

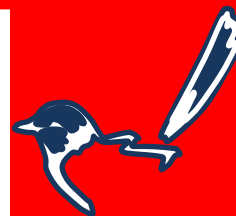
THE LINK

A publication of Rydalmere Public School

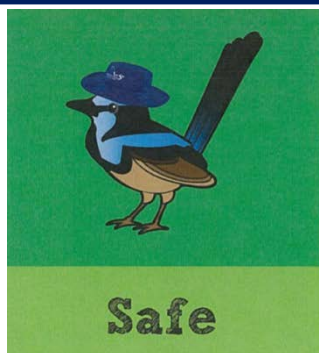
397 Victoria Road
Rydalmere 2116

Email: rydalmere-p.school@det.nsw.edu.au
Web: rydalmere-p.schools.nsw.edu.au

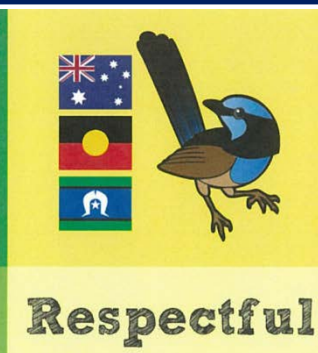
Ph: 9638 1568
Fax: 9898 0161



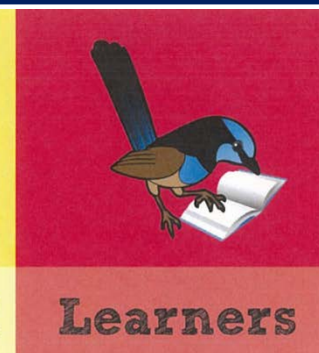
Term 3 – Week 8: Issue 14/2015



Safe



Respectful



Learners

DATES TO REMEMBER

31.08.15	CTA rehearsal & evening perf
01.09.15	Father's Day Stall
04.09.15	Father's Day Stall
04.09.15	Author visit – Pat Clarke
16.09.15	Kindy 2016 Orientation

17.09.15	P&C 6:30pm in Library
18.09.15	Last day of Term 3
06.10.15	Students return for Term 4

PRINCIPAL'S REPORT

Book Week

What a fabulous celebration of quality literature!! It was just wonderful to see so many of our students (and teachers) dress up to celebrate this event. This year's theme was "books light up our world". Our school was most definitely alight with favourite book characters owning our school that day!! Thank you to the parents, carers, family and friends who helped to make our day fantastic with your support of children in costume and your participation in our day. Thank you also for your support of our Book Fair which made great sales. Thank you to Mrs Stephens for all of her efforts in organising the day.

Kindergarten Enrolment 2016

Do you have a child who is turning 5 before July 31 in 2016? If so, **NOW** is the time to enrol your child at our wonderful school. Alternatively if you have neighbours and friends within our local area, please encourage them to enrol now. As we now provide every student in our school with their own designated XO (laptop) computer for the

year, it is vital we know how many new students we will be getting so that we can have these ready to go at the start of 2016 for all new students. Please get enrolment forms from the office or download online and return to our office. **KINDERGARTEN ORIENTATION BEGINS ON 16TH SEPTEMBER – ENROL NOW** to be a part of this wonderful transition to school.

Late Arrivals

There are a number of students in our school who regularly arrive late to school. This is not ok, and 'running late' or 'sleeping in' is not an acceptable excuse.

Parents have a legal obligation to send their child to school every day unless they are sick. If your child is away from school, they must provide an explanation as to why on their day of return. We have made this very easy for parents and carers by enabling this function via our School App – please download this if you already haven't.

Absences are serious business – please read the facts below:

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	so from <u>Kindy</u> to Year 12, they will miss out on
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	6 months
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years
1 hour each day	1 whole day of learning each week	8 weeks per year or <u>nearly</u> a term a year.	Over 2 ½ years

Your child's best learning time is at the beginning of the day...

**Check the time school starts.
DON'T BE LATE!**



EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from <u>Kindy</u> to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



National Science Week

Our K-6 students were lucky enough to be invited to Ermington Library as part of their National Science Week Celebrations. Our students were able to listen to a presentation and then participate in some hands on activities. I would like to thank Ermington Library for this opportunity for our students.

Uniform Reminder - Hats

It is compulsory for students of our school to wear a hat when playing in an area that is not under cover. Our uniform policy requires students to wear a school 'bucket hat', not a baseball cap or any other of their choice. Students will be directed to wear the school bucket hat when playing outdoors. If they do not have their hat for the day, they will be required to play in the shade.



Camp

Congratulations to all of our 3-6 campers for their exemplary behaviour on their Camp to Wombaroo last week. I would also like to thank Mrs Finlayson, Miss Gallace and Miss Gray for accompanying the children on this trip. We saw students do things they never thought possible, and complete team work activities with brilliant results. Well done!!

Please see the photo collection below ☺

Nutrition Snippets

As a Mum, I know that finding after school snacks that fill their belly (without spoiling dinner) can be a challenge!! Here are some snacks that might just do the trick for you and your children:

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.

Health
Western Sydney
Local Health District



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

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



Bek Zadow
Principal

CAMP NEWS



Camp Wombaroo



Teamwork, Challenges and FUN FUN FUN!

Upcoming events

Father's Day Stall – Tuesday 1st September in P&C room & 4th September – Michelle Ly
Movie Night – 20th November

MOVIE NIGHT

We are holding meetings regarding the movie night. If you would like to come and help be part of this great school community event, come and join us in the P&C room. Our next meeting is on Wednesday 2nd September at 2:00pm.

EARN & LEARN

This is the LAST week to do your shopping at Woolworth's to collect the Earn & Learn stickers. Don't forget to bring in your Earn & Learn stickers sheet in to the school. It ends on the 8th September. SHOP, COLLECT, STICK.

Breakfast Club

Don't let your child go hungry if you don't have time for breakfast at home. Don't worry there is rice bubbles, corn flakes & sultana bran being served for free at the canteen. Just come on down.

School banking

Leonie Beasley (Alexis –Yr 1) has temporarily taken over the Banking and this is done on Wednesday's. If you would like any information regarding banking, please don't hesitate to contact the office.

BUNNINGS CAKE STALL

A BIG Thank you to LorettaJordan/Pursey for organising the Bunnings Cake Stall that helped raise the amount of \$390.10 on Saturday 29th August. Thank you to the families that donated delicious homemade treats to be sold and also to the families that helped sell these. The families that helped cook or sell include Beasley, Ly, Kashif, Glusser, Pursey, Elsoussi, Thompson, Bales, McKay, Jordan/Pursey, Thomson, Chirgwin & Mercer

THANK YOU.

Aprons A BIG Thank you to the Community Hub Sewing Group (Leonie) for sewing Aprons that can be used at the Bunnings BBQ or cake stall to help promote our wonderful school. We just wanted to say thank you! They look fantastic - I am sure you will all agree.



Canteen The Canteen is Open on **Monday, Tuesday & Wednesday** for Hot Food & sandwiches & snacks
Friday – Ice creams sold by Year 6s in canteen
DON'T FORGET Our Next Meeting will be held on **Thursday 17th September** in the library at 6:30pm. Come along and be part of the schools fundraising plans, there is no such thing as a bad idea.

Welcome back to the Year 3,4,5 & 6 from camp. We hope you had a great time.

Fathers Day Stall



Fathers Day Stall will be open on :

✖ Tuesday 1st September for students only

✖ Friday 4th September for students



Portable Speakers



USB Hub

HAPPY
FATHER'S
DAY!



Grandfather gifts

Gifts range in price from \$1 to \$7.

Gifts for Fathers and Grandfathers.

Parents are invited to purchase items on Friday 4th September from 9am.

Pictured items are available for purchase from the stall, plus many more



COMMUNITY HUB – WORKSHOPS TERM 4 2015

Two new workshops will be run in Term 4 by Leonie Beasley via the Community Hub. Bookings are essential to confirm your position. The other exciting new is that the Community Hub now have grant money to be allocated to fully qualified Early Childhood Educators to mind your children whilst you participate!

Please contact Leonie if you would like to participate in one of these workshops. 0405 489 442 or mrsbee@dodo.com.au

Workshop Name: **KNITTING BEGINNERS**

There is no limit on number of participants with this workshop and all levels of experience welcomed.

Date/Day/Time:

Term 4, Week 2 to 8,

Thursdays 9.30am – 11.30am

Aims and Objectives:

- Participants learn basic knitting (garter stitch), casting on and casting off.
- By end of term all participants should be confident to work on their own.

Venue:

P & C room, Rydalmere Public School

Equipment and Resources:

- Participant need only bring along 4mm knitting needles, however these will be available for purchase at the first workshop for a small price (actual cost). Wool will be supplied.

This is a FREE workshop.

CHILDCARE IS AVAILABLE, BOOK EARLY.

Workshop Name: **SEWN RABBIT**

All levels of experience welcomed. There IS A LIMIT on the number of participants due to availability of sewing machines. However if you have your own machine please bring along so that others without a machine can join.

Date/Day/Time:

Term 4, week 2 – 8

Fridays, 9.30am to 11.30 am

Aims and Objectives:

- Participants learn hand sewing and basic machine stitching to create one rabbit.
- By end of term participants should have one completed rabbit.

Venue:

P & C room, Rydalmere Public School

Equipment and Resources:

This is a FREE workshop. All materials supplied by the Community Hub.



**CHILDCARE IS
AVAILABLE, BOOK
EARLY.**



ryoshc@primaryoshcare.com ph. 0419 816 734

August 2015.

We aim to broaden children's experience in OSHC by acknowledging community events which are initiated by health, cultural or environmental issues. Recently we have been talking about Schools tree day, International forgiveness day, International day of friendship and Aboriginal Islander Children's Day. Please feel free to drop in and look at our Children's Meeting book as this is where our discussion with the children is recorded. We also like to include community participation in the service by inviting families and other visitors to the Centre. If you have any suggestions for an interesting visitor or initiative of this type please speak to staff at the centre. Similarly, if you have something to share with the children, such as information about your work life or cultural background, or even a simple story or cooking experience, we would love to have you.

A recurring theme in our program for the upcoming weeks is the Commonwealth Youth Games (CYG). CYG is taking place in Samoa and educators have been celebrating this with the children, by incorporating group sport experiences into our program.

Families can contact staff at the Centre by calling 0419 816 734 or emailing ryoshc@primaryoshcare.com.au Centre Managers can be contacted directly by emailing headoffice@primaryoshcare.com.au.

See you soon!

Dola, Cathy, Helena and Suzanne.

Go4Fun

Healthy • Active • Happy • Kids

Want ideas on raising healthy,
active and happy kids?



FREE healthy lifestyle program for
7 – 13 year olds

Parramatta, Granville and other
locations

1800 780 900

go4fun.com.au



Health
Western Sydney
Local Health District

WEST RYDE



Rovers

WEST RYDE ROVERS

CRICKET CLUB

SEASON 2015/2016

IMPORTANT NOTICE

MORE players needed in the following age groups:

*The new cricket season is commencing
late September/early October and registrations are
still open for –*

- U8/9's
- U10's
- U11's

Registration details go to:

<http://westryderoverscc.nsw.cricket.com.au/>

Please don't hesitate to contact us

if you have any questions:

Tim French (Club Secretary)

mob: 0402 890 657

email: roverscricket@gmail.com

(Club registrar)

email: rovers.juniorregistrar@gmail.com

KU Rydalmere Preschool Celebrating 50 years of service



Artwork by Tyraah, aged 5 years

Dear Families and Friends,

You are invited to join us in celebrating KU Rydalmere Preschool's
50th Anniversary of providing quality early childhood education and care
to local families.

When: Saturday 19 September 2015, 10:00am - 1:00pm

**Where: KU Rydalmere Preschool
89-91 Park Road, Rydalmere**

The celebrations will include formalities from 11:00am followed by children's
activities including face painting, animal farm, a raffle, BBQ and much more.

Please RSVP by Friday 4 September

P: 02 9638 5075 E: ku.rydalmere@ku.com.au



KU is proudly a not for profit organisation