



**THE LINK**

*A publication of Rydalmere Public School*

**Term 3: Issue 2**

**4<sup>th</sup> August 2014**

DATES TO REMEMBER	
<b>Term 3</b>	
<b>6 to 8.08.14</b>	Year 3-6 camp to Canberra and Thredbo
<b>11.08.14</b>	Choir Rehearsal – Westmead Public School
<b>12.08.14</b>	ICAS Maths

### From the Principal

#### **Education Week**

Thank you to all of the families that joined us for our Education Week celebrations. I would like to include some excerpts from my Principal's address in this report for those parents who were not able to make it:

***".....2014 marks the 60th year of official Education Week Celebrations. But here at Rydalmere, we are celebrating 123 years of education. That's right, we turned 123 years old this year!! In 1954 when education week began, the theme was 'Lighting the way to a better world'. This year the theme is the same and I know that we are definitely 'lighting the way to a better world' with our motto 'Learning is Growing'.***

***Here at Rydalmere PS, we are leading the way in curriculum and 21st Century Learning. Every student at our school has their own dedicated laptop to engage with in lessons and to represent products of their learning.***

***Our other priority here is producing students who are resilient, happy, creative well-rounded citizens who have a love of life, a risk taking ability and a purpose to be creative and reflective. We are winning at this too!!***



***I have the pleasure, of coming to work every day to work with the most talented group of teachers, educational leaders, administration and support staff. Together we work to enable your children to achieve, then achieve some more, and then some more. And we do this day in and day out because we LOVE our jobs!! We feel privileged to be entrusted to educate your most precious gifts, your children.***

***Finally, my thanks Mrs Ryan and teachers for your organisation of and contribution to our Open Day.***

***Parents, enjoy our open day and lunch, and this time with your children – they have been looking forward to spending this time with you. Thank you for helping us to celebrate the wonderful things Public Education has to offer your children.”***

Please enjoy the spread of photos that feature from this special day a little later in The Link.

### ***Staffing***

Mrs Martelli has been on leave for the past fortnight, and will continue this leave for the next two weeks. 2/3/4 has been fortunate enough to have Mrs Smith as their teacher. Mrs Smith is an experienced casual teacher with a wide variety of teaching experiences who has been a regular casual this year at Rydalmere PS. Mrs Smith will continue in her role as the 2/3/4 teacher (Monday-Thursday) for the next two weeks, with Mrs Green teaching this class on Fridays as usual.

We also welcome back Mrs McDonald from her long service leave. I would like to thank Miss Pal for all of the work she did in the role of our Learning and Support Teacher during Mrs McDonalds absence. Multilit will recommence this week.

## Healthy Tips


Nutrition Snippet

# The simplest way

...to food shop on a budget

Here are our five top tips to save money while shopping for your fruit and veg.

1. Create a weekly menu plan
2. Write a shopping list based on menu plan
3. Compare prices using 'unit pricing' (per kilo/100grams) if available
4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper (and just swap them)
5. Limit your purchases of processed pre-prepared snacks/meals



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.





Nutrition Snippet

# The simplest way

...to use avocado

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a stand alone snack, or addition to a main meal.

Botanically avocados are a fruit because they grow on trees and contain a seed – but nutritionally they are a veggie – meaning they count towards your 5 serves!



**How to use avocado:**

- As a spread on toast for brekky
- Add to a salad for extra flavour
- Mash, and add lemon juice + garlic for an easy guacamole – then serve with veggie sticks
- Eat straight from the skin with a spoon

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.




*Bek Zadow*

Principal

ASSEMBLY AWARDS: 25 <sup>th</sup> July 2014	
<b>Safe Award</b>	Cynthia L, Mikayla C, Jacquelyn L, Haania B
<b>Respectful Award</b>	Dekoda S, Sejin O, Sam R, Patrick R
<b>Learner Award</b>	Laily S, Lewis S, Olivia P, Alison M



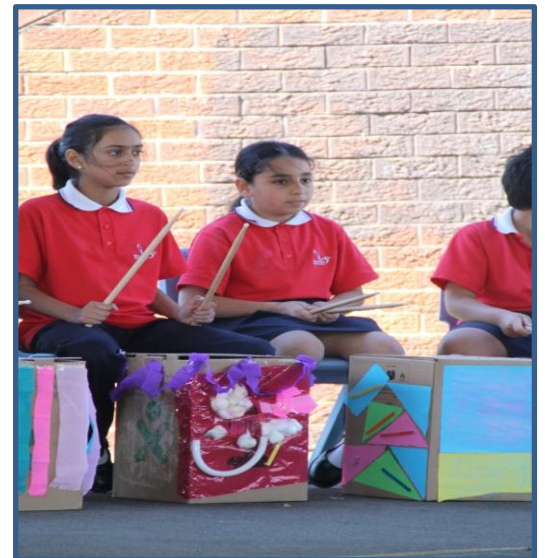
## What's Happening in Education Week??



1/2R



## What's Happening in Education Week??



5/6Z

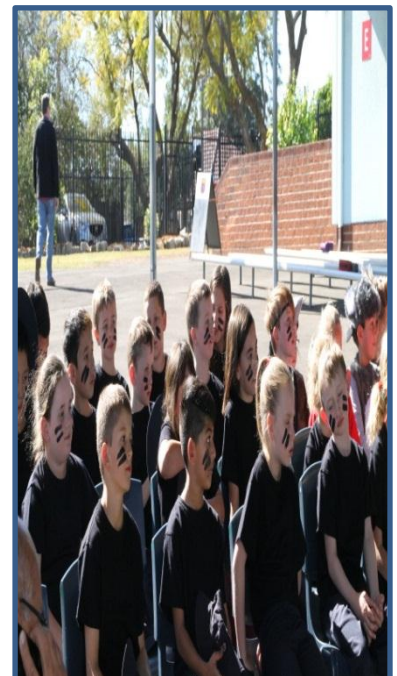
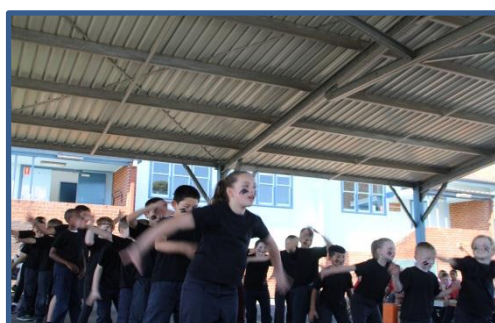




## What's Happening in Education Week??

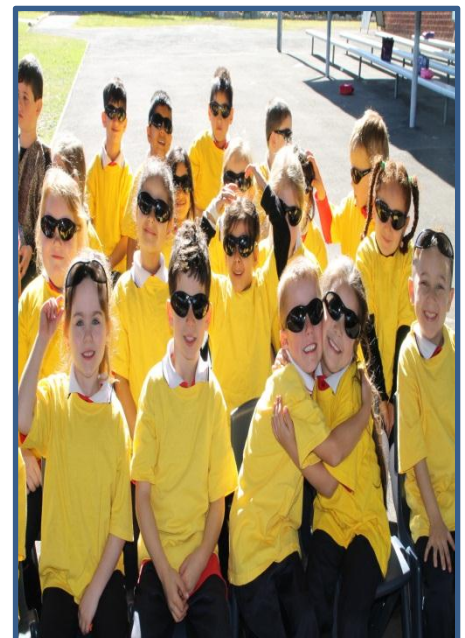
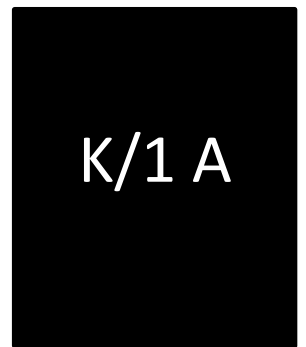


2/3/4MG





## What's Happening in Education Week??





## What's Happening in Education Week??



# Preschool





## What's Happening in Education Week??



## Awards





## What's Happening in Education Week??



Lunch





## Rydalmere Community Hub Update:

# TOTE BAGS



Make gorgeous Tote or Library Bags.

Multicultural Sewing Group Classes start **Friday 08 August 2014.**

### Get involved!

**Rydalmere Public School** invites you to be part of our Multicultural Sewing Group. All levels are welcome.

**WHERE:** Rydalmere Public School

**TIME:** 9.30 am to 11.00 am

**WHEN:** Every Friday during Term 3

**CONTACT:**

Margarita Diaz: 0434 198 236

## **FREE** ENGLISH CLASSES FOR BEGINNERS !

**WHO:** For adults with basic spoken and written English.

**WHERE:** Rydalmere Public School – Community Hub's Office.

**WHEN:** Every Friday during Term 3, at 2.00 pm

***SMALL GROUP OF MAXIMUM 4 STUDENTS***

**Contact:** Margarita Diaz

**Email:** [margarita.diaz7@det.nsw.edu.au](mailto:margarita.diaz7@det.nsw.edu.au)





## 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.

## School banking

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

## Canteen

Painting has started in the canteen. It shouldn't be long until it is completed and we have the students artwork on display.

## Uniform shop

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 2<sup>nd</sup> September and Friday 5<sup>th</sup> September

Bunnings cake stall – Saturday 6<sup>th</sup> September

Movie night – Friday 12<sup>th</sup> September

Fruit Box Drive – end of term 3

Bunnings BBQ – Saturday 11<sup>th</sup> October

Family Photos – Saturday 18<sup>th</sup> October

End of year Disco – Friday 5th December



### **Movie night**

Planning for the movie night is all going well and it is shaping up to be a good night for the school, students and local community.

### **Ladies Market Night**

Planning for the night is still in the early stages. There will be a planning meeting on Tuesday 5<sup>th</sup> August in the parent room at 9:10.

**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](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.



**RYDALMERE PUBLIC SCHOOL – PARENTS ASSOCIATION**  
**UNIFORM SHOP ORDER FORM**

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

<b>GIRLS UNIFORM</b>					
<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			

<b>BOYS UNIFORM</b>					
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			

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

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





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)



## 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](http://www.cumberland-h.schools.nsw.edu.au)

## Cool Kids Music Company

Excellence in Group Primary School Music Tuition



### 0457 6 MUSIC

[www.coolkidsmusic.com.au](http://www.coolkidsmusic.com.au)

[enquiries@coolkidsmusic.com.au](mailto: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:**

[www.coolkidsmusic.com.au](http://www.coolkidsmusic.com.au)  
0457-6-MUSIC

[enquiries@coolkidsmusic.com.au](mailto: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, Tucker & 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 (5/6, 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 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](http://www.nslhd.health.nsw.gov.au/services/CAP)



**Health**  
Northern Sydney  
Local Health District





# Cool Kids Music Company

Excellence in Group Primary School Music Tuition



## Keyboard ★ Guitar ★ Drums ★ Singing ★ Ukulele

### Group Music lessons held at school

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 be part of our great program already enjoyed by over 1250 students at 42 other Western Sydney Primary Schools.

- ♪ Group music tuition at your school
- ♪ Caters for Years 1-6
- ♪ 'Prep Course' available for Kindergarten\*
- ♪ Weekly, 30 minute lessons
- ♪ Music books included
- ♪ \$110 per term, per student, per instrument (incl. GST)
- ♪ Sibling or multiple instrument discount available\*
- ♪ End of year concert, reports, certificates and prizes
- ♪ Equipment included for use during the lesson
- ♪ Instruments available for purchase for home use\*

**Rydalmere  
Public School**

Lessons held  
**Wednesday  
mornings**

For more information please call **0457-6-MUSIC**  
**0457-6-68742** or visit **www.coolkidsmusic.com.au**.  
Alternatively, return the slip below to your school office.

\*Availability/Conditions apply. Website under construction..



### Cool Kids Music Company @ Rydalmere Public School

#### Enrollment Form

Child's Name: \_\_\_\_\_ Year: \_\_\_\_\_

Phone: \_\_\_\_\_ Parent Signed: \_\_\_\_\_

- ☐ Keyboard
- ☐ Guitar
- ☐ Drums
- ☐ Singing
- ☐ Ukulele
- ☐ Prep Course

- ☐ Not all programs / Instruments guaranteed to run, as minimum numbers are required.
- ☐ Music books are provided, however, if this copy is lost, a replacement book is \$11.00.
- ☐ It is preferred that children do not bring their own instrument as no responsibility is taken.
- ☐ If a child wishes to change between instruments, an additional \$11.00 administration fee is required.
- ☐ I understand payment of \$110 is per term, per instrument, must be paid at the commencement of each term.
- ☐ If you wish to discontinue lessons, notification in writing to tutor or via text, email, or phone must be provided or charges will still apply.



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



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BINCH

22

**Attention, Behaviour, Cognition**

**ADHD**

**WE CAN HELP!**



is the award winning  
remediation program to help  
children with learning difficulties

**FREE INFORMATION EVENING**

**Thursday 14th August**

**Parramatta City Library**  
**Civic Place, Parramatta. NSW 2150**

**5:45pm for 8pm start. Finish 7pm**

To reserve your seats please call  
**1300 LETS MOVE (1300 5387 6683)**  
or email : [enquiries@letsmove.net.au](mailto:enquiries@letsmove.net.au)

[www.letsmove.net.au](http://www.letsmove.net.au)



[/letsmoveau](https://www.facebook.com/letsmoveau)