



THE LINK

A publication of Rydalmere Public School

DATES TO REMEMBER	
Term 3	
19.08.14	Book Week Parade & Book Fair
21.08.14	P&C Meeting 6:30pm in School Library
25.08.14	Author/Illustrator Visit from Children's Author Michael Salmon
25.08.14	Zone Carnival
28.08.14	Pre-School, Kindy & Year 1: "That Magical Smile Magic Show"
01.09.14	Celebrating the Arts - Riverside Theatre Rehearsal & Performance
17.09.14	Pre-School 2015 Orientation Day
15.10.14	Term 4: Kindy 2015 Orientation Day
From the Principal	

Staff

Welcome back to Mrs Aldred who has returned from leave. A huge THANKS to Miss Gray who taught K/1A during this time. We look forward to Miss Gray returning here as one of our regular casual teachers.

Book Week

This week we celebrate Book Week at Rydalmere Public School. We begin tomorrow with our Book Fair after recess, followed by our parade after lunch. I look forward to seeing all of the wonderful costumes our students come dressed in. On that note, please remember to come dressed in your costumes for the day. Next week we will continue our Book Week celebrations with our Author visit on Monday 25th August. Please return permission notes and money for these this week. Unfortunately students attending the Zone Track Carnival will miss out on viewing this performance.



Camp

What a pleasure it was to accompany our 3-6 students on our camp to Canberra and the Snow. It was the absolute BEST school camp I have been on – most importantly because of our students' respectful behaviour throughout the whole trip. Our bus driver 'Mick' even commented on the fact that we were the best school he has taken away with our behaviour, manners, punctuality and ability to work together to make his job easier!! The venues we visited were brilliant – furthering our knowledge of each of these unique places, making our learning very worthwhile. The snow was a really exciting experience for all!!



From the Principal



PACER

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion, and enabled us to reduce the cost of the excursion for our families.

Golf – Fundraiser for Wil

As mentioned in our previous newsletter, Wil Reece will be competing in the State Golfing Tournament in early September. To assist Wil with the costs associated with this trip (travel, meals, accommodation, participation fees etc), we as a school are running a fundraiser on Friday 29th August. With the support of Putt Putt – Ermington, we are able to run this fun day where students will be able to pay a gold coin donation for 3 'putts' into a hole provided by Putt Putt. Prizes will be award for some great putts. Any student who would like additional 'putts' may do so at a cost of 1 x gold coin = 3 putts. ***Every child who participates will get a ticket into a draw to win: 1x 12 game FAMILY TICKET valued at \$80!! The more turns you have, the more tickets you get into the draw!!*** We will also be having a sausage sizzle on the day – more information to come.

Soccer

Our next Soccer game will take place at Goulburn on Thursday 28th August against Adelong PS. Both schools are travelling to this venue to minimise significant travel for both. All students on the soccer team are required to bring their boots and shin pads to school each day so that we can train for this game.

School App – Absent Note

Thank you to all of our parents who are using the App to provide absent notes. As a reminder, if your child is going to be away for more than one day, you do not need to send one each day. In this instance you can send just one absence form in at the end of your child's absence (for example – for the 2 days). As per DEC policy, if your child is away for 3 or more days, you are required to supply a medical certificate from a doctor. You can still submit the absent note on the App, and your child can deliver the certificate upon their return.

Enrolments for Kindergarten 2015

Thank you to those parents who have lodged their application forms for Kindergarten in 2015. Please remember - if you have a child, or know of a child (perhaps a neighbour or relative) who will be turning 5 before 30 July, 2015, please complete an application form for enrolment at your earliest convenience and return it to our office. As a school that really is leading the way in the educational programs we offer our students, we have a large number of out of area applicants for Kindergarten next year. Our Out of Area panel will meet early Term 4 to finalise places. This will occur before Orientation begins so that all students beginning Kindergarten in 2015 can attend Orientation and Transition together.

P&C Meeting

Our next P&C meeting is on this Thursday 21st August. Please come and join us in the library. Everyone is welcome – make your voice count.

Healthy Tips



Nutrition Snippet

The simplest way

to look after your skin with sunscreen!

Did you know?

- Regular sunscreen use has been proven to reduce the risk of skin cancer.

Here are our 5 top tips!

- Make sure your sunscreen is broad spectrum, water resistant and SPF 30+ –** Although SPF 50+ is now available, SPF 30+ is still a great product and there is no need to throw it away!
- Apply and re-apply** – Apply sunscreen at least 20 minutes before going outside, reapply every 2 hours.
- Apply generously** – At least 1 teaspoon for each arm and leg, front and back of the body and half a teaspoon for face, neck and ears.
- Remember** – Sunscreen is not a suit of armour. You also need to wear a sun safe hat and clothing, use shade and wear sunglasses.

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





The Banana Bread Battle – By Michael, Oscar and Pat.

Once upon a time Prince Rowan was riding Peter the Penguin through the Enchanted forest, when evil Dr Dong Dong Donkey Kong showed up and said to Prince Rowan, “WHERE IS AUSTIN THE ELEPHANT”. But Rowan wouldn’t tell Dr Donkey. Dr Donkey then jumped through the trees and went back to his ‘EVIL DONKEY CAVE’. Meanwhile the Hungry King was eating Hungry Jacks and Austin The Elephant was struggling to put on his hat (he had been trying for an hour).

Two hours later...Dr Donkey came to capture Austin. When Rowan got back to the castle it was too late. The Hungry King then sent Rowan to find Austin. Rowan then got on Peter the Penguin and Peter said, “I’m getting too old for this”. Then Peter and Rowan waddled away. Half way through the journey...Rowan told Peter to stop at a nearby gas station for a bathroom break and to get some ice for Peter.

Meanwhile Dr Donkey had locked up Austin (Austin finally got his hat on). Dr Donkey was asking Austin some questions about the King and Rowan. Even though Austin told him fibs, Dr Donkey actually believed him.

While that was happening Rowan had found a wishing well that grants 3 wishes. Rowan asked for a shield, a sword and most IMPORTANTLY banana bread. After he was granted those 3 wishes, Rowan and Peter waddled to the ‘EVIL DONKEY CAVE’.

When Peter had got to the ‘EVIL DONKEY CAVE’ they had found a key under the ‘WELCOME’ mat. Rowan unlocked the door and saw Austin (Austin’s hat had fallen off again). Rowan walked over to Austin and said while picking up Austin’s hat “here you go, mate. I will get you out in no time”.

Then Dr Donkey Kong walked up the stairs and said “It’s you again”. There was an argument about locking up Austin and what Dr Dong Dong Donkey Kong wanted to do with Austin and his hat.

Back at the castle...The Hungry King was so hungry he ordered 100 McNuggets. After those McNuggets were done he ordered a double quarter pounder meal with extra fries and a frozen coke. While the Hungry King was eating, Rowan had a battle with Dr Donkey. Rowan threw his banana bread at him and he was seriously injured by that banana bread!

Dr Donkey Kong then threw barrels at Rowan. Austin The Elephant got a flag that said 'GO ROWAN'. Rowan was jumping over the barrels and slicing salmon at the same time and Peter the Penguin was not happy about that.

Dr Donkey passed out because of the salmon. Rowan took the key out of his pocket and got Austin out of the cell and took Dr Donkey to Goal. And they lived happily ever after...

DR Dong Dong Donkey Kong Strikes – By Ryan, Wil and Hayzam.

Once upon a time the hungry King Alex was walking with Austin the elephant (who wears a tiny hat) in the enchanted forest. DR Dong Dong Donkey Kong was following them. On the way King Alex was hungry so he stopped at the wishing well that grants 3 wishes.

He wished for it to rain burgers so he could eat them. After he ate them he had a sleep. While that was happening, DR Dong Dong Donkey Kong caught Austin the elephant in his transformer truck and took him into his secret lab, guarded by his family.

DR Dong Dong Donkey Kong then took the elephant into a cage, **A Big Cage!!!!!!!!!!!!!!!!!!!!!!**

The hungry King Alex went back to his palace where he found Prince Rowan and Peter the penguin sitting on the couch fighting about last piece of chips. The hungry King Alex picked up the chip and then ate it.

Meanwhile back at the lab the DR Dong Dong Donkey Kong was making a formula to kill Austin the elephant. Back at the palace the hungry King noticed that the elephant was gone, so the hungry king sent the prince and the penguin to find the elephant.

When the prince and the penguin found the truck wheel marks, the penguin said, "I think that could be the truck that took the elephant away". The prince agreed. So then they followed it. So they wandered off to DR Dong Dong Donkey Kong's secret lab.

When they got there, they went inside and then they saw the elephant on the dinner plate. Then Prince Rowan poisoned his sandwich and threw it at DR Dong Dong Donkey Kong who then ate it and felt ill.

Peter the penguin and Prince Rowan freed Austin the elephant. Meanwhile the Hungry King Alex was waiting at the palace to see Prince Rowan, Peter the penguin and Austin the elephant. They arrived back at the palace safely and they lived happily ever after, except DR Dong Dong Donkey Kong!

The End

What's Happening in Pre-School?

3 Day Preschool have been making pizza. This was a wonderful literacy and numeracy experience writing and reading the recipe, measuring, counting and dividing.





Health
Western Sydney
Local Health District

VISION SCREENING CLINICS

It is important to identify eye problems early before children start school.

If your child is 4 - 5 years old you can make an appointment for a free vision test in your area.

Bookings are being taken until Friday 19th December 2014 or from Monday 12th January 2015 (M-F 8.30am – 12.30pm)

Clinics will be held up until December 2014 and will be available in the last week of school holidays in January and again in April 2015.

For further information and/or details of clinics held please phone 9881 1213.





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

Rydalmere Community Hub Update:



-Our Multicultural Sewing Group has been now running for two weeks. Our fabulous teacher Fariba has brought her sewing skills and knowledge to share with the group and we are grateful for her dedication. Everyone is welcome to join, from all levels.

-Our ESL Group has also been now running for two weeks. This group is aimed at beginners in English. At the moment we have covered all the spots but please let me know if you are interested in enrolling as there may be more spots in the future.

-Our Fitness Program is back! Thanks to Kim for bringing her skills to this program. On Mondays we will be offering a gentle Walking Workout from 9.15am to 10.15am. On Wednesdays we will have a low impact Fitness Class at the school hall from 9.15 am to 10.15am.

-**Morning Tea for Parents:** We would like to invite all parents and community members to our next Morning Tea: Thursday 21 August 2014, from 9.00 to 10.00 am at Rydalmere Public School and Preschool. Robyn McDonald, our school teacher, will be a guest speaker and she will talk about Rydalmere PS literacy initiatives. This also will be a great opportunity for everyone to provide feedback and suggestions for future projects and activities.

-Rydalmere Community Hub has established partnerships with Meadowbank TAFE and Community Migrant Resource Centre (CMRC) to run educational programs. Meadowbank TAFE will run an Employability Skills Course at our school starting Thursday 11th September, this course will run for six weeks. In addition, CMRC is offering to run the Triple P parenting program at our school during Term 4, likely on Thursdays, during November. Both courses are for free and are offered to all members of the community.

ALL MEMBERS OF THE COMMUNITY ARE WELCOME TO PARTICIPATE IN THE RYDALMERE COMMUNITY HUB ACTIVITIES: MUMS, DADS, UNCLES, AUNTIES, ~~COUSINS~~ GRANDPARENTS, NEIGHBOURS, ETC.

Contact: margarita.diaz7@det.nsw.edu mobile: 0434 198 236
Follow us: <https://www.facebook.com/rydalmerehubcommunity>





FREE! FREE! FREE!

FITNESS PROGRAM

**SPRING INTO ACTION WITH FITNESS
INSTRUCTOR, KIM...TWICE A WEEK!**



LOW IMPACT FITNESS CLASS

Shaping and Toning

WHEN:

**EVERY WEDNESDAY from 20th
August-TERM 3**

TIME: 9.15 AM - 10.15 AM

LOCATION:

RYDALMERE PS - SCHOOL HALL

WALKING WORKOUT

Low intensity

WHEN:

**EVERY MONDAY from 18th August
- TERM 3**

TIME: 9.15 AM -10.15 AM

MEETING POINT:

RYDALMERE PUBLIC SCHOOL



Registration:

Email: margarita.diaz7@det.nsw.edu.au M: 0434 198 236

Follow us on Facebook at: <https://www.facebook.com/rydalmerehubcommunity>



SEMESTER II, 2014

EMPLOYABILITY SKILLS FOR AUSTRALIAN CULTURE

This course is designed for people who want to get back into the workforce and seek a pathway to employment or further training.

Students will identify realistic education/employment options, enhance communication skills, learn how to negotiate the computer, cover letter and resume writing, job application processes, interview and presentation skills and possibly articulate into further education and training.

This course will be delivered at Rydalmere Public School through the Community Hub.

Timetable

Thursday – Time: 1.00pm – 3.00pm

WHERE: Rydalmere Public School – Community Hub

Commencing 11th September for 6 weeks

Bookings essential

For further Information, please contact:

Margarita Diaz
Rydalmere Community Hub Leader
National Community Hubs Program
Email: margarita.diaz7@det.nsw.edu.au
Mobile: 0434 198 236

The Northern Sydney Institute, part of TAFE NSW
Meadowbank Campus
See Street, Meadowbank NSW 2114

- Program will run from mid-September to mid October 2014
- Fee exempt course

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Rydalmere Public School

Parents and Citizens Association



P&C Messages

Next Meeting: - Thursday August 21st at 6.30pm in the school library

Ever wondered what the P&C does?

The P&C conduct a range of fundraising events throughout the year to supplement the schools budget in providing great facilities and services available to our children at Rydalmere Public School and to also provide that little bit of something extra. The P&C run the Uniform Shop and Canteen. The P&C also implement crunch and sip. Research has shown that students whose parents volunteer at school and those schools that have a good number of parental helpers have better academic results and the students are in a more positive learning environment.

The P&C also organise social activities throughout the year, discos, fun food days etc, as well as subsidising the costs of some school excursions and the most recent Canberra Camp.

Why not come along to our next meeting on **Thursday August 21st at 6.30pm in the school library**. You might have that next great fundraising idea we've been looking for!

If anyone is interested in being on the email distribution list for the P&C. Email rydalmerepandc@hotmail.com and we will add your email. This is a great way to keep informed about the P&C happenings, especially if you want to be involved but are unable to make the meetings.

Canteen

Our canteen is getting a makeover. Jenny and her team of painters are doing a great job. Why not come down and have a look and order a special treat for your child for Recess or Lunch while you're there.

Canteen days are:

Tuesday, Wednesday & Fridays

The canteen is open at Recess and Lunch for orders and counter service.

Hot food and sandwiches are available for Lunch Orders only.

The recess menu has hot and cold snacks available.

Snacks and drinks are available for Recess and Lunch Orders as well as counter service.

Ice creams are available at Lunch for counter service only.

Recess and Lunch Order must be in by 9am.

Thursdays:

The canteen is open at Lunch time only. The year 6 students are selling ice-creams.

No other food or drinks are able to be sold by the year 6 students.

Check the notice board for **SPECIALS and NEW MENU ITEMS**.

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)

Uniform shop

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

The Navy winter boys and girls pants and the tracksuits are not kept in stock but will be ordered on an as needs basis. 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.

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

School Banking

School banking is carrying on as normal with Paula Britz taking over while Melissa is on holidays.

Fundraising

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

August Events

Headphones and USBs - \$20 from the uniform shop every Friday until sold out.

Michelle Ly and Maryanne Thompson are the P&C Representatives coordinating this fundraiser, please see them if you have any questions or wish to make a purchase.

September Events

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

Further details are provided in a note to go home and the posters in following page/s.

Volunteers are needed to help on the stall for about 1 hour each day. Please see Michelle Ly if you can help.

Bunnings cake stall – Saturday 6th at Bunning Rydalmere

Parents needed to bake cakes and/or help serve for the stall please see note going home with students for further details, any questions please see Jenny Mercer or Michelle Ly

Volunteers are needed to help on the stall for about 30 minutes to 1 hour from 10am to approximately 1pm. Please see Michelle Ly or Jenny Mercer if you can help.

Movie night – Friday 12th at Rydalmere Public School oval

See poster for further details

Volunteers are needed to help on the night. Please see Nichole Roberts or Jo-Anne Fourro if you can help.

Fruit Box Drive – end of term 3 stay tuned for further details

Upcoming Events for Term 4

Bunnings BBQ – Saturday 11th October

Family Photos – Saturday 18th October

End of year Disco – Friday 5th December

Volunteers are always needed for all our fundraising events; please see one of the P&C members if you can help, even if it's just baking a cake.

Fathers Day Stall



Fathers Day Stall will be open on :



Tuesday 2nd September for students only



Friday 5th September for students and parents



Gifts range in price from \$1 to \$5.

Parents are invited to purchase items on Friday 5th September, after the morning assembly.

Items for sale include:

Caps, Frisbees, stress balls, torches, toolkits, memo holders, gift bags and many more.



Family Movie and Fun Night

Students, families and friends are invited for a fun filled night of entertainment at Rydalmere Public School on

Friday 12th September 2014

to watch *"A Monster in Paris"*



A Monster in Paris is classified
PG (parental guidance)

TICKET PRICES

- \$6.00 single
- \$20.00 family (mum/dad and children of same family)

NOTE: All children must be accompanied and supervised by an adult/parent

Event Details

Where – Rydalmere Public School
When – Friday 12th September 2014
Gates open at 4.30pm
Raffle drawn at 6.00pm
Movie starts at 6.30pm

FOOD AND DRINKS AVAILABLE ON NIGHT

SAUSAGE SIZZLE \$2.50

DRINKS \$2.00 CAN AND WATER, \$1.50 JUICE

FAIRY FLOSS \$2.50 PER BAG

OTHER ITEMS AT VARIOUS PRICES:

POPCORN, CHOC TOPS, LOLLY BAGS, CAKES

Other attractions include

Raffle - \$1 per ticket

Jumping Castle – \$2

Temporary Tattoos – 50 cents to \$1

Photo Booth \$2

Uniform Shop

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)

JOIN THE BAND!

The City of Holroyd Youth Brass Band

Join other young and talented brass and percussion players under 19 years from around Sydney, with the
CITY OF HOLROYD YOUTH BAND.

Join us for our first rehearsal
WEDNESDAY 8TH OCTOBER, 7-8.30PM

Conducted by
**NSW State Cornet Champion
Richard Sandham**

Meet other musicians and enjoy a fun way to play brass music, with help and guidance from members of our National A Grade Brass Band.

Rehearsals will be held each Wednesday, 7-8.30pm at the band hall, corner of Lansdowne and Burnett Street, Merrylands, during school term.

CITY OF
**HOLROYD
YOUTH**
brass band

For more information and enquiries,
please contact Julie at cohybb@gmail.com

CREATE YOUR OWN
CRICKET MOMENT



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OZTAG football is the latest craze in recreational sport that now has competitions running all over Australia. The game is low/medium-contact sport and the rules are designed to encourage this.

OZTAG is a great way to keep active and maintain fitness in the summer months and pre-season training.

Who: Junior Boys, Girls and Mixed teams u/6 - u/16

LOCATION	DAY	START DATE	REGISTRATION DATES	REGISTRATION TIME	VENUE	CONTACT
MT COLAH	MON	08/09/14	19 th & 26 th AUG	4PM – 6PM	FOXGLOVE OVAL	SCOTT 0418 467 233
ST IVES	TUES	09/09/14	20 th & 27 th AUG	4PM – 6PM	HASSELL PARK	SARAH 0414 496 199
MEADOWBANK	TUES	09/09/14	20 th & 27 th AUG	4PM – 6PM	MEADOWBANK PARK	SIMONE 0414 431 190
CARLINGFORD	WED	10/09/14	21 st & 28 th AUG	4PM – 6PM	CARLINGFORD HIGH SCHOOL	MONICA 0404 051 118
DURAL	THURS	11/09/14	22 nd & 29 th AUG	4PM – 6PM	DURAL PARK	SCOTT 0418 467 233

Registration fee: \$70 per player

Oztag shorts: \$25

Team Shirts: \$15 Polyester, \$10 Cotton

NOTE: Registration is available for teams and individuals.



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 (5/8, 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



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.

Australian Hearing Hub Open House

Discover the ground-breaking research, education and clinical services available at this unique new facility

Saturday 23 August 2014

12pm to 3pm (doors open 11:45)

To register or find out more at www.hearinghub.edu.au



- Free hearing screening tests for adults and children (limited spaces)
- Learn about hearing health from industry leaders
- Free jumping castle, face painting and other fun activities for children
- Bring your music player and headphones to test volume safety
- Experience the amazing anechoic chamber

With 1 in 6 Australians impacted by hearing loss, it's never been more important to focus on hearing health.

To celebrate Hearing Awareness Week, we're opening our doors to raise awareness on healthy hearing and the services available at the Australian Hearing Hub.

Come to our Open House Day and learn from some of the country's best researchers and service providers in hearing, psychology, reading, speech and language.

Exciting short talks on the day will include:

- Opening address by The Hon. Jillian Skinner, MP
- How to protect your hearing at home, work and play
- The Interactive Ear: Hearing loss and hearing technology made easy
- Top tips for supporting children with dyslexia, reading difficulties and youth anxiety
- Hearing heroes - personal stories from people growing up with a hearing loss

And much more! See all the details at www.hearinghub.edu.au

16 University Avenue

Macquarie University

Free parking under the building
(overflow parking available in W4)



**Australian
Hearing Hub**

