

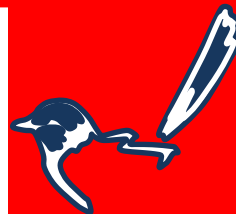
# THE LINK

*A publication of Rydalmere Public School*

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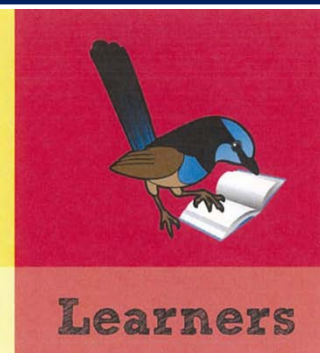
Term 1 – Week 6: Issue 3/2015



**Safe**



**Respectful**



**Learners**

## DATES TO REMEMBER

03.03.15	<b>Zone Swimming Carnival</b>
06.03.15	<b>Pre School – 2 day Photos</b>
06.03.15	<b>Dental Van Mascot Day</b>
08.03.15	<b>Pre School “Know Waste” Visit</b>
10.03.15	<b>3 day Pre School &amp; K-6 Photos</b>

14.03.15	<b>Bunnings Cake Stall</b>
18.03.15	<b>Harmony Day</b>
19.03.15	<b>Pre School “Know Waste” Visit</b>
19.03.15	<b>P&amp;C Meeting 6:30pm Library</b>
28.03.15	<b>Election BBQ Fundraiser</b>

## PRINCIPAL'S REPORT

### Strategic Directions

Last fortnight in The Link I wrote about our agreed school vision. This edition, I would like to remind existing families and inform our new families of the strategic directions we set as a school community last year to guide our decision making and planning over the next few years.

**Strategic Direction 1:  
Leadership and capacity building at all levels**

**Strategic Direction 2:  
Dynamic and engaging learning environment**

**Strategic Direction 3:  
Enhance school community values and culture**

These directions unite us in the decision making for your children's future.

### Clean Up Australia Day

Last week we participated in this national event that focuses on looking after the environment to support sustainability. It was lovely to see our students so on board with this day. Thank you Rydalmere PS students!!

### Bunnings BBQ

Thank you to the P&C for running another successful event. I would like to acknowledge the contribution of all the families who made this day happen. Whether you donated an hour or 8 hours of your time, we thank you. Collectively, we make a great team Rydalmere Community!! We are having a BBQ at Bunnings each term (3 more this year) as well as a cake stall each term. Please continue your support – we appreciate your commitment for our children at RPS!!

## PRINCIPAL'S REPORT

### Disco

It was lovely to see so many families supporting the disco. Thank you to all parents who helped to organise this event and staff the food and drink stall. I would also like to thank the teachers who gave up their time to assist with supervision and the general running of the night.



### Parent/Teacher Interviews

These are coming up in Week 10. This week each student will be sent home the booking form for their interview. Please return these asap so that we can secure your preferred time.

### Harmony Day

On Wednesday 18<sup>th</sup> March, we will be celebrating Harmony Day, along with our annual Multicultural Feast. This was a fabulous day of sharing culture last year and is set to be a wonderful day this year. Mrs Brady has taken on the mammoth job of organising this event once again. Please keep an eye out for all of her important messages.

*Bek Zadow*  
Principal

## ASSEMBLY AWARDS

Each fortnight, as a part of our Positive Behaviour for Learning across the school, we award students for meeting our expectations of being safe, respectful learners who belong. Each class teacher awards 1x Safe award, 1x Respect award and 2x Learner awards.

			
<b>KA</b>	Kassidy S	Jack T	Luke F Leila R
<b>1G</b>	Laily S	Ayden W	Heidi G Zain E
<b>2R</b>	Cameron S	Alana R	Paige P Alyssa B
<b>3/4M</b>	Jasmine Y	Aida Z	Amber G Jared P
<b>5/6G</b>	Michael G	Safiye N	Diana K Barin S

## PRESCHOOL NEWS

The Preschool have been celebrating Chinese New Year making Chinese lanterns, drums to use in music and a Chinese dragon. The 2 Day class listened to a story read in English and then translated into Chinese by one of our parents. Boran's mum made dumplings to share. Some of the students wore their special clothes to celebrate. Lilly brought in a special dress she wore when she was one and showed us how to bow. We are so lucky to have shared such wonderful experiences.



## PRESCHOOL NEWS



## HARMONY DAY

This year we will be celebrating Harmony Day on Wednesday 18th March. Once again, as part of our celebrations we will be holding a fabulous multicultural feast for everyone to share.

Please start thinking about the kind of food your family would like to contribute. In previous years the response has been outstanding with a huge variety of different dishes. Some suggestions might include:-

Salads, finger food, chicken dishes, lasagnes, pasta dishes, pies, fruit, sushi, a variety of vegetarian dishes, samosas, sandwiches, cakes, desserts, chips etc.

We especially like to include a variety of foods from different cultures, as well as traditional Australian food, such as lamingtons or meat pies.

A note will be sent home closer to the date outlining the day's events.

Mrs C. Brady

ESL Teacher

## LIBRARY NEWS

### LIBRARY HELPERS

Rydalmere Library needs your help! We are looking for efficient and enthusiastic parents to help cover some of our new Library Books. The quicker we can get these covered, the quicker the children can enjoy reading them! Please contact Zoe Stephens or Bek Zadow to offer your much needed help. Please provide your best contact number, name and if you are happy to help once or on an ongoing basis.

Thank You



## WHAT'S HAPPENING IN 2R?

2R has had an exciting start the year. Lots of new and colourful furniture has arrived and the students have used the furniture for group work, individual work and whole class learning experiences. We are exploring Australian animals and their shelters this term. The reading area has a variety of texts about Australian animals. The students like to use an Australian animal puppet and read to the puppet. This is great practice for reading with expression!



**Reading to our Australian animal puppets**



**Using the bean bag chairs to read as a group.**



**New desks with stools we can gently roll on while we work.**



## CLEAN UP AUSTRALIA DAY





### Rydalmere OSHC Centre News!

[ryoshc@primaryoshcare.com](mailto:ryoshc@primaryoshcare.com) ph. 0419 816 734

February 2015.

Welcome to the year in OSHC (Out of School Hours Care). We hope that you have had a relaxing break over the holiday period and we look forward to sharing 2015 with you and your Family.

Our brand new Centre here at Rydalmere Public School has been beautifully set up and furnished

and is all ready to offer fun and exciting programs to your child from 7.00 to 9.00am and from 3.00 to 6.00pm each day. We offer breakfast and afternoon tea. The service is regulated under the National Law and we are fully compliant with all government regulations, approved under ACECQA (Australian Children's Education and Care Authority). We have qualified staff and comprehensive health and safety systems. You may be interested in reading more about the National Quality Framework on the following website <http://www.acecqa.gov.au/>. Please come and meet our staff- Dola Haddad (Co-ordinator) and Cathy Ho (Assistant Co-ordinator). You will also meet Maria Karam

Regional Manager and the Centre's Educational Leader. Please see the Parent Information Board for information about certified staff as well as our invitation to participate notices and Community Term Planner, menu and program details.

We are looking forward to collaborating with and sharing the Rydalmere Community.

See you soon!

Have a great day

Dola, Cathy, Suzanne and Maria



## P&C NEWS

WOW Week 6 of Term 1 and we are as busy as ever..

### Upcoming events

Bunnings Cake Stall – 14<sup>th</sup> March

Election BBQ - 28<sup>th</sup> March

### Canteen

The Canteen is Open on

**Monday, Tuesday & Wednesday** for Hot Food & sandwiches & snacks

**Friday** – Ice creams sold by Year 6s in canteen.

Thank you to all that ordered pancakes for Pancake Day it was a great success. You definitely kept us on our toes with all the orders.

The Canteen also organises the roster for crunch & sip so if you think you could spare 30 minutes in the morning to cut up fruit for the classes to share please come down and see Jenny.

You will see a couple of new faces helping out with the canteen this year but if you would like to spare a few hours and help your children out come down and see Jenny (Canteen Co-ordinator) or phone her on 0419 299 784.

### School banking

Melissa Ball (Hamish yr 1 or Lachlan yr 3) Co-ordinates the Banking and this is done on Wednesdays if you would like any information regarding banking please don't hesitate to contact the office.

### Uniform shop

The uniform shop is open every Friday morning between 8:50 and 9:15, but if you can't make it on that day and would like to buy anything just come and find Maryanne and organise a time to suit you both.

Any old uniforms can still be donated to the Uniform shop.

## P&C NEWS

### THANK YOU

#### School Disco

A Big Thank you to all our helpers for the School Disco on Friday 27<sup>th</sup> February

Glen Spurdle, Lisa Tahatos, Jenny Mercer, Nichole Elsoussi ,Natalie & Nadia Elsoussi, Maryanne Thompson, Loretta Jordan. It was a great night.

**Bunning BBQ** The Co-ordinators were Reem Kashif, Jenny Mercer & Maryanne Thompson on Saturday 21<sup>st</sup> February. It was a great successful day and without our helpers this would not have happened, we would like to extend a big thank you to ALL our Parents & Teachers that helped out at the Bunnings BBQ, also to the families that came and supported our school by buying sausages.

**Our Next Meeting will be held on Thursday 19<sup>th</sup> March** in the Library at 6:30pm

Come along and meet our new committee members and be involved in planning and chatting for the year ahead.

A Big Thank you to our new committee members for 2015

**President:** Nichole Elsoussi

**Vice President:** Jo-anne Fourro

**Vice President:** Maryanne Thompson

**Treasurer:** Loretta Jordan

**Secretary:** Paula Britz

**Parent Representative:** Michelle Ly

**Parent Representative:** Reem Kashif

**Parent Representative:** Delia Beberaggi

**Canteen Co-Ordinator:** Jenny Mercer

**Uniform Co-Ordinator:** Maryanne Thompson

Have a Good week

## COMMUNITY NEWS

### Cumberland High School Excellence in Education

Experience excellence at  
Cumberland High School's Open Evening.  
Monday 2 March 2015 from 5pm to 8pm.

#### Offerings:

- ✓ Excellent HSC results and University placement
- ✓ Gifted and Talented Program
- ✓ Scholarship opportunities
- ✓ Extensive extra-curricular music and sport programs
- ✓ Modern facilities including commercial grade kitchens, café and science labs
- ✓ Fully air-conditioned classrooms and landscaped grounds
- ✓ Interpreting services

Cumberland High School provides an extensive range of academic and vocational opportunities delivered by our professional, experienced and highly committed teachers.

#### Congratulations Year 12 2014 Outstanding HSC Results

Qi Xuan (Sean) Lim - Premier's Award for All-round Excellence	ATAR 99.00
Qi Xuan (Sean) Lim	ATAR 98.00
Amanda Chiam	ATAR 98.00
Haojian (Jason) Li	ATAR 96.25
Nicole Markowska	ATAR 96.00
Su-Ho Park	ATAR 94.20
Jos Chugh	ATAR 94.00
Rebecca Ford	ATAR 93.50
Tom Lee	ATAR 93.20
Born Kim	ATAR 92.50
Emily Challe	ATAR 91.05
Joan Young Koh	ATAR 91.05

Ranked 18 out of ALL  
Comprehensive Schools in NSW.



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)

## COMMUNITY NEWS

Meet new friends...

Have fun...



### PLAY FOOTBALL

Register online at

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

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

New Under 6 Players  
**FREE REGISTRATION**

Eric Primrose Park,  
John St Rydalmere

Angelo Arnaoutis 0428 223 091



### Marsden High School

#### Open Day

Tuesday 10th March

4.30pm to 6.30pm

Principal's address 4.30pm  
Followed by School Tours

Partners in education with: Macquarie University  
Northern Sydney TAFE  
Johnson & Johnson

Take this opportunity to meet our students and staff and see all that  
Marsden High School can offer

For further information please phone 9874 6544  
email [marsden-h.school@det.nsw.edu.au](mailto:marsden-h.school@det.nsw.edu.au)

Winbourne St  
West Ryde 2114

#### DO YOU HAVE A CHILD DIAGNOSED WITH AD/HD ?

#### ARE YOU LOOKING FOR POSITIVE STRATEGIES TO HELP MANAGE YOUR CHILD'S BEHAVIOUR ?

Is your child between 6 and 12 years old ?

You are invited **FREE OF CHARGE** to attend a well-known parenting program  
at Macquarie University.

The program is designed to assist parents to manage challenging behaviour  
and build a positive relationship with their child.

The program is part of an evaluation study and participants will be asked to  
attend evening sessions and to fill in questionnaires (anonymously).

For more information or to express interest in this study please contact:

Julie Chesterfield (Department of Psychology, Macquarie University)

E-mail: [julie.chesterfield@students.mq.edu.au](mailto:julie.chesterfield@students.mq.edu.au) Phone: [0412 414 114](tel:0412414114)



## COMMUNITY NEWS

### THE BLUE STAR iSPORT

PARRAMATTA

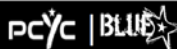
The New Kids Fitness Program

Starting 6th March till 28th August, 2015

Fridays 4 - 5pm

\$5 a visit

After School Snacks Provided



For more info contact Alia and Zainab on 9635 8242

## COMMUNITY NEWS

NOW OPEN SPECIAL

**14 DAY GYM PASS**  
**ABSOLUTELY FREE!**

OR 1 week FREE Bootcamp trial or 1 FREE CrossFit Class

NOW in Parramatta and Castle Hill  
rushhour.net.au 1300 00 7874



Workout for FREE. No obligations. Risk Free. Local Business Award WINNER

T&Cs Apply

The artist in me !!



fine art classes for budding artist

Let kids enjoy learning with colours and basics of drawings

Art Teacher - Nayana Mehta  
Venue @ PCYC Parramatta  
Time - Thurs 3:45 - 4:45 pm  
Age - 4 - 10 Yrs  
Contact - (02)96358242  
Email - parramatta@pcycnsw.org.au

### Anglicare Family and Relationship Service

February - April 2015

Course name and description	Date & Time
<b>Parenting after Separation</b> This five week program includes: <ul style="list-style-type: none"> <li>Education on the importance of children's emotional and physical safety</li> <li>Recognition that distress felt in separation is a normal process</li> <li>Acknowledgment that separation creates change which can be viewed as a destructive event or a time for personal growth</li> <li>Education on awareness of parents actions impacting on themselves and their children</li> </ul>	<b>Wednesday Evenings</b> 4 <sup>th</sup> 11 <sup>th</sup> 18 <sup>th</sup> 25 <sup>th</sup> February & 4 <sup>th</sup> March Time: 5.30pm till 8.00pm <b>AND</b> <b>Thursday Mornings</b> 5 <sup>th</sup> 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup> March & 2 <sup>nd</sup> April Time: 10.30am till 12.30pm
<b>1-2-3 Magic &amp; Emotion Coaching</b> This three week program is designed to assist parents and caregivers of 2 - 12yr old children: <ul style="list-style-type: none"> <li>Increase their knowledge about what works in managing difficult behaviour</li> <li>Lessen their feelings of frustration</li> <li>Get better results with less effort and stress</li> </ul>	<b>Monday Mornings</b> 9 <sup>th</sup> 16 <sup>th</sup> 23 <sup>rd</sup> February 10.30am till 12.30pm <b>Wednesday Evenings</b> 25 <sup>th</sup> March & 1 <sup>st</sup> & 8 <sup>th</sup> April Time: 5.30pm till 8.00pm
<b>Engage 4 Dads &amp; Engage 4 Mums</b> This four week program is designed for Dads or Mums who have limited time with their children. The program includes: <ul style="list-style-type: none"> <li>Identification of both a healthy and unhealthy relationships; in their own lives and with people in authority; the effect of domestic violence on children is discussed</li> <li>Education on the necessity for a child to have a secure base and the importance of attachment with one primary caregiver. Individual grief is discussed with strategies of self care and acceptance of their situation.</li> <li>Participants become aware of the importance of play and using play as an engagement tool with their child. Recognition of the feelings in the irregularity of the relationship is explored.</li> <li>Persistence and resilience needed for the life long relationship</li> </ul>	<b>Thursday Mornings</b> Engage 4 Dads 5 <sup>th</sup> 12 <sup>th</sup> 19 <sup>th</sup> & 26 <sup>th</sup> February Time: 10.30am till 12.30pm <b>Thursday Mornings</b> Engage 4 Mums 23 <sup>rd</sup> 30 <sup>th</sup> April & 7 <sup>th</sup> & 14 <sup>th</sup> May Time: 10.30am till 12.30pm
<b>Couples Communication Course</b> The Group Edition of Prepare/Enrich is designed to bring couples of various relationship stages together in one group. This experience can lead to a dynamic skill for all. Couples benefit from the realism and interpersonal learning that happens when they witness how other couples cope with life's stressors and express themselves. The group process and content has the ability to re-energise couples with hope and optimism for their future relationship together. <a href="https://www.dss.gov.au/our-responsibilities/families-and-children/programs-services/stronger-relationships-trial">https://www.dss.gov.au/our-responsibilities/families-and-children/programs-services/stronger-relationships-trial</a>	<b>Wednesday Evenings</b> 11 <sup>th</sup> & 18 <sup>th</sup> March Time: 5.30pm till 8.00pm 

ANGLICARE Family and Relationship Service

Level 3, 16 Parkes Street Parramatta 2150 -

Bookings Essential: 9895 8144 or email [education@anglicare.org.au](mailto:education@anglicare.org.au)

(If the phone is unattended please leave a message and a staff member will return your call.)

Childminding is unavailable for these courses

New Season

Rush Hour Australia presents

# 1FitKid

Fitter, Faster, Stronger in just weeks

Fitness Training 9-16yrs

13 - 30% INCREASE  
Real results. Real Fast

Starts 9<sup>th</sup> March  
Parramatta & Castle Hill  
Call Rush Hour Australia 1300 00 7874 for details.

Limited 30 Kids ONLY

[www.uisport.gov.au](http://www.uisport.gov.au)