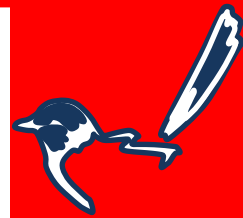


# THE LINK



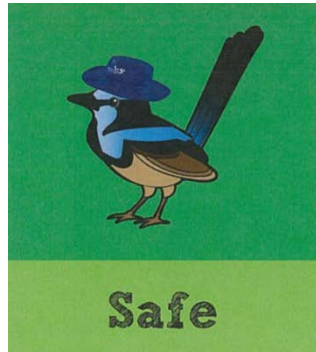
A publication of Rydalmere Public School

397 Victoria Road  
Rydalmere 2116

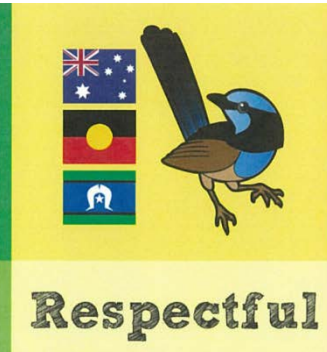
Email: rydalmere-p.school@det.nsw.edu.au  
Web: rydalmere-p.schools.nsw.edu.au

Ph: 9638 1568  
Fax: 9898 0161

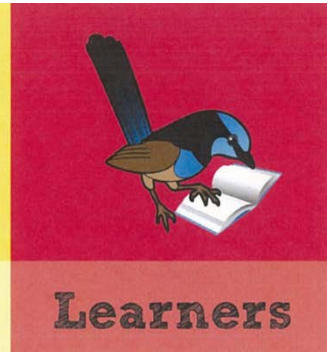
Term 4 – Week 2: Issue 16/2016



Safe



Respectful



Learners

## DATES TO REMEMBER

19/10/16	Mini-Kindy 2017 Students
19/10/16	Dan Haesler Parent Session
04/11/16	125 Assembly – 11:30am
05/11/16	125 Fete 10am-2pm


## PRINCIPAL'S REPORT

### Golfing Superstar

Congratulations to our very own Sam Reece who represented Rydalmere Public and Western Sydney in the State Golfing Championships at the end of last term. Sam sacrificed going to camp so that he could participate in this competition. His effort paid off as he achieved great results. Overall he placed 18<sup>th</sup>.....but most exciting of all Sam won the team event for Western Sydney – the first time they've won it!!



### Gymnastics

Our gymnastics program begins this Friday. Please return notes and money before this date.

### At Rydalmere we take a S.T.A.N.D

A stand against bullying and a proactive approach rather than being a bystander. Teachers will be reinforcing this in classrooms and we will continue to send home information to our parents and carers.

Stay Calm	
Try To Ignore	
Ask Them To Stop	
Never Fight	
Duty Teacher	

### **Kindergarten Enrolment 2017**

Do you have a child who is turning 5 before July 31 in 2017? 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 2017 for all new students. Please collect enrolment forms from the office or download online and return to our office.

### **Rydalmere PS is growing!! PLANNING FOR 2017 CLASSES:**

With our biggest Kindergarten on record for 2017, we are set to make SIX classes next year, providing numbers do not change. Having accurate numbers is vital for our 2017 planning and staffing. If you know of any changes in your circumstances that mean your child will not be attending RPS in 2017, please let us know now. We thank you for your help with this. As always, please continue to positively promote our school so that our local children continue to come to us 😊

### **2018 SELECTIVE HIGH SCHOOL APPLICATIONS**

The 2018 Selective High School placement test will be held on Thursday 9th March 2017. Selective High Schools are a strategy used by the Department of Education to cater for the learning needs of gifted and talented students transitioning from Year 6 into high school. Application for 2018, Year 7 Enrolment in a Selective High School opened online on Tuesday 11th October 2016 and will close on Monday 14th November, 2016. Please ensure any applications are completed online by the closing date as late applications for Selective High Schools 2018 will not be accepted.

The following link will connect you to the application process:

[www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement)

### **Dan Haesler Parent Session **ENROL NOW!!****

In the last 'Link' I informed our community about a very exciting parent event we have organised in conjunction with our Community of Schools. Please RSVP to the following link to confirm your attendance for catering purposes.

<https://www.eventbrite.com.au/e/parent-session-with-dan-haesler-future-proofing-your-kids-with-a-growth-mindset-tickets-27184755335>

The poster has a yellow background with a blue hot air balloon and green trees. The title 'Future-Proof Your Kids with a Growth Mindset' is in blue. Below it, 'DAN HAESLER' is in white on a teal banner. A text box contains a quote about parenting and a description of the talk. The date and time are 'Wednesday 19 October 2016, 6:30-7:30PM' at 'Cumberland HS Hall (entrance via Dunmore Ave)'. An Eventbrite logo and registration instructions are at the bottom. The Cumberland Community Connection logo and website are at the bottom right.

**Future-Proof Your Kids with a Growth Mindset**

**DAN HAESLER**

As parents we want what's best for our children. But what if our best intentions could actually be undermining their potential to succeed in an ever-changing economy, workplace and society? What if our attempts to boost our kids' self esteem were actually having the opposite effect?

In this talk, Dan Haesler will share with you some compelling research that suggests we should rethink our attitudes towards success, failure, self esteem and how we talk to our kids.

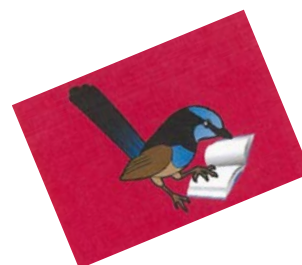
**Wednesday 19 October 2016, 6:30-7:30PM**  
**Cumberland HS Hall (entrance via Dunmore Ave)**

**Eventbrite** To register for this event:  
Go to <https://www.eventbrite.com.au/> and then search for 'Parent Session with Dan Haesler', click on the link and then follow the prompts. If viewing online, simply click on the EventBrite link.

**CUMBERLAND COMMUNITY CONNECTION**

<http://www.cumberlandcc.education.nsw.gov.au/>

*Bek Zadow*  
**Principal**





### Science challenge to start Term 4

Students were asked to design a bridge made of paper. The bridge had to be strong enough to span at least 30cm and hold between 10 - 30 toy cars. These are the results – some fantastic designs!



Rolling paper gives it strength.



Adding sides to our bridge makes it stable.



Layers of paper that criss-cross help to hold a heavy weight.





## WHAT'S HAPPENING IN PRE-SCHOOL?

### Preschool Art Experience and Art Show. Green Group.

On Wednesday 12th October the Green group children invited their parents and care givers to the Preschool to join them in various art activities. It was great to see many parents join us to experience an afternoon of art. There were many different examples of the children's artwork on display and they were able to purchase an original mounted piece of their child's art which they had created at Preschool. The money raised will be used towards purchasing equipment for the Preschool. It is a pleasure to be able to share with our families the exciting work and activities their children experience every day at Preschool.





## P&C NEWS

### UP COMMING EVENTS

- ✓ Thursday 20<sup>th</sup> October – P&C General Meeting 6.45pm school Library –ALL WELCOME
- ✓ Saturday 22<sup>nd</sup> October- Working Bee from 9:00am to 12:00pm
- ✓ "Saturday 5<sup>th</sup> November – 125<sup>th</sup> Birthday Celebration FETE"

Get involved...  
make a difference!

All members of the school community are welcome to join our P&C and help decide on Fundraising events and what school resource we invest the our money in. Membership is only \$1.

### Position Vacant

**Vice President** – Provides support and assistance to the President

Please see Michelle Ly, for a full job description.

### P&C General Meeting – Thursday 20<sup>th</sup> October

Our next P&C General Meeting will be held on Thursday 20<sup>th</sup> October in the school Library.

Please arrive at 6.45pm for a 7pm start.

- ✓ Principal Report
- ✓ Teacher guest speaker
- ✓ OSH guest speaker
- ✓ General Business as: Preparation for AGM review, P&C suggestion box, Crunch & Sip etc.

☺Remember getting involved make a different to the school ☺!!!!!!

### Working Bee- Saturday 22<sup>nd</sup> From 9:00am to 12:00pm

Grab your gardening gloves and tools, the P&C will be holding a working bee to get our School looking it's best for the 125<sup>th</sup> Birthday celebrations. All ages welcome and no gardening skills required. (Morning Tea will be provided, please bring your own water, Hat and sunscreen). Email [rydalmerepandc@hotmail.com](mailto:rydalmerepandc@hotmail.com) if you want more information or to confirm you attendance.



### Uniform shop

The uniform shop is open by Appointment or every First Thursday of the month, in the morning between 8:50 and 9:15.

If your child has grown out of their school uniform, why not donate it to the uniform shop. All money raised from the sale of uniforms is donated back to the school to help supply resources and equipment that government funding does not cover.

### ICECREAMS

Year 6 students are selling ice-creams on TUESDAY and FRIDAY. Prices ice cream are: Choco, rainbow and banana paddle pops \$1.30 and icy twists \$1 and zooper doopers and juices 0.50c

### CANTEEN

Canteen is opened every TUESDAY and FRIDAY, for LUNCH ORDERS ONLY.

Keep an eye, and ear, out for special days, the canteen will be opened, and special menu items. Volunteers are needed to open the Canteen on other days.

(If you are able to spare a few hours one day, please let Nichole know).



### BREAKFAST CLUB

Free Breakfast for the children. If your child doesn't get a chance to eat in the morning come on down to the canteen between 8:45 and 9:00 on MONDAY, TUESDAY WEDNESDAY and FRIDAY for a bowl of nutritious Corn Flakes, Sultana Bran or Rice Bubbles.

Toast is available on MONDAY and WEDNESDAY only.

(If you are able to help between 8:45 and 9:00. Please see Karen the Hub Leader)

**Crunch&Sip** The fruit and vegetables have been donated to our school by Woolworths Ermington, for the students to enjoy at crunch and sip time. Cutting can be done between 8.45am and 9.15am daily in the school

## Share the Dignity Charity Drive

The P&C are again this year supporting the Share the Dignity Charity organisation who collects female hygiene products which they distribute to the female homeless. If you would like to support this worthy cause, you can drop off any personal hygiene products to the P&C/Community Hub room (purple building) anytime this term. Items include, but not limited to, toothbrush, toothpaste, brush, combs, pads, tissues, deodorant. If you have an old hand bag, in good condition, the items can be put in, that would be very helpful to. Thank you for your support.

## *125<sup>th</sup> Birthday Celebration Fete*

Anyone wishing to be part of the organising committee is welcome to come along to the weekly meeting held on Tuesday from 2.30pm until 3pm in the P&C/Community Hub room (the purple building).

(Don't forget we are still asking for donations)

### DONATIONS NEEDED

Group donations are as follows, if you have any questions about donations please see the nominated class representatives:

**Preschool** – Bags of lollies – Representative **Delia Beberaggi**

**Kindergarten** (KA) – 375ml Cans of softdrinks – Representative **Michelle Ly**

**Year 1** (1M) – items suitable for a children's hamper to be included in the raffle – Representative **Joanne Fourro**

**Year 2** (2A) – items suitable for a women's hamper to be included in the raffle – Representative **Loretta Jordan**

**Year 3-4** (3/4G) – items suitable for a men's hamper to be included in the raffle – Representative **Nichole Elsoussi**

**Year 4-6** (4/5/6M) – items suitable for a kitchen hamper to be included in the raffle – packets/boxes of cake mix, cupcake paper, etc, for our volunteers to bake cakes for the fete cake stall – Representative **Glen Spurdle**

**All Groups** – 2<sup>nd</sup> hand books and magazines (e.g Better Homes and Gardens) that are in good condition for the white elephant/book stall

**All Groups** – 2<sup>nd</sup> hand toys, in good condition (NOT broken or dirty) for the white elephant/book stall

You can donate to your specific class group or any other group and make as many donations as you want. The more donations provided the less the P&C needs to purchase and the maximum funds raised for the school.

\*\*\*\*\*

Only 3 weeks to go!



RYDALMERE PUBLIC SCHOOL

125 YEARS FETE CELEBRATION

NOVEMBER 5th 10am-2pm

PRE-PURCHASE WRISTBAND

- **Preschool and Younger Children \$10.00**

**Includes - unlimited access to Jumping Castle, bubbles, ball games, temporary tattoos and hairsprays**

- **K-6 and older \$27.00**

**Includes - Jumping castles, slide, bungee run, swing ladder, gladiator ride, hairsprays, nail polish, paper planes and temporary tattoos!**

**Pre-purchase your wristbands by Monday October 31st to save and receive a free slushy on the day!**

**Wristbands available to be purchased on fete day. Pre school and younger wrist bands \$13.00 and K-6 wristbands \$30.00**



RYDALMERE PUBLIC SCHOOL

*Learning is Growing*

**Return Slip for Wristbands 125 Fete Celebrations**

Children's name(s) \_\_\_\_\_

Grade and teacher's name \_\_\_\_\_

Number of Pre-school wristbands required \_\_\_\_\_

Number of K-6 wristbands required \_\_\_\_\_

Total: \_\_\_\_\_

Please return slips to the Office. Thank you :)





## Rydalmere Community Hub Update:



Greetings and welcome back to Term 4! I hope you all had a fantastic school holidays. I cannot wait to hear your stories. Rydalmere Hub has exciting upcoming events in Oct and Nov

supported by our partnerships. I (Karen) continue to connect (and enjoy!) speaking with students, parents, grand-parents and neighbouring organisations. The aim of the Hub is to form a community within our school by offering meaningful social activities, projects and events. Term 4 program will be available soon.

To remain informed about up-to-date follow us and LIKE our Rydalmere Hub page. <https://www.facebook.com/rydalmerehubcommunity>



### We need your help

Do you have 30 minutes to spare (8:30am to 9:00am) before the school bell?

Our school offers free breakfast and chopped fruit daily to all our students. Daily we need 2 volunteers; 1 to serve breakfast and another to chop fruit for platters Crunch and Sip.

Crunch and Sip choppers needed for every **Friday**.

Breakfast Club for every - **Monday, Tuesday and Friday**.

All fruit, cereals and toast are provided ready to be served.

**THANK YOU** for the dedication of our existing parent volunteers including the fabulous canteen team!

Your on-going help goes a long way and continues to benefit our school.

### Thank You to our Sponsors

Bakers Delight Carlingford

Kelloggs

Woolworths Ermington

SecondBite

CSR Sugar



### TAFE Children's Services - 2 FREE Units



Registrations open now! .. From 28th of October Rydalmere Hub will be offering 2 units which will go towards a Certificate III in Children's Services.

The 2 units will be offered every Friday for 7 weeks. Classes from 9:30am to 1:30pm in the school library.

For more information please contact Karen via 0421 723 305.



### Playgroup

Playgroup this Term 4 will meet in pre-school room every Monday from 9:30am to 11:30am. All children aged 0-4 years with their parents are invited to attend. We enjoy playing, singing and reading together. All toys, book and facilities provided. Please bring a hat, morning tea and a gold coin donation.



### Rydalmere PS - 'Link' together to read all about it ..

Every fortnight on a Wednesday Karen Hub will print a few paper copies of the Link Newsletter and hope we can read it together to remain informed of our school happenings. Please meet at school playground if you are interested to join.



# Rydalmere Community Hub Update continues ...

## Upcoming events and community happenings

### Rydalmere Public School Playgroup



Indoor and Outdoor Play • Crafts • Storytelling • Music  
• Singing

Mondays – 9:30am to 11:30am during school term  
Meet at "School Hall"

Rydalmere Public School - 397 Victoria Ln, Rydalmere 2116  
Children 0-4yrs with Parents & Grandparents.

#### Please Bring:

A Hat  
A Drink  
Morning Tea  
Gold Coin Donation

Enquires Please Phone Karen  
0421 723 305



Join **Redsee the Readasaurus**  
for the 2016 Paint Parra REAd

## Annual Reading Day!

**Wednesday 26 October**

**10am-11.30am**

Join us for a few stories in our reading  
tent on the grass at Centenary Square,  
Parramatta

**11.45am-1pm**

Story time at Westfield Parramatta  
(outside Kmart)



Read to your child every day from BIRTH!

Paint Parra Read is a partnership between City of Parramatta Council  
and the Community Migrant Resource Centre. Paint the Town Read is licenced  
by Rhonda Brain under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported Licence.



### RYDALMERE PUBLIC SCHOOL 125 YEAR CELEBRATION FETE



**Saturday 5th  
November 2016**

**10:00am until  
2:00pm**

**397 Victoria Road  
Rydalmere 2116**

**VISIT THE HALL  
OF HISTORY & LAUNCH  
OF PAVER PATH**

**Stalls, Entertainment, BBQ, Coffee  
Rides, Cake Stalls and much more**

Rides wristbands can be pre-purchased or purchased on the day. Contact school office 02 9638 1568 or  
email rydalmere.ps.125@gmail.com for further information. ENTRY via John Street, Rydalmere.



innovate\_educate

### \*FREE Training Children's Health and Safety

**Course Name:** Statement of Attainment in  
Children's Health and Safety

**Course outcomes:**  
This program provides an introductory unit in  
working in the Childcare Services Industry. You will  
learn skills to support children's wellbeing and the  
skills and knowledge required to provide a first aid  
response to infants, children and adults. The training  
program includes 2 days of practical work placement  
in a childcare setting aged 0-3 years.

#### Units:

- HLTAID004 - Provide an emergency first aid response in an education and care setting
- CHCE009 - Use an approved learning framework to guide practice

#### Information Session and Enrolment:

9.30am Friday 21 October 2016  
at Rydalmere Public School  
397 Victoria Road, Rydalmere 2116

#### Contact:

To register your interest, contact

Karen Slagg  
Community Hub Leader  
Mob: 0421 723 305  
Email: [kstagg@sssi.org.au](mailto:kstagg@sssi.org.au)



**Location:** Rydalmere Public School  
397 Victoria Road, Rydalmere

**Duration:**  
7 weeks (approx. 4 hours per week)  
Attend Fridays - 9:30am to 1:30pm

**Starts:** Friday 28 October 2016  
**Finishes:** Friday 9 December 2016

**Cost:** \*Free if eligible for the NSW Government  
Smart and Skills funding. Applicants must be:  
• no longer at school, and  
• living or working in NSW, and  
• an Australian citizen, Australian permanent  
resident, Australian permanent  
humanitarian visa holder

**Note:** All students need to have a Unique  
Student Identifier (USI) ready for enrolment.



WFO 90000 | CMCOS Provider Code 009916  
Disclaimer: While every reasonable effort was made to ensure that the information contained in this document is correct at the time of publishing it may be  
subject to change.

## COMMUNITY NEWS



**Rydalmere Public School**  
Learning Is Growing

**RYDALMERE**  
PUBLIC SCHOOL

Loading ...

**Rydalmere Public School**

Download our [NEW FREE RYDALMERE PUBLIC SCHOOL](#) App by scanning the QR code below, or go to your favourite app Store and search for:  
**Rydalmere Public School**



### **Come & Try Something New! Experience the beautiful Ryde-Parramatta Golf Club**

- Beginner Golf Clinics - Ladies & Juniors;
- Relax with family & friends.
- Golf & Social Memberships available.



For more information please contact:  
Ryde-Parramatta Golf Club, 1156 Victoria Road WEST RYDE NSW 2114  
w: rydeparramatta.com.au e: golf@rydeparramatta.com.au p: 9874 1204



# Switch off the screen and get active

Spending time watching TV, going online, playing computer or hand-held electronic games can be fun. It can also be educational. But spending too much time sitting still in front of a screen can be bad for your health.

## Effects of too much screen time

- ★ Poor posture
- ★ Poor eyesight
- ★ Strains of the thumb, wrist and elbow
- ★ Sleep problems
- ★ Delayed ability to make friends with others
- ★ Becoming overweight.

## How long is too long?

Limit yourself to 2 hours a day of sitting in front of a small screen, including the computer or TV.

**“Playing ‘active’ computer games uses more energy than playing ‘sitting’ computer games, but nowhere near as much as playing sport itself.”**



## Screen time facts

- ★ Kids who watch TV for more than 2 hours each day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- ★ Nearly half of Year 6 girls and more than 6 out of 10 Year 6 boys spend more than 2 hours of leisure time every day sitting still.
- ★ It is more likely that kids will snack on foods that are high in sugar, salt or saturated fat while watching TV.
- ★ Playing ‘active’ computer games uses more energy than playing ‘sitting’ computer games, but nowhere near as much as playing sport itself.
- ★ The energy used playing ‘active’ computer games is not moderate or vigorous and doesn’t count towards your recommended at least 60 minutes (1 hour) of physical activity every day.