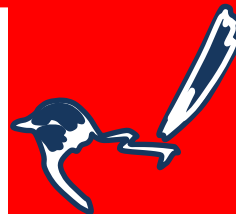


THE LINK

A publication of Rydalmere Public School



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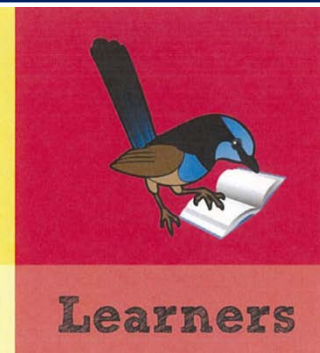
Term 1 – Week 10: Issue 5/2016



Safe



Respectful



Learners

DATES TO REMEMBER

31.03.16	No Assembly
04.04.16	Parent Teacher Interviews
5-7.04.16	Healthy Harold
07.04.16	1M Assembly
08.04.16	Last Day Term 1

27.04.16	Students Return Term 2
29.04.16	School Photos Captains & Blue P/S
02.05.16	School Photos K-6 & Green P/S

PRINCIPAL'S REPORT

Holiday Break

This is our final edition of 'The Link' before our end of Term 1 holiday break. I would like to wish all of our families a happy holiday. If there is one thing I could request every child do on every day during the holiday break, that would be to read. Read something..anything!! Books, magazines, newspaper articles, online articles, texts online. The world is your oyster – "go get those texts!!" I look forward to speaking with all students about what they've read.

ENROL NOW!!

Permanent bookings are essential to keeping our Before and After School Care operating efficiently. Currently, numbers at BEFORE school care are low and we would like to see an increase in these. If you would like your child to attend, please book in before the end of this term by requesting an application form from the office. A Before School Care session can cost you as little as \$5.06-\$6.84 for 2 hours of care, breakfast and a great start to your child's day. Please see table.



RYDALMERE OSHC CENTRE

Phone: 0419 816 734 email: ryoshc@primaryoshcare.com.au

FEE RATES FOR BEFORE AND AFTER SCHOOL CARE
WITH CHILDCARE BENEFIT/CHILDCARE TAX REBATE SUBSIDY
APPLIED

Child Care Benefit %	Approximate cost for Before School Care 1 DAY	Approximate cost for After School Care 1 DAY
50%	\$6.84	\$9.59
70%	\$6.13	\$8.37
90%	\$5.42	\$7.15
100%	\$5.06	\$6.54

Child Care Benefit %	Approximate cost for Before School Care 5 DAYS	Approximate cost for After school Care 5 DAYS
50%	\$34.20	\$47.95
70%	\$30.65	\$41.85
90%	\$27.10	\$35.75
100%	\$25.30	\$32.70

Please note – these are estimates. For a price which reflect you CCB /CCR entitlements, please provide us with your Child Care Benefit (CCB) percentage.
And remember there are more discounts available when you attend both sessions on the same day and for the full week!!

We look forward to seeing you!
Alison, Cathy, and Isabella

Parent/Teacher Interviews

Today, booking forms have gone home for our Parent/Teacher Interviews. Please return these by the end of the week to secure your preference of time. Please note that we request 3 preferred times from you so that we are able to allocate times equitably. As we operate on a 'first in, first served' basis, if your 'preferred' time is taken, we would still like to allocate a time for you. Parents, Carers and Teachers connecting are a vital step in the bridge between school and home. We look forward to seeing you take up this opportunity.

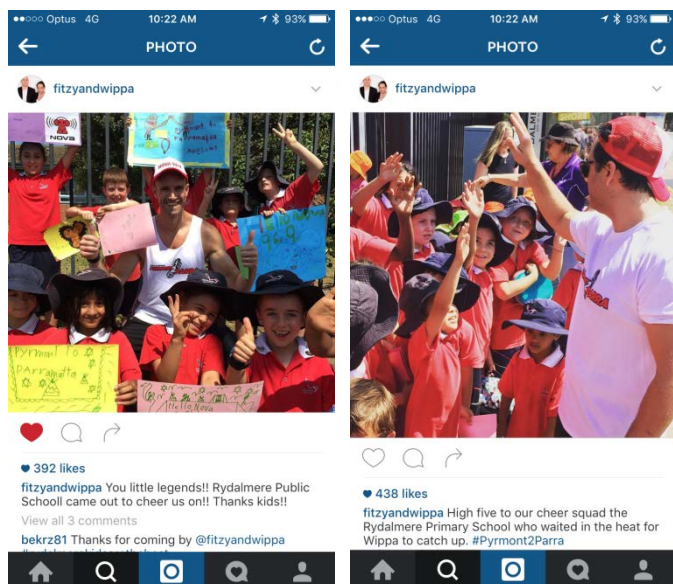
Community Spirit

We are over-flowing with spirit here at Rydalmere PS and I LOVE it!! Here's what's been going down:

Support for Cancer Research – The March Charge

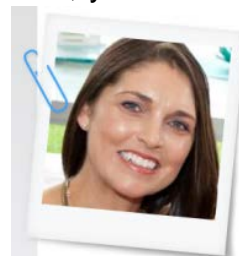
We were able to show our support to Fitzy and Wippa from Sydney radio station Nova 969 as they walked the Pyrmont to Parramatta. This was a gruelling 20km walk that began on Pyrmont Bridge and continued all the way up Victoria Road to Prince Alfred Park in Parramatta. Our students were able to cheer on Fitzy and Wippa during this walk. Fitzy and Wippa were both kind enough to stop and talk to the kids about the signs they made and how great Rydalmere Public School is. If you would like to support their effort and donate, you can do so through this link:

<https://marchcharge2016run.everydayhero.com.au/fitzy-and-wippa-s-pyrmont-to-parra>



The World's Greatest Shave – Mrs Green

Our very own Mrs Green has participated in this year's Greatest Shave to raise money for the Leukaemia Foundation. Her shave happened two weeks ago but she'll continue to raise money until June. If you would like to support her effort, you can do so through this link:



<http://my.leukaemiafoundation.org.au/amandagreeen>

Harmony Day

To do this event justice I will release a photo collage to all families prior to the end of term as I have done in previous years. I only have a few hundred photos to go through!! I would like to personally thank all of the families who contributed food for the day, as well as our band of volunteers who worked all day to make the event a success. Thank you to Ms Smith for her organisation of the day!!



Rydalmere Public
@rydalmereps

Harmony Day @RydalmerePS. Korean performers with some of our students from a Korean cultural background.



Easter Hat Parade

Last week was a big week for us with Harmony Day AND Easter Hat Parade day!! We called and you our Rydalmere Community answered!! I will also release a collage of this event prior to the end of the term, but for now you can enjoy this tiny pic collage!!



Rydalmere Public
@rydalmereps

Happy Easter from @rydalmereps
#rydalmereps



Twitter

As you can see, we're alive and well on Twitter!! To follow us, just search for @RydalmerePS



Rydalmere Public
@rydalmereps

You can tag us at anytime by using @RydalmerePS as well as the hashtag #rydalmereps

Twitter is a great platform for us to positively promote the great things we do here at Rydalmere PS. I know our families will use this social media platform for the good of our wonderful students at Rydalmere.



Nutrition Snippet

The simplest way

...to cook quesadillas.

Beef & Veggie Quesadillas

Serves: 5

Ingredients: 1 tbsp olive oil; 1 med brown onion, chopped; 1 clove garlic, diced; 200g button mushrooms, chopped; 500g beef mince; 1 large zucchini, grated; 1 large carrot, grated; 2 medium tomatoes, diced; ½ tsp ground cumin; ½ tsp ground coriander; ¼ tsp cinnamon; 10 medium tortillas; 250g reduced fat cheese, grated.



Method: Cook onion, mushrooms and garlic in frypan with olive oil until soft. Add mince and spices. Brown the mince, add zucchini, carrot and tomatoes. Cook for about five minutes. Lay a tortilla flat, layer half with cheese, a few spoons of mince and top with more cheese. Fold over. Cook in sandwich press until cheese melts and tortilla is golden crisp. Cut in half. Serve with salad. Refrigerate leftovers and add to lunch boxes.

Variation: add a tin of kidney beans for a more authentic Mexican dish and extra veg.

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



Nutrition Snippet

The simplest way

...to serve a fun-filled dinner.

Presentation is key to encouraging kids to eat more fruit and vegetables, and to entice fussy eaters to try new things.



The dinner table is a great place to try out fun-filled foods the whole family can enjoy.

Serve dishes that allow kids to take a hands-on approach.

Why not try **Sang choy bow** (pictured)?

Kids will love wrapping the mince and veg mixture in a lettuce cup and picking it up with their hands to eat.

Go to eatittobeatit.com.au for a recipe.

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



Bek Zadow
Principal

WHAT'S HAPPENING IN 1M

Maths in 1M

We have been making 2D shapes out of straws.



We have been using paddle pop sticks to model two-digit numbers.



We have been learning how to count by tens. We track our numbers as we count using post it notes.



P&C NEWS

Since last link we have had many exciting things happen. Keep reading to find out more_-----

Upcoming events

Bunnings BBQ – Saturday 30th April

The Mother's Day Stall has now changed its name to include every special lady in your life. It will now be called the Mango Stall/ Mother, Aunties, Nanas, grandmas & others stall – this stall is on Tuesday 3rd May and Thursday 5th May

P&C AGM & MEETING – Thursday 28th April - school library, 7:00pm (please note change of time)

GREAT NEWS

Easter Raffle - What a great outcome. It was so exciting to be part of this fantastic fundraiser. With all the donations we were able to make up 32 prizes. Well done to all our winners. Thank you to all that brought tickets.

CANTEEN OPEN

Yes we are now open on Tuesday for lunch. Our special this week is the chicken burgers @ only \$2.50. We are also selling sausage rolls, pies and drinks. If you would like to help out on any day please let Nichole know on 0420 321 073. Hopefully we can start the canteen running on another day as well.

ICECREAMS

The Year 6 students are still selling ice-creams on Tuesday and Fridays. Prices range from 50c to \$1.50.

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- Friday for a bowl of nutritious Corn flakes or Sultana Bran & Rice Bubbles. Toast will be available on Monday and Wednesday.

School banking

Paula Britz has now taken over 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. Please get your orders in for winter uniforms if you need these now.

If your child has grown out of any uniforms the uniform shop will take any donated items.

Please note Price of Sports Shorts has gone up to \$25 as our supplier has put their prices up. Sorry for any inconvenience.

THANK YOU

Thank you to the Ly, Elsoussi, Thompson, Jordan-Purse, Ashford, Britz, Fourro-Huggett, for your donations and your time to sell Cakes and yummy goodies at the cake stall on Easter Saturday.

P&C NEWS

Winners from Easter Raffle

- | | |
|---------------------|---|
| 1. Cameron. G | 19. Jayden |
| 2. Tamara. W | 20. Alison - Tarryn |
| 3. Arabella | 21. Nicholas |
| 4. Chris | 22. Lucas |
| 5. Arabella | 23. Tiahna |
| 6. Amir | 24. Will c |
| 7. Paige | 25. Arabella |
| 8. Lulu | 26. Tarryn |
| 9. Mia -pre | 27. Katie - Tarryn |
| 10. Annabella – pre | 28. Geoffrey |
| 11. Lizzy | 29. Janet - Tarryn |
| 12. Lucas – pre | 30. Mia - pre |
| 13. Lucas – pre | Most sold - Tarryn |
| 14. Nicholas | Pre- green - Anna |
| 15. Nicholas | Pre – blue - Casey |
| 16. Tarryn | Yr 1 – Tarryn yr 2. Zac |
| 17. Serge | Yr $\frac{3}{4}$ - Odessa yr 4/5/6- Alana |
| 18. Lorrie – Tarryn | |

RYDALMERE OSHC CENTRE WEEKLY SUMMARY

Date: 14th – 18th March 2016

Hi Families,

Welcome to our weekly summary at Rydalmere OSHC Centre.

This week we had a very exciting visit from a member of the Parramatta council, Ebony. Ebony brought in her pet lizard, Olive, for show and tell. The children loved looking at Olive, and learning about what it takes to care for lizards. The Educators and children both enjoyed having a Centre visitor!

If you are a parent who feels you have something special to contribute to our service, and also as a member of the community, please feel free to approach Isabella or Cathy to arrange a visit. We would greatly appreciate any offers!

PROGRAM

This week's highlights:

A great sustainable experience that the children got involved in this week was, creating Italian pizzas using paper plates, and scrap paper. Children used scrap paper that they cut up on their own, to decorate their own pizzas. Popular toppings included olives, shredded cheese, capsicum, eggplant, and tomato paste. If you would like to see how the pizzas turned out, you are welcome to view them. They are currently on display on our sustainability wall!

This week's menu:

Monday – Rice crackers and dip

Tuesday – Tortilla wraps and spreads

Wednesday – Chicken noodles

Thursday – Raisin toast and yoghurt

Friday – Nachos

There is always fresh fruit available during afternoon tea.



Last Friday we had yummy treats to end the week!

UPCOMING CENTRE EVENTS

21st-27th March – A taste of Harmony Week

21st March – World Poetry Day

22nd March – World Water Day

23rd March – Holi Hindu Festival

25th March – Good Friday, Bandage Bear Day

CHILDREN'S INPUT

"I liked the cubby house"

– Sufiya (14th March, Daily Journal)

FEEDBACK

Please don't hesitate to pass feedback on to either Isabella or Cathy. Your opinion is always welcome!

CONTACT US at ryoshc@primaryoshcare.com.au

Ph: Cathy Ho (Coordinator) 0419 816 734

Alison Hurst (Manager) 0447 719 883

See us at: www.primaryoshcare.com.au



[Primary OSHCare Facebook Page](#)



Dola came to visit us at the School Disco!

RYDALMERE OSHC CENTRE WEEKLY SUMMARY

Date: 21st – 24th March 2016

Hi Families,

Welcome to our weekly summary for Rydalmere OSHC Centre

This week, the school P&C committee was kind enough to give us their leftover food from their Harmony Day Celebration. This meant that the children were able to have some desert after their afternoon tea! We were very appreciative – and so were the children!

This week the events that we acknowledged at the service were:
Harmony Day, World Poetry Day, World Water Day, Holi Hindu Festival, and Good Friday!

PROGRAM

This week's highlights:

Sufiya showed fantastic leadership skills by showing a group of children how to make Easter egg baskets. It was a very successful spontaneous activity, and children had lots of fun decorating their baskets afterwards. For Fitness Thursday we played dodgeball and it sure got the children running around, and being active! Recycled art also got the imagination juices flowing, with children creating their own artworks using recycled materials. Children also engaged in Holi Hindu craft which helped them understand more about Indian cultural celebrations!

This week's menu:

Monday – Spaghetti Bolognese

Tuesday – Spaghetti Bolognese (leftovers)

Wednesday – Jatz, dried fruit, and cheese slices

Thursday – Tortilla wraps with spreads

There is always fresh fruit available during afternoon tea



Olive the Lizard!

UPCOMING CENTRE EVENTS

30th March – End of Term Multicultural function

1st April – World Autism Awareness Day

CHILDREN'S INPUT

"I liked number soccer and the lizard"
– Tiahna (17th March, Daily Journal)

FEEDBACK

If you have any feedback on our service, please don't hesitate to speak to either Isabella or Cathy. We are always open to suggestions on ways to improve our service to families.

CONTACT US at ryoshc@primaryoshcare.com.au

Ph: Cathy Ho (Coordinator) 0419 816 734

Alison Hurst (Manager) 0447 719 883

See us at: www.primaryoshcare.com.au



[Primary OSHCare Facebook Page](#)



Look at the Easter Egg Basket I Made!



Rydalmere Community Hub Updates

Hello from Karen Hub Leader! ... I hope all Students, Parents, Grandparents and Staff of Rydalmere PS had a wonderful Easter break. As Term 1 draws to a close, I look forward to working with you all in Term 2 as we continue to offer meaningful activities as well as new informative workshops and programs at the Hub. I work Mondays, Tuesdays, Wednesdays and Fridays during school hours. I am available for a chat at Hub Room within the Rydalmere PS (green building) or on 0421 723 305.



Playgroup meets every Monday at the School Hall from 9:30am to 11:30am. All Parents and Children aged 0-4 years are invited to join in on fun group activities and individual play. We have a wide selection of toys, books and colourful play-dough. Due to Harmony Day celebrations and Easter Monday public holiday, Playgroup has not been available. To continue from April 4th 2016! We look forward to seeing you there!

EXCITING NEWS from the **Breakfast Club** as we express our gratitude to our sponsors Kelloggs, Bakers Delight Carlingford and SecondBite. Their donations makes it possible for us to continue offering breakfast every morning before school.



Kellogg's



Huge shout-out to our Volunteer Parents who assist in serving breakfast. **THANK YOU!!!** Breaky is available every morning from 8:45am to 9:00am at the canteen.

Cereals, yummy warm toasts and fruits available!

(Pictured) Our students enjoying toast for breakfast

Multicultural Sewing Group continues to meet weekly making clothing such as blouses, pants and pyjamas for children. Volunteer Fariba guides by showing how to take measurements, cutting fabric to sewing! Sewing Group meets Wednesdays from 9:15 am in the Hub Room. **RPS Sews** are definitely on their way to making 125 toys! Parents have been busy cutting beautiful (and colourful!) patterns sewing them into soft toys! All levels welcome! Fridays 9:30am at P&C Room.



RPS Knits - the knitting group has commenced learning how to 'arm knit' making scarfs which has been lots of fun! No knitting needles required, just your arms. All levels welcome; RPS knits meets Tuesdays in the P&C Room from 9:30am.



***** **Breakfast Club and Crunch & Sip Volunteers required** *****



Cool Kids Music Co.

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For more information, please call or email our friendly staff
0457668742 or enquiries@coolkidsmusic.com.au

* 1st lesson FREE to new students only
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Not all instruments available at all schools. Please visit
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