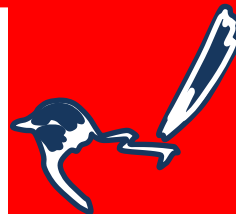


THE LINK

A publication of Rydalmere Public School



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Term 2 – Week 2: Issue 6/2016



DATES TO REMEMBER

18/5/16	Year 5 CHS Science Lesson
20/5/16	Walk Safely to School Day
20/5/16	PSSA Sport
26/5/16	KG Assembly

PRINCIPAL'S REPORT

Cross Country

We were blessed with beautiful weather for our Cross Country event at school. With this, we were able to run all age divisions at the correct distance, on our school oval. Congratulations to every student who put in the effort and had a go on the day. Cross Country events are not easy, and it was lovely to see our students endeavour to make the finish line. Thank you to the teachers and parent volunteers who spent much of the day at a check point out on the course keeping our students safe. It was lovely to see so many parents join us for the day.

Virtual Tour

You can now take a virtual tour of our wonderful school!! Best of all you can share this link with your friends and families to promote our beautiful school. To see this, please visit: www.360virtualschooltours.com.au/rps

NAPLAN

Our Year 3 and Year 5 students completed their NAPLAN assessments last week. The areas tested were language conventions, writing, reading comprehension and numeracy. The results will be released by the Board of Studies Teaching and Educational Standards (BOSTES) in late Term 3.

Walk to School Safely Day

This Friday 20 May is Walk to School Safely Day. This year the Rydalmere Community Hub is running an event where our students can catch a 'walking school bus' from a local meeting point. The event will culminate at school with a breakfast provided by the Hub and Primary OshCare (our Before and After School Care provider). If you can, we encourage parents to join our 'walking school bus' which promotes road safety and healthy lifestyle. Please see notes in your child's bag regarding this event and the 'bus stop' locations.

National Reconciliation Week

From 27 May to 3 June, we will acknowledge National Reconciliation Week. Thursday 26 May is National Sorry Day. Our students will participate in lessons on how Australians can better recognise the contributions, cultures and histories of Aboriginal and Torres Strait Islander people. This is in addition to the content already studied across all curriculum areas.

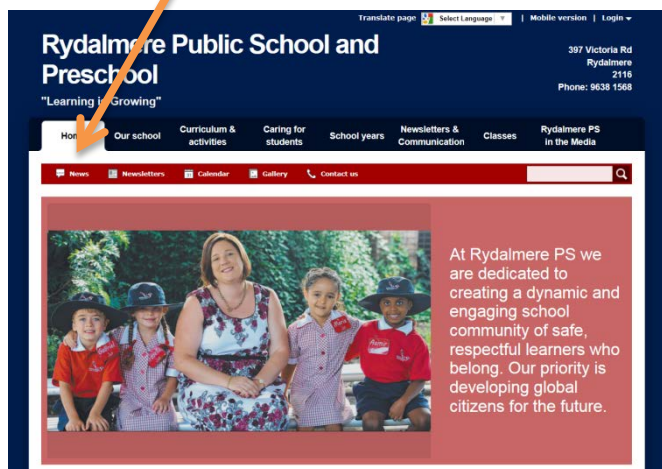
Notes

The office and classroom teachers regularly receive requests for notes that have been handed out. To help families with this, I would like to remind you that all notes sent out are posted onto our website for your convenience. I have provided screenshots below of how to access these ☺.

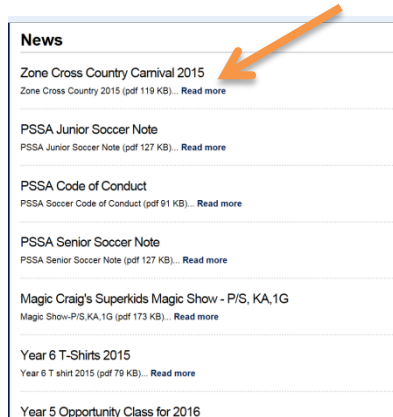
Go to our website:

<http://www.rydalmere-p.schools.nsw.edu.au/>

Click on 'News':



Here you can access all of the notes given as a pdf file by clicking on 'Read more':



Physical Activity Improves Mental Wellbeing

In addition to physical benefits, physical activity has a range of positive effects on children's mental wellbeing.

Being physically active:

PROTECTS against mental health problems

IMPROVES self-esteem and cognitive function in young people

Playing sport **REDUCES** psychological distress by 34% (1-3 times a week) 47% (4+ times a week)

Is **AS EFFECTIVE** as medication for mild to moderate anxiety and depression

It is recommended children aged 6-12 years aim for at least 60 minutes of moderate to vigorous physical activity every day.

Get active as a family, walk to the park, join a sporting team, walk or ride to school and limit screen time.

Live Life Well @ School is a joint initiative between NSW Health and the NSW Department of Education



**Cancer Council NSW**

Nutrition Snippet

The simplest way

...to eat extra veg every day.

Think a daily dose of five veg sounds like a lot? It's not, with these quick and easy ways to eat extra veg every day!

**Baked beans** on toast for breakfast (legumes count as veg).

Veg snacks: carrot and celery sticks; corn on the cob (hot or cold); leftover baked pumpkin or sweet potato (great on sandwiches too).

Spread **avocado** on toast or sandwiches.

**Vegie sandwich:** cucumber slices sandwiched together with reduced-fat cream cheese.

**Salad on sandwiches:** grated carrot, lettuce, tomato and cucumber, or tabbouleh.

Veg-ooodles: long thin strands of grated zucchini, carrot, sweet potato or parsnip mixed with wheat-based pasta or noodles.

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

ASSEMBLY AWARDS

Term 1 Week 11 7/4/2016

	 Safe	 Respectful	 Learners
KG	Mitchell	Isaiah	Kelcey Chris
1M	Leila	Kassidy	August Annie
2A	James	Cooper	Ameliah Gabriel Ayden Arabella
3/4G	Amelia Sejin	Serge	Lilly Faisal Cameron Clayton
4/5/6M	Will Olivia Andy Elizabeth	Robert Jared	Jacquelyn Anna

PRESCHOOL NEWS



PICCOLAGE



**CELEBRATING MOTHERS
DAY IN PRESCHOOL**
Green group



PICCOLAGE



**CELEBRATING MOTHER'S
DAY IN PRESCHOOL**
Blue group



P&C NEWS

UP COMING EVENTS

Thursday 19th May – P&C General Meeting 7pm to 8pm
school Library –**ALL WELCOME**
Friday 20th May – Walk Safely to School Day
Saturday 18th June – Bunnings Cake Stall



P&C Executive Committee

The P&C actually has 4 Parent Representatives this year. The 4 Parent Representatives are Enelee Kruus , Nichole Elsoussi, Loretta Jordan and Paula Britz.

POSITIONS VACANT

Vice President – Provides support and assistance to the President

Treasurer – Receives and deposits monies, maintains P&C financial records, accounts payable and presents financial accounts.

Please see Michelle Ly, for a full job description.

P&C General Meeting – Thursday 19th May from 7pm to 8pm in the school

Our next P&C General Meeting will be held on Thursday 19th May from 7pm to 8pm in the school Library.

Some items we will be discussing are:

- Up-Coming Fundraising Events
- Celebrating the Schools 125th Birthday
- Kiss and Ride Zone
- Breakfast Club and Crunch and Sip

If you would like to be a part of these discussions, please come along and join. Membership fee is \$1.



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**.

Unfortunately our volunteer who served breakfast, on Thursday, is no longer available. Until a replacement can be found breakfast will no longer be served on Thursdays.



CANTEEN

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

Keep an eye, and ear, out for special days, the canteen will be opened, any 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.

ICECREAMS



Year 6 students are selling ice-creams on **TUESDAY** and **FRIDAY**. Prices range from 50c to \$1.50.

Uniform shop

The uniform shop is open every Friday morning between 8:50 and 9:15. If you can't make it at that time, and need to make a purchase, let Maryanne, or leave a message at the office and she will organise a time to suit you both.

If your child has grown out of any uniforms the uniform shop will take any donated items. Please note WINTER uniforms need to be ordered from our supplier so get your orders in now, before the cold really sets in.

Please note the Uniform Shop will be closed this coming Friday 20th May.

Fundraising Update



Bunning BBQ – Saturday 30th April

– Over \$1,400 was raised. Thank you to everyone who helped and a special thank to Chris Rainey a first time volunteer.



Mothers Day M.A.N.G.O Stall – 3rd and 6th

May – THANK YOU Delia, Pinny, Enelee, Phoung, Leonie, Maryanne and Michelle we raised over \$450 and I hope you all enjoyed your gifts and Mother's Day

RYDALMERE OSHC CENTRE NEWSLETTER APRIL/MAY 2016

After another successful Vacation Care, we are looking forward to an exciting term in OSHC. Cathy Ho has settled nicely into the Co-ordinator's position, with the help and support of Regional Manager, Alison Hurst. Staff continue to complete ongoing review relating to the standards and elements described in the National Quality Framework (NQF). Centre staff and Managers are continuously updating our Quality Improvement Plan which forms the basis of all developments, changes and improvements which are made to our service. There are family Newsletters/information sheets available which provide detailed information about the NQF. Please find the most recent of these, "Family News" on the ACECQA website at <http://www.acecqa.gov.au/acecqa-newsletter-issue-3-2016>. Please also see our "Invitation to Participate" attached to this Newsletter and also the Community Term Planner which details many of our events this term. Under the Regulations we are required to maintain detailed records and authorizations for children on medications, with allergic / anaphylactic conditions or any other ongoing health situations which require our attention. Please ensure you have provided the relevant updated information for your child. Please find a copy of the Education and Care Services Regulations in the link provided below. |

PROGRAM

Educators at the Centre will be reviewing our Statement of Principles this term and reflecting on how this is embedded in our daily program. By extension, educators will be able to explore new ways of ensuring our Core Values are readily reflected in every interaction, every experience, and every day

In Term 2: We are continuing with our regular clubs – Sustainability Club, Music Wednesday, and Fitness Thursday.

As part of our Health & Wellbeing program, the children will be participating in various fitness exercises, which promote the 'Bay Run'. By the end of the term, the children will have built up their fitness enough to be able to participate in competing against other Primary OSHCare centres.

During our April Vacation Care Program, the children and staff put together an amazing journal showcasing the activities we enjoyed and photographs, of each day. Our Popular in house and excursion days included 'Amera's Place', 'Mini Master Chef', 'Wheels Day', and 'Canoe Orchards'.

HOMEWORK CLUB

Our Centre provides opportunities for children to complete **group supervised** homework each Monday to Thursday mornings and afternoons. In order for your children to complete their homework in this context you must complete a homework permission form which can be obtained from the Centre. Please note that staff are there to encourage children to complete their homework, however cannot enforce this. Due to supervision and ratios, Educators cannot generally assist individuals with homework nor individual assignments. Please do let us know if your child or family has any particular requirements with which we may be able to assist. |



Playing 'Trouble' together



Petting the animals in VC

RYDALMERE OSHC CENTRE NEWSLETTER

FEEDBACK

HEALTH AND SAFETY SURVEY RESULTS

Unfortunately, we did not receive any results for the health and safety survey that was sent out.

This month we are sending you our current Menu and a menu survey for you to offer your comments and suggestions. This can be done online or in hard copy, please look out for the Survey Monkey link in your inbox. Also being distributed this month is our Quality Area 6 Partnerships & Community Involvement Survey. As always we would love to hear your comments on this area of focus.

You can also review our Quality Improvement Plan which is displayed for your comments and contribution.

This also includes our Centre Philosophy/Statement of Principles. |

EVENTS

World Autism Awareness Day 2nd April
World Health Day 7th April
Australian Heritage Week 16th – 24th April
World Heritage Day 18th April
Earth Day 22nd April
World Book and Copyright Day 23rd April
ANZAC Day 25th April
World Asthma Day 3rd May
International Fire Fighters Day 4th May
Europe Day 5th May
World Hand Hygiene Day 5th May
World Red Cross Day 8th May
Mother's Day 8th May
International Day of Families 15th May
Food Allergy Awareness Week 15th – 21st May
National Sorry Day 26th May
Australia's Biggest Morning Tea 26th May
National Reconciliation Week 27th May – 3rd June
Our Community meeting is scheduled for 16th June |

POLICY

Our service aims to provide children with healthy and nutritionally balanced snacks. Our Nutrition Policy is displayed on the Noticeboard for your review and comment - a copy is displayed and available on request.

Our menu is reviewed and revised seasonally and we welcome your suggestions which may include a family favourite or a suggestion previously not seen on our menu. A Menu Survey is also available for your completion. We will be asking the children for their input and ideas for our menu revision over the coming weeks. |

PROCEDURE

Please note that if a casual booking is made for your child to attend the OSHC Centre on a day when the child is already at school, it is the responsibility of the parent to advise the school (and therefore the child), of this change of arrangement. OSHC staff cannot guarantee access to the child during the school day and therefore are unreliable as the carriers of this message.

Staff will ensure that children are followed up and collected but cannot be responsible for them knowing about the changed arrangements. Please advise both sets of staff (school and Centre) of such changes to ensure the safety and well-being of all children. |



Petting Animals in VC

RYDALMERE OSHC CENTRE NEWSLETTER

STAFF

Cathy Ho and Isabella Caruana will be attending training this month, to update their CPR certificates.

Cathy Ho continues to serve her role as Centre Coordinator, assisted by permanent educator Isabella Caruana. In the case of Cathy or Isabella being away, we have casual fill-in educators, Tara Borg, and Benjamin Wild.

Cathy currently holds her Diploma in Children's Services and Isabella is working towards achieving her Diploma in Children's Services also.

FEES AND CCB

Statements for each family's account are issued every four weeks in accordance with Commonwealth Government legislation. These are sent by email. In accordance with our Policy, a \$10 late fee will be added each week that fees are unpaid, to a maximum of \$20, at which time the child's booking at the Centre may be ended. Please ensure that there are sufficient funds to clear the charge and that your Credit card details remain current. **Rejected Ezidebit charges are billed by the service provider, NOT the Centre and are non-negotiable.** There is a \$10 finding fee for internet banking payments made without the use of your Unique ID number. Please help us out and avoid these charges by paying your fees regularly and ensuring we can find any money you have transferred.

Of course, we are willing to negotiate a payment plan or discuss alternative solutions where a family is having difficulty meeting their expenses.

Please speak to the Centre Co-ordinator before your account seems insurmountable!

Thank you for your co-operation.

ATTACHMENTS

Please find displayed on the Centre noticeboard

- Dietary/Nutrition Guidelines
- Menu Survey
- Menu
- Invitation to Participate Notice
- Cereal Analysis Overview

PLEASE SEE ON THE NOTICEBOARD:

Nutrition Policy

Statement Issue Notice for Term 2

Menu

Weekly Program

Additional Centre Information – relating to Governance and Contact details for Centre Manager/ Head Office

Medication and Medical Conditions

Asthma, Allergy and Medical Conditions Management Policy

Link to Education & Care Services Regulations
[Education and Care Services Regulations.](#)



We love drawing!

See us at: www.primaryoshcare.com.au



[Primary OSHCare Facebook Page](#)



Download our App from the app store

COMMUNITY HUB NEWS



Rydalmere Community Hub Update:

National Volunteer Week 2016

HUGE shout-out to our dedicated Rydalmere PS Volunteers for your ongoing support. Community events, fundraisers, Breakfast Club and Crunch n Sip would not be possible without your help. **THANK YOU!**



Thank You to our SPONSORS

On a weekly basis Woolworths and SecondBite donate fresh fruit for our Crunch and Sip. Donations enables us to serve fruit platters for recess daily for Students to enjoy.



Mother's Day Afternoon Tea

Hub Leader Karen hosted a Mother's Day afternoon tea for mothers, grandmothers and aunts to attend. Attendees enjoyed cupcakes, banana bread, cheese/crackers plates including baristered coffee made by parent volunteer Phoung. During the afternoon tea announcement were made regarding to new partnerships with TAFE Granville and Rydalmere Hub. More Updates to come!



Granville TAFE Courses at Rydalmere Hub

Granville TAFE will be offering free short term 'taster' TAFE classes at Rydalmere Public School during the school term. Classes will range from English conversation classes, Employment Skills and Introduction certificates in Children Services, Aged Care and Disabilities. Please register your interest by speaking with Karen or phoning 0421 723 305. Short courses is open to the wider community.



Rydalmere PS Playgroup

Playgroup occurs every Monday from 9:30am to 11:30. There has been an increase of new children and parents in the last 2 weeks. Thank you to volunteer parent Jo Anne who lead group activities and reading time. Children 0-4yrs all welcome to attend and participate in individual/group play and sing-alongs. All toys and books provided. Please bring morning tea for your child.



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

SCHOOL BANKING

Outback Savers can go wild at Australia Zoo

Rewarding regular savers with a chance to win

The School Banking program can help put your child on the path to good savings habits. And it might even put them on a path to Australia Zoo, where they'll meet Bindi and Robert Irwin (not to mention koalas, wombats and wallabies) as part of the wildest family adventure you can imagine.



How to enter:

Every student who makes 15 or more School Banking deposits by the end of Term 3, 2016 will automatically go into the draw to win a family trip for two adults and three children to meet the Irwins at Australia Zoo.

The Grand Prize:

Full day Platinum Zoo Adventure Tour at Australia Zoo, Qld where you will:

- ✓ Travel around the zoo in style with your own personal zoo guide
- ✓ Get up close with the animals
- ✓ Meet Bindi and Robert Irwin on part of your tour
- ✓ Enjoy morning tea, lunch and afternoon tea while watching crocodiles and koalas in the open-air Feeding Frenzy Food Court
- ✓ Have your own personal photographer to capture every moment with Bindi, Robert and the animals.
- ✓ Return domestic flights to Brisbane or Sunshine Coast, Qld (airport destination subject to flight availability)
- ✓ 4 nights' accommodation at the Oaks Oasis, Sunshine Coast in a two bedroom villa with breakfast included
- ✓ 5 days' car hire
- ✓ \$1,000 spending money

For more information on how to join school banking, feel free to contact the office or RPS's banking co-ordinator Paula Britz (Gabriel's mum, year 2A) directly on 0421 668 020 or paula.britz@gmail.com.

COMMUNITY NEWS



Free

Triple P Program -Seminar.

The power of positive parenting!

A four week parenting course.

The three P's in 'Triple P' stand for 'Positive Parenting Program'.

The program aims to support parents with behaviour management strategies for their children birth to twelve years; more than half of its 17 strategies are focused on developing positive relationships, attitudes, skills and conduct. Triple P teaches parents broader principles that may be applied positively in most parenting situations.

Triple P helps parents:

- Create a stable, supportive, harmonious family environment.
- Teach their children how to get along with others.
- To deal positively, consistently and decisively with challenging behaviours.
- Encourage appropriate behaviours.
- Develop realistic expectations of their children and themselves. Take care of themselves as parents.

Date: Commencing on 31st May for four consecutive Tuesday.
(31st May, 7th, 14th and 21st June)

Time: 10:00 to 11:30am.

Venue: Telopea 'Schools as Community Centres Project'. (SaCC)

Childcare: **FREE** childcare is available for participants.

Register: Sharlene Pasqual (Family and Community Worker) Parramatta Mission
phone: 0439978721

Or Pip Martins Telopea SaCC Facilitator
phone: 9898 3448
email: phillipa.martins@det.nsw.edu.au

Bookings are essential for this FREE course.

Afternoon Tea will be provided.



Federation Of Parents and Citizens Associations of NSW

Express Engage and Enlighten State-wide Forums

"Building Capacity in Our P&Cs"

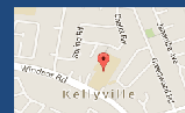
P&C Federation would like to cordially invite your P&C to attend our forum



"An Initiative of Federation of Parents and Citizens Associations of NSW
Funded by the NSW Government"



North West Sydney Electorate



When:
Thursday 2nd June 2016

Where:
Kellyville Public School
35a Windsor Rd
Kellyville NSW 2155
Time: 7pm - 10pm
Registration from 6.30pm

Light supper and refreshments provided

Registration Open Now!

Click to **Register**
For Further information
Call Debbie:
Ph: 1300 885 982
or
email: projects@pandc.org.au
RSVP: 5pm
31st May 2016

Your P&C



FREE child car seat safety check



2 in 3 car seats are not being used properly

Make sure your child is safe with a free inspection by Authorised Restraint Fitters. You can have your child car seats, harnesses and booster seats checked for safety and fit.

Parramatta City Council in conjunction with RMS is now providing vouchers to have your child's car seat checked or fitted for free.

To obtain a free voucher or for more information contact Parramatta City Council's Traffic and Transport Section on (02) 9808 5788 or email traffic@parracity.nsw.gov.au

Location of Authorised Fitter: Merrylands



Transport
for NSW

An initiative of your local council as part of the
Local Government Road Safety Program



Education &
Communities

Telopea 'Schools as Community Centres' Project



Term 2 2016



MONDAY	Australian Red Cross 'Good Start Breakfast Club' 8:30am-9:00am Telopea SaCC Rooms. A healthy breakfast is provided free for Telopea Public School students in a friendly, inclusive environment.
TUESDAY	Sing Rhyme and Story Time 10:00-10:30 Burnings Warehouse Rydalmere A weekly Early Literacy Program for parents/carers and children birth to 5 years. This program was developed and is facilitated by the Telopea SaCC Facilitator. The program was awarded Honoured Nominee in 2011 Kookaburra Awards. The session will support parents to assist with their children's literacy development. Meet and Greet 1:00pm-2:30pm Telopea SaCC Rooms Information sharing session for families with baby birth to 12 weeks. Facilitated by Community Health 'Triple P' Parenting Program 10:00am-11:30am Telopea SaCC Rooms REGISTRATION ESSENTIAL A four week parenting support program facilitated by Parramatta Mission. Free child care available.
WEDNESDAY	Garden Club 8:30am-9:00am Telopea Public School Edible Garden and Orchard Telopea Public School students enjoy utilising the school garden space through this leadership program. Supported Playgroup 10:00am-12:00noon Telopea SaCC Rooms REGISTRATION ESSENTIAL Organised indoor and outdoor activities, story time, music and dancing for families with children birth to 5 years. A friendly, inclusive and supportive playgroup where adult involvement is encouraged and supported.
THURSDAY	Australian Red Cross 'Good Start Breakfast Club' 8:30am-9:00am Telopea SaCC Rooms. Description as above. Jiggle'n'Jam Music Program 2x half hour baby classes (birth to 12mths@9:30am and 12 to 18mths@10:00am) 2x Toddler Music Classes (1.5 to 2.5yrs @10:45am and 2.5to 3.5yrs @11:15) TERM REGISTRATION is ESSENTIAL for the toddler classes. Structured music classes for families with chn birth to 2.5 years. Facilitated by 'Accent On Music' Music School in Telopea SaCC Rooms Baby Playgroup 10:00-12:00noon Telopea SaCC Rooms Social gathering for families with children birth to 18 months in safe, air conditioned environment with toys. Enjoy spending time with friends after the Jiggle'n'Jam music class.
FRIDAY	Supported Playgroup 9:30am-11:30am Telopea SaCC Rooms Description as above. REGISTRATION ESSENTIAL

Telopea 'Schools as Community Centres' Project (SaCC)

Based in the grounds of Telopea Public School, Chestnut Ave., Telopea N.S.W. 2117

Please direct all enquiries to SaCC Facilitator **Pip Martins**

Phone: 9898 3448 Fax: 9684 2653 Email: phillipa.martins@det.nsw.edu.au

