you double park	\$258	2
If you park on a footpath	\$143	2
If you park illegally in a:		
• NO STOPPING ZONE	\$258	2
• NO PARKING ZONE	\$143	2
• BUS ZONE	\$258	2
If you make an illegal U-turn	\$258	3
If you exceed 40km/h in an operating school zone in a light vehicle by:		
• 10 km/h and under	\$150	2*
• More than 10km/h but less than 20 km/h	\$271	4*
• More than 20km/h but less than 30 km/h	\$451	5*
• More than 30km/h but less than 45 km/h	\$872	6*
• More than 45 km/h	\$1,987	7*
If you use a mobile phone	\$344	4
If you fail to give way to a pedestrian	\$344	4
If you reverse unsafely	\$201	3

\* These values are higher for provisional drivers and are doubled during designated holiday/long weekend periods.

*Bek Jadov*  
**Principal**

ASSEMBLY AWARDS: 21 March 2014	
Safe Award	Aamir N, Odessa M, Madison F, Michael G,
Respectful Award	Zain E, Geoffrey L, Nicolette T, Kelsey A
Learner Award	Gabriel B, Tamara W, Hyein L, Summar R

## Peer Support Program

We have commenced Peer Support lessons. The whole school will participate in Peer Support for 30 minutes on Friday each week this term. Two Peer leaders from Year 5 and Year 6 facilitate a small group of 6-7 students from Kindergarten to Year 4, who work together through a number of structured activities. Each teacher will supervise up to 3 groups in their classroom. We are working on a module called *Promoting Harmony* helping us define individual and community values, build relationships and improve decision making skills.

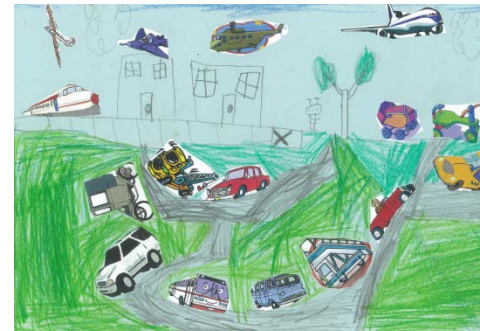
The Peer Support program aims to provide a positive and safe learning environment for students. It is a valuable learning experience that builds confidence, teaches life skills through fun and safe activities, forms positive relationships and allows students to practise cooperation and collaboration

## TRANSPORT

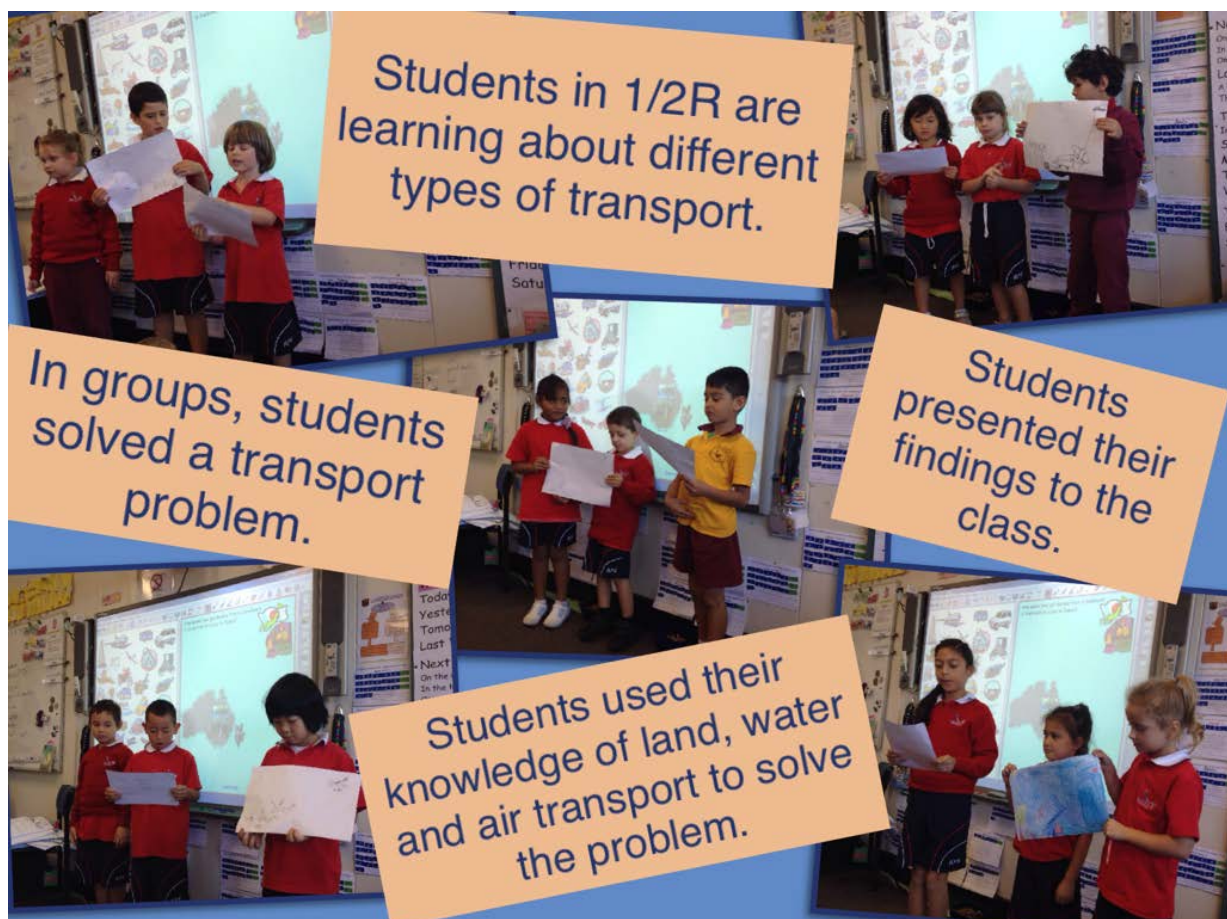
1/2R has been studying different types of transport this term. The students have made connections to personal experiences, looked at the three different types of transport – land, sea and air, and are investigating the types of transport used for products from a farm to the supermarket.



Oceana has used many pictures of transport to make a mural about the types of transport we use in everyday life and in times gone by.



Jared has drawn a picture of a community who use a variety of transport options.



# 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](mailto:Sarah.nassereddin@connect.asn.au)

**Fariba (Fashion Design, Sewing Teacher) 0433311852**



**Community  
hubs**

Connect. Share. Learn.



## P&C

### Fundraising Successes

- Easter Raffle and Guessing Competition – These were drawn at the Easter Hat Parade on the last day of Term 1 and thanks to the many contributions, we were able to raise just under \$800.00!!
- Bunnings BBQ – This was held on the 6<sup>th</sup> of April and thanks to all our wonderful volunteers, headed up by Paula Britz, we were able to raise \$1,000.00!!
- Mothers Day Stall - \$244.00 was raised from this stall. Thanks to all those who wanted to spoil their mothers/grandmas/ nannas!

Some of the above funds raised will be put towards a shade shelter on the school oval and the P&C will also contribute to the cost of the Canberra Excursion for Years 3-6.

It is wonderful to be able to help our great school in these ways and thank you again to all who have contributed to the above events!

A **Movie Night** is being planned for September and a group of parents is being formed to organise this. The first meeting is on this Friday morning straight after the 9am bell, in the P&C room. If you are unable to come to this meeting but would love to be involved you can speak to a committee member or leave your details at the school office for someone to contact you.

**Payments to the School** – if you would like to make electronic payments for P&C items such as school uniforms please see Maryanne Thompson (our Uniform Co-ordinator) or another Committee Member and we will provide you with the Bank Account details. Please do not transfer money into the Rydalmere Public School account if it relates to uniform purchases.

## 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](http://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

*Our winter uniform orders are now being completed! Thanks to everyone for your patience. We have found a local company who is able to supply our winter uniform needs. We must say a BIG thank you to Maryanne Thompson for her tireless efforts in sourcing the items for our winter uniform. We appreciate the extra time and effort this has involved!*

The uniform shop is open 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 19<sup>th</sup> June

Come along and meet other parents, carers and friends on Thursday 19<sup>th</sup> June 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**

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

***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

## 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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– 17 TO PLAY AFL ON SUNDAY'S IN 2014.

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Doyle Ground, North Parramatta

OR VISIT [PLAYAFL.COM.AU](http://PLAYAFL.COM.AU) FOR MORE INFORMATION.

Once you have registered, call 02 8867 7400 and quote  
the promo code '**FOOTY**' to go into the draw to **WIN** a  
Sony PS4, Lego voucher or an iPad!

playAFL > aU\$kick > junior > youth > senior > superstar



For a perfect finish ! Introducing



#### Pavecoat H<sub>2</sub>O

Nutech Paint has developed a revolutionary new water based penetrating concrete sealer, Pavecoat H<sub>2</sub>O. 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 H<sub>2</sub>O 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 H<sub>2</sub>O 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 4m<sup>2</sup> per litre. Pavecoat H<sub>2</sub>O can be thinned with water and covers an area 6m<sup>2</sup> 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 30<sup>th</sup> September 2014**

(Code RPS)



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 19<sup>th</sup> 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](mailto:phillipa.martins@det.nsw.edu.au)



THE  
Northern Sydney  
Institute  
Part of TAFE  
NSW

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](mailto: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](http://www.nsi.edu.au/amep)

110 Provider Number: 10011 • CRICOS Provider Code: 60591E

13/04/2014



## 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



# PARRAMATTA CITY BAND



Invites you to



**Come along to our  
Brass Band Open Day!**



**31 May 2014**

Do you play a brass or percussion instrument?

OR

Would you like to learn ... ?



...Trombone ??



... Baritone ??



... Tuba ??



... Tenor horn??

**Which of these brass  
instruments would  
you like to play?**



... Cornet??

For more information, please contact Jennifer Howell

Email: [howell.jaa@gmail.com](mailto:howell.jaa@gmail.com)

Phone: 0404 948 860