



THE LINK

A publication of Rydalmere Public School

Term 3: Issue 1

21st July 2014

DATES TO REMEMBER	
Term 3	
22.07.14	Soccer – RPS vs Kulnura PS
28.07.14	Athletics Carnival
30.07.14	Education Week Open Day
6 to 8.08.14	Year 3-6 camp to Canberra and Thredbo

From the Principal

Welcome back to a busy Term 3!! It is so lovely to see all our students back at school, so engaged in the learning activities that the new term has presented already.

Staffing changes for Term 3

We have a number of staff on Long Service Leave this term. To ensure our quality learning programs continue, we have engaged highly qualified and experienced casual Teachers in these positions, many of whom work here on a regular already. Please note the following changes below:

Mrs Aldred – replaced by Miss Gray – weeks 1-4

Mrs McDonald – replaced by Miss Palacerio – weeks 1-3

Mrs Brady – replaced by Miss Gallace – all of Term 3.

I would also like to welcome our new Community Hub Leader – Margartia Diaz to our school. Already Mrs Diaz has connected with a number of families, and has also been organising some wonderful initiatives to run in our school, including a Breakfast Club for all children. Mrs Diaz will be here Monday, Wednesday, Thursday and Friday each week.



Soccer

How wonderful it was to finish the term with a win in Round 2 of the PSSA Small Schools Soccer Knockout Competition!! We played a fair and competitive game, which resulted in a win for us against Mt Keira PS. The score was 3-1. I would like to congratulate all of our players for their hard work training in preparation for this game, and for their team work and persistence during the game. We will now compete in Round 3 of the PSSA Small Schools Soccer Knockout Competition tomorrow. This is an 'away' game for us so we are travelling to Kulnura PS (Gosford way) for this game. We are hoping we come home with another win.....but only time will tell!!



Golf

Congratulations to Wil Reece who has made it to state level in Golf. Wil will travel to Port Macquarie to compete in this state sporting event on September 8 and 9. We wish him all the best for this event!!

Education Week

Next week we will be celebrating our annual Education Week which showcases all of the fabulous student learning and initiatives provided to all students at Rydalmere PS. Our Open Day will be on Wednesday 30th July. A separate invitation is going home today to all families for this event. We hope you can join us.

XO Laptops

XO technology is buzzing at RPS. Every student has their own dedicated laptop to use in lessons. Just look at the engagement!!



**Look at our
21st Century
learners!!**



Yr 6 Fundraiser

Thank you to all families who supported the Year 6 Fundraiser “CRAZY” Mufti Day. In total, we raised \$131.00

Healthy Tips

**Cancer Council
NSW**

Nutrition Snippet

The simplest way

...to bust after school hunger

Try these great fruity recipes that will keep your child satisfied until dinner time.

Raisin Toast Rippers
2 slices raisin toast topped with banana and a drizzle of honey.

Krazy Kebabs
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

Fruity Smoothie
250mls reduced-fat milk
1 handful of berries
1 banana chopped
Place into blender and mix



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.

**NSW** **Health**
Western Sydney
Local Health District

Eat It To Beat It 

**Cancer Council
NSW**

Nutrition Snippet

The simplest way

...to increase your fruit and veg intake

Myth:
Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.

Fact:

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt.)



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.

**NSW** **Health**
Western Sydney
Local Health District

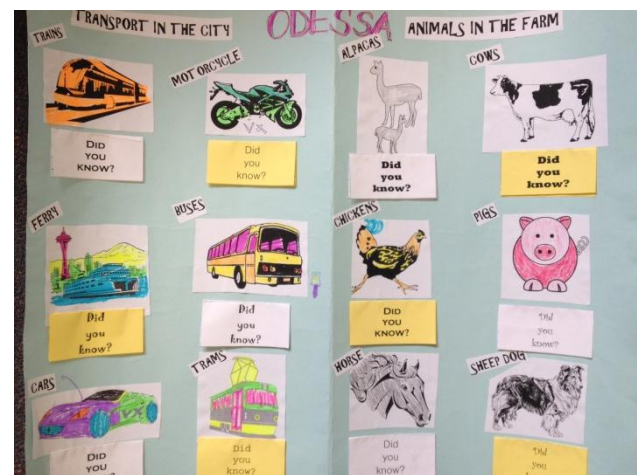
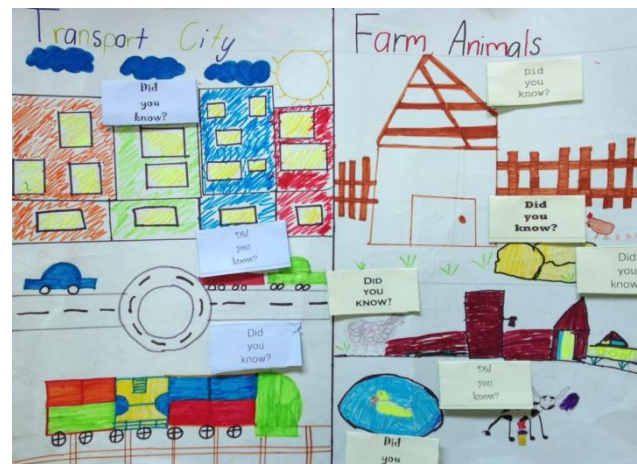
Eat It To Beat It 

Bek Jadow
Principal

What's Happening in 1/2R?

1/2R TRANSPORT AND FARM ASSIGNMENTS

The students in 1/2R studied aspects of the farm to include their excursion experience in their learning last term. They also studied different types of transport. Students completed a three week at-home assignment to incorporate both aspects of their learning. Students were asked to research interesting facts about transport vehicles and farm animals, then combine these facts with drawings, paintings or collage to create a poster. Below are some fantastic examples of the students' work.





Committee's message

The next P&C meeting is on Thursday 21st August at 6:30 in the Library. Come along and be involved in the planning for the year ahead.

A working bee has been pencilled in for Sunday 17th August. This will be a great opportunity to get the gardens looking their best for the movie night a month later. A note will go home with the students closer to the date.

School banking

Paula Britz will be doing the banking while Melissa is on holidays. Banking will carry on as normal.

Canteen

The students artwork has been finished and the canteen will be getting painted over the coming months. It will be great to have a new look canteen and to have some of our talented students artwork on display.

Uniform shop

The next order will be placed on the 25th July. Please see Maryanne in the uniform shop to order and pay. The uniform shop will accept payment by direct deposit, ask Maryanne for the bank details when you are placing your order.

The uniform shop is open every Friday morning between 8:50 and 9:15.

Old uniforms can still be donated to Rotary so leave them in the uniform shop if you would like to donate them.

Fundraising

Our main fundraising goal this year is shelter and drainage for the oval. This will make the oval more versatile.

Upcoming events

Father's day stall – Tuesday 2nd September and Friday 5th September

Bunnings cake stall – Saturday 6th September

Movie night – Friday 12th September

Fruit Box Drive – end of term 3

Bunnings BBQ – Saturday 11th October

Family Photos – Saturday 18th October

End of year Disco – Friday 5th December

Bunnings Cake Stall

Jenny Mercer has offered to coordinate this fundraising event. A note will be coming home shortly asking for people to help out on the day and to bake lots of cakes, slices and anything sweet.

Movie night

The movie is still to be decided but the rest of the planning is coming along well. Nichole Roberts is coordinating this event and as usual we will be asking for volunteers to help on the night and also in the lead up to the event.

This is a great opportunity for us to bring more awareness of our school to the wider community and show them all the benefits a smaller school has to offer the students and families that come here.

Ladies Market Night

This is another great opportunity to showcase our school to the community while making some much needed money at the same time. To get this event up and running again this year we need people to organise, plan and prepare. Please see Maryanne Thompson if you would like to help with this. The Ladies Market Night is scheduled for Friday 7th November.

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.

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.

RYDALMERE PUBLIC SCHOOL – PARENTS ASSOCIATION
UNIFORM SHOP ORDER FORM

Date:	Prices Effective April 2014
Parents Name:	Childs Name:
Contact Ph:	Childs Class:
Payment Method <input type="checkbox"/> Cash <input type="checkbox"/> Cheque*	
Cheques payable to 'Rydalmere Public School P & C Uniform Shop'	
<ul style="list-style-type: none"> Refunds for cheque payments will be made in cash once proceeds of cheque have cleared. Any un-presented (ie bounced) cheque fee incurred by the uniform shop, must be paid by the cheque account holder. 	

GIRLS UNIFORM					
<u>ITEM</u>	<u>SIZE AVAILABLE</u>	<u>UNIT PRICE</u>	<u>SIZE REQUIRED</u>	<u>QUANTITY REQUIRED</u>	<u>COST</u>
Dress	4 - 16	\$45.00			
Polo With Emblem	4 - 16	\$25.00			
Navy Pleated Skort	4 - 16	\$20.00			
Navy Boot Leg Pants	4 - 16	\$28.00			
Red Jumper with Emblem	4 - 16	\$50.00			
Hat	XS-S/S-M/ M-L	\$15.00			
Socks 3 Pack – White	9-12/13-3/2-8	\$9.00			

BOYS UNIFORM					
Polo With Emblem	4 - 16	\$25.00			
Navy Shorts	4 - 16	\$20.00			
Navy Pants	4 - 16	\$25.00			
Red Jumper with Emblem	4 - 16	\$50.00			
Hat	XS-S/S-M/ M-L	\$15.00			
Socks 3 Pack – Navy	9-12/13-3/2-8	\$9.00			

SPORTS UNIFORM					
Polo With Emblem	4 - 16	\$25.00			
Sports Shorts	4 - 16	\$20.00			
Winter Microfibre Tracksuit (Jacket & Pants)	4 - 16	\$72.00			

MISC ITEMS					
Backpacks	O/S	\$40.00			
Total Order Amount					\$



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)

Cumberland High School

Excellence in Education



Cumberland High School 2015 Year 7 Gifted and Talented Program



*Applications now open.
Scholarship opportunities available.*

First Round Applications Close: 12 August 2014
Second Round Applications Close: 17 October 2014



Cumberland High School is a comprehensive high school offering quality education in a caring environment.

183 Pennant Hills Road, Carlingford NSW 2118
Phone: 9871 7718
www.cumberland-h.schools.nsw.edu.au

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Excellence in Group Primary School Music Tuition



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www.coolkidsmusic.com.au

enquiries@coolkidsmusic.com.au

Cool Kids Music Company provides a wonderful opportunity for children to have quality music lessons at school. Our program promotes confidence and self-esteem, team work and commitment while creating enjoyment for themselves and others. We offer professional teachers with a quality curriculum whilst being affordable and convenient.

Your child deserves the best start in music available, so to be part of our great program already enjoyed by over 1200 students at 42 other Western Sydney Primary Schools call or email us now on:

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enquiries@coolkidsmusic.com.au
0457-6-68742

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - 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 (13/8 - 10/9, 7.00-9.30pm)

Triple P (Positive Parenting Program) Course (3-8yrs)

Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood 7wks - 5 group & 2 telephone (28/7 - 8/9, 7.00 - 9.30pm)

NEW

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

Communication skills for building effective long term relationships with your children & family.
Chatswood (4/9, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Chatswood 5 wks (12/8 - 9/9, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tuckers & Toilet Training, Speech & Sleep
Chatswood 7/8, 14/8 & 21/8 (3 wks/2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (17/9, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (5/8, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- | | |
|--|--|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School |
| ★ Tuckers without Tantrums/Toilet Training | ★ Transition to High School |
| ★ Speech & Language Development/Sleep | ★ Triple P Seminar Series 1-12 yrs & Teens |
| ★ Older Sibling - New Baby | ★ Communicating with Kids |
| ★ Bully Busting | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids | ★ Grand Parenting - Chatswood (15/9) |

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District



Free parent workshop in Parramatta Local Government Area Understanding Bullying

Dear Parents, Teachers and Service Providers,

Learning Links is running free parent workshops on bullying. This workshop will be run twice. Workshop is suitable for parents and carers of students in school who reside in the Parramatta LGA. Workshops has been funded by Parramatta Leagues Club.

Understanding Bullying

Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for students and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented. With appropriate support and intervention, the impact of bullying can be lessened and students can feel safe at school.

YOUR PRESENTERS:

Katherine McFarlane is a registered Psychologist who has an interest in child assessments and behaviour interventions, family dynamics and counselling, disabilities, adult pain management and injury rehabilitation.

Katherine holds a Bachelor in Psychology with Honours from the University of Newcastle.

Anita Samson is a registered Psychologist and Teacher who has been working in the public and private sectors for the past 15 years.

She holds a BA of Education and BA of Science (Psychology) with Honours along with a Certificate IV in Training and Assessment.

Booking:

<http://www.learninglinks.org.au/index.php/workshops/book/>

or (02) 8568 8200

Come along to one of our workshops

Option 1

Date: Thurs 24 July, 2014
Time: 5:30pm—8:30pm
Venue: Parramatta PCYC—Annex Room
12 Hassall Street, Parramatta NSW 2150
Cost: Free
Suitable for: Parents & carers ONLY

There will be 30 minutes at 8:00pm for open questions with Psychologist, Katherine McFarlane

Option 2

Date: Tues 29 July, 2014
Time: 10:30am—1:30pm
Venue: Parramatta PCYC—Annex Room
12 Hassall Street, Parramatta NSW 2150
Cost: Free
Suitable for: Parents & carers ONLY

There will be 30 minutes at 1:00pm for open questions with Psychologist, Anita Samson

언어는 힘이다!!



토요 한글 학교 오픈

Chodae Baptist Church Korean School
재미있게 가르치고 즐겁게 공부하는 한글학교

오픈일자 : 2014년 2월 1일 (토)

수업시간 : 매주 토요일 오전 9:30 ~ 오후 12:30

장 소 : Newington Public School

수업학생 : Kindy ~ High School Student

교무담당 : 문정숙 (Grace)

0401 609 084 / moonjung1023@gmail.com

부산 중·고등학교 물리교사

Macquarie Community College Korean Tutor

호주 한국학교 교사

주 관 : 초대교회 한글학교

0410 456 294

