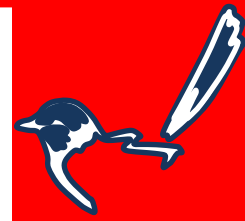




THE LINK



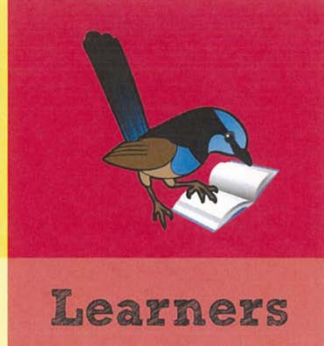
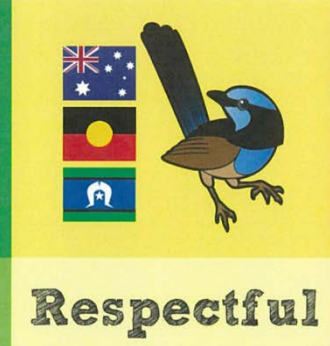
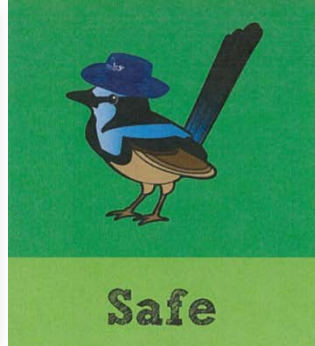
A publication of Rydalmere Public School

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Term 4 – Week 8: Issue 19/2016



DATES TO REMEMBER

01/12/16	Year 6 Mini Fair
08/12/16	Presentation Day
09/12/16	Year 6 Farewell
09/12/16	Preschool Blue Last Day
14/12/16	Preschool Green Last Day

15/12/16	Preschool 2017 Orientation
16/12/16	Last Day for Students

PRINCIPAL'S REPORT

Surveys

As part of our continuous whole school evaluation, we seek feedback from you in a variety of areas. We have a survey for each of our Strategic Directions within our school plan. Below are the links. Please take 1-2 minutes to complete each survey. We value your opinion and will use the data we gather from the surveys to make Rydalmere and even better place for your families to be!! We value your voice – make sure we hear it!!

www.surveymonkey.com/r/SD12016
www.surveymonkey.com/r/SD22016
www.surveymonkey.com/r/SD32016

Presentation Day

Our Presentation Assembly will be held on Thursday 8th December where special awards will be presented at a formal assembly. Parents of those children receiving an award will be invited to attend the assembly via an invitation. These were mailed today.

Canteen Refurbishment

This week, renovations begin in our school canteen. While this is very exciting, it does mean that our canteen will be out of operation for a couple of days. As such, the canteen will be closed on Friday 2nd December and Monday 5th December.

Shelter on the oval

"What's that?" I hear you say.....shelter?? That's right our much longed for COLA is currently being constructed on our school oval. Our hope is that this may be finished by the end of the week, if not the start of next week. We look forward to being able to use this wonderful shady space!!



Twitter



Rydalmere Public
@rydalmereps

Congratulations to all of our students for their entries in COSFest 2016!! Well done to 3/4G who won their section!!

[@bek_zadow](#) #COSFest2016



8:36 PM · Nov 16, 2016



Rydalmere Public
@rydalmereps

Rydalmere PS celebrating 125 years of public education - newspaper article!!

[@bek_zadow](#)



3:11 PM · Nov 24, 2016

Kindergarten Orientation & Buddies





I would like to thank Miss Gray for the fabulous Orientation and Transition program she ran to support the new education of our youngest students. We can't wait to have you all here at Rydalmere PS!!

Bek Zadow
Principal

ASSEMBLY AWARDS

Term 4 Week 6 17/11/2016

			
KG	Cameron	Tobias	Yusuf
			Kaidin
1M	Jack	August	Luke
			Ellen
2A	Noorhan	Atia	Aamir
			Tairell
			Alexis
			Gabriel
3/4G	Dana Mikayla	Tamara Odessa	Anna
			Alana
			Nasia
			Amelia
4/5/6M	Nicolette Sam	Jayden William Mc	Elizabeth
			Georgia
			Andy
			Anna

CHOIR NEWS

On Thursday 24th November we had 13 students participate in the Christmas at Parramatta Salvation Army Choir. Students sung a compilation of carols including Joy to the World and Silent Night. Thank you to parents and students for their commitment to come and be a part of fantastic event. It was very exciting to see Santa and the Christmas tree light up!

Miss Gray



PRIMARY OSHCARE NEWS



RYDALMERE OSHC CENTRE

SCHOOL NEWSLETTER INCLUSION

November 2016

The Rydalmere OSHC team hopes everyone is having a smooth and exciting Term 4, we can't wait to start 2017 with many new faces and fun activities. We are glad to be receiving many new enrolments for 2017 and positions are filling quickly. We hope to see many new faces joining throughout next year.

As the children enjoy doing the science experiments so much we have decided to introduce a new club on Wednesdays, Science Experiment Wednesdays. This club has definitely been a favourite this year! This club teaches the children about logical and problem solving skills while showing the children fun ways in how things work. Next year we will be continuing this exciting educational club with some new clubs for 2017.

. If you would like some more information about Rydalmere OOSH please come past and pay us a visit or take some information. We look forward to seeing many new faces for this term and next year!

From the Rydalmere OSHC Team,

Isabella, Kaylah, Sandy and Alison

RYDALMERE OSHC CENTRE

WEEKLY SUMMARY

Date: 21st - 25th November 2016

Hi Families,

Welcome to our weekly summary for this week at Rydalmere OSHC Centre.

This week the children participated in the lockdown and evacuation drills. The children all followed the procedure very well and listened to both Educators. By ensuring that we practice these drills every term it ensures that if there is an emergency both the children and Educators will know what to do in this emergency.

We would really appreciate it if you please donate any dry foods for the OZHarvest Food Drive by the 5th December.

PROGRAM

This week's highlights:

The children this week participated in a science experiment and created their very own square bubble using pipe cleaners and straws to create the outside of the bubble. The children made some lovely hot air balloons using paper plates and rainbow paint. They used their fingers to create dots on the plate. The children were such a great help this week, they helped design the book covers for next year, they all look fabulous! The children also enjoyed playing with the new kinetic sand, they built castles with it and even had a cool cooking competition just like junior MasterChef. For the cooking competition, the Educators judged the food on presentation and taste.

Next week's menu:

Mon	Rice Crackers With dips
Tues	Tortilla Wraps With jam, cream cheese and vegemite
Wed	Spring Rolls With carrot, cabbage and onion
Thurs	Raisin Toast With yogurt
Fri	Nachos With grated cheese



Square bubbles for Science Experiment
Wednesdays



Building our very own Mobilo towers

UPCOMING CENTRE EVENTS

International Day of People with Disabilities –
2nd November

CHILDREN'S INPUT

"I liked playing with that bear" - Amia
(Daily Evaluation Journal, 21st November 2016)

FEEDBACK/STAFF UPDATE

Please feel welcome to express any feedback or concerns that you may have, verbally, or to the email or numbers listed below.

CONTACT US at rvoshe@primarvoshecare.com.au
Isabella Caruana Ph: 0419 816 734 Or
Alison Hurst (Manager) 0447 719 883 See us at:
www.primarvoshecare.com.au



[Primarv OSHCare Facebook Page](#)

P&C NEWS

UP COMMING EVENTS

- ✓ Thursday 8th December – P&C General Meeting 6.45pm
school Library –ALL WELCOME
- ✓ 1st-6th December- "Canteen closed for renovation"

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 8th December

Our next P&C General Meeting will be held on Thursday 8th December in the school Library.
Please arrive at 6.45pm for a 7pm start.

- ✓ Principal Report
- ✓ Treasurer- Financial Reports including Canteen and Uniform Shop.
- ✓ Canteen Report
- ✓ Uniform Shop Report
- ✓ Teacher guest speaker

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

❖ **A reminder: from 1st -6th December Canteen closed for renovation and The Breakfast club will be cancelled too.**

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 of any personal hygiene products to the P&C/Community Hub room (**purple building**) **Before 2nd December**. 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.

❖ **Special Days from the Canteen: for just 50c buy one hash brown get one for free!!!!!!!!!!!! ☺**

Crunch & Sip School

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 canteen.

The Crunch & Sip program is an easy way to help Kids stay healthy and happy!!!

Uniform shop

The uniform shop is open by Appoiment or every First Thursday of the month, in the morning between 8:50 and 9:15. It's not opening on Friday anymore for the rest of the term.

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 range from 50c to \$1.50.

Term 4 SPECIAL
Dragonpop and Troposaurus
Paddle Pop ONLY \$1.00 each



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.)

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).

Remember many hands make light work and all money raised goes back into the school to assist with the purchasing or upgrading of school resources where funds provided by the government are insufficient.

Raffle Ticket Winners for Fete 2016

1. Ryde/ Parramatta Golf Club – **Ella**
2. Ryde/Eastwood Leagues club – **Serge**
3. Taronga zoo – **Michelle B.**
4. DKNY sunglasses – **Donna**
5. City Extra- **Georgia**
6. Scenic world – **Maria**
7. Captain Cook Cruise – **Allan**
8. Canterbury ice rink – **Will**
9. Canterbury ice rink – **Arturo**
10. Featherdale Wildlife Park – **Terry**
11. Powerhouse museum – **Robert**
12. Mens Hamper – **Szuhen**
13. Ladies Hamper – **Tobias**
14. Ladies Hamper – **Sandra**
15. House Hamper – **Amy**
16. Childs hamper – **Michelle L.**
17. Museum of Fire – **Diana**
18. Museum of fire – **Safiya**
19. Aquatic centre Family Pass – **Aaeesha**

Thank you to all those that brought tickets and well done to all the winners!!!!!! ☺.

- ❖ Thank you to **Mitsubishi Electric** for the sponsorship for the fete
- ❖ If you would like any information regarding Line Dancing that was shown at the fete, contact Julie or Josh Talbot on 0402 245 738.
- ❖ Get in fast and purchase Great Christmas presents for family and order tea towels with your child's face drawing with their class friends.

Thank you to all who have brought one you will be remembered at the school for a long time to come. **(NO more orders of pavers are accepted now. The order has now gone in for the second lots of Pavers).**

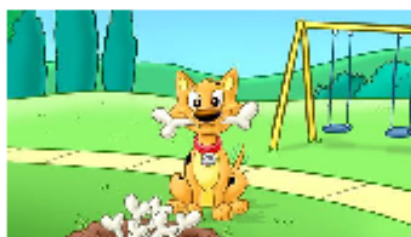
THANK YOU!!!!!!!

Meet the Dollarmites



Click on the links and look at our staff to help you learn

The coolest team around - Learn about the Dollarmites and the amazing saving adventures they have together.



Pat

Everyone's favourite dog, Pat loves to run, play fetch and save up his bones so he can chew them later. He has a mischievous side, and sometimes finds himself in a mess!



Addy

An animal lover, Addy loves taking care of her pets and teaching them tricks. She also loves to read books and write stories of her own. Plus, wherever she goes, she skips.



Cred

From gaming to googling, Cred knows a lot about all things tech. When he's not in front of his computers with his headphones in, you'll find him in the kitchen cooking yummy food to eat or outside playing cricket.



Pru

Pru loves netball and swimming, and her dream is to swim for Australia in the Olympics one day. She's also a fantastic saver, saving her spare coins in her Platybank moneybox.



Spen

You can usually find Spen exploring the outdoors or playing outside on his skateboard (just try and catch him!). If he has to be inside, Spen draws comics and does chores for extra pocket money.

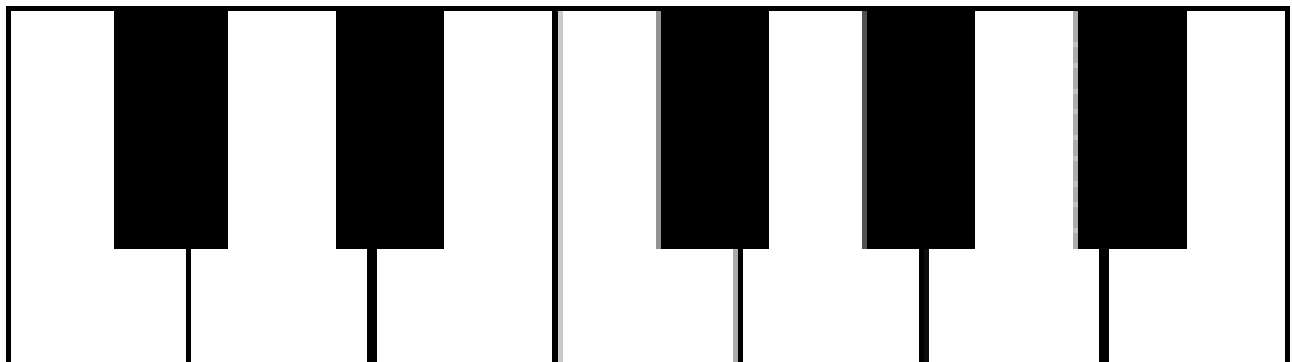
Get your child started with school banking now – ready for 2017

Rydalmere Public School is already involved - all you'll need to do is open a Youthsaver account for your child (or they can use their existing one). Here are three ways to open a Youthsaver account.:

1. Apply for a Youthsaver account online
2. Apply in a branch
3. Apply at the school by contacting the office or your school banking co-ordinator Paula Britz on 0420 668 020 or paula.britz@gmail.com

Accredited, Conservatorium-trained
PIANO TEACHER at
PARRAMATTA
(near University)

Over 25 years' experience.
Preparation for exams or learn for pleasure.



Reasonable rates. Free meet and greet session

Ph: (02) 9683 4492 or 0499 500294



Carols by Candlelight at Old Government House, Parramatta (Parramatta Park)

Saturday 10 December 2016

Time: 7.00pm to 9.00pm Gates open 6.00pm

Start the festive season with a night of carols played by Parramatta City Brass Band.

Enjoy performance from Model Farms High School and a visit from Santa Claus. Entry is via a gold coin and all funds raised go to support Old Government House and Experiment Farm Cottage (two of our most precious heritage properties)

There will be a sausage sizzle, ice creams, candles, drink for sale.

Please bring rugs or low chairs for seating at the front of Old Government House.

LINE DANCING

Josh holds regular linedance classes at the Rydalmere Bowling Club every Thursday evening.

Julie has classes at Ryde Eastwood Leagues club every Thursday and also on Wednesday evenings.

The whole family can participate and you don't need a partner.

Josh's NEW BEGINNERS class start again in February 2017 and I take NEW beginners in every week.

Josh 0407 533 616, Julie 0402 245 738

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.



Bounce in or make a splash at Go4Fun this summer!

BOOKINGS NOW OPEN FOR TERM 4 2016 AND TERM 1 2017

Go4Fun is a **FREE** healthy living 10 week program to help 7 – 13 year olds and their families to lead healthier lives.

It's specially designed for children who are above a healthy weight and is now available at selected trampolining and pool venues in Western Sydney.

WHY GO4FUN?

- ▶ Get expert advice on healthy eating
- ▶ Make new friends
- ▶ Feel more confident and boost self-esteem
- ▶ Get fit playing fun games
- ▶ Set goals to be active and eat healthy

NEW TRAMPOLINING PROGRAMS

- ▶ Telopea Centre, Norwest
- ▶ Ultimate Family Entertainment Centre, Northmead

Brand new trampolining and pool venues!



POOL PROGRAMS

- ▶ Penrith Leisure Centre
- ▶ Granville Pool
- ▶ Waves Fitness and Aquatic Centre, Baulkham Hills (New)



“I never knew being active could be so much fun!”

Joshua, Go4Fun participant



IS YOUR CHILD ELIGIBLE? FIND OUT MORE

Call 1800 280 900
SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au