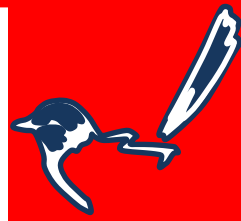




THE LINK

A publication of Rydalmere Public School

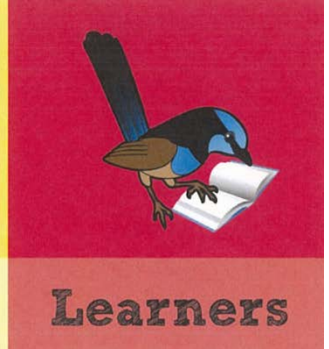
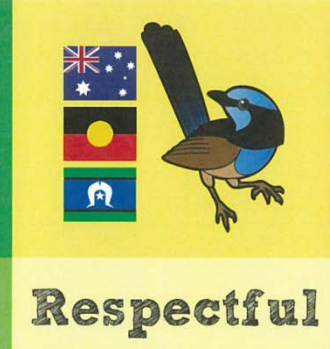


397 Victoria Road
Rydalmere 2116

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

Ph: 9638 1568
Fax: 9898 0161

Term 3 – Week 10: Issue 15/2016



DATES TO REMEMBER

20-22/9/16	Bathurst Camp
23/09/16	Last Day Term 3
10/10/16	Students Return Term 4
19/10/16	Dan Haesler Parent Session

TWEETS



Rydalmere Public
@rydalmereps

Year 5 participating in Science
[@CumberlandHS](#) - lit their names up in
ignition fluid [#wow](#) [#science](#) [@bek_zadow](#)



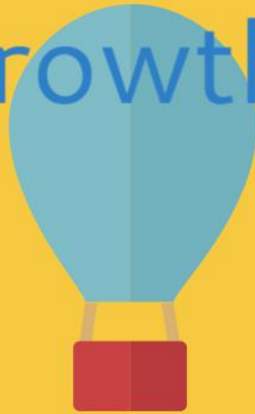
Sep 4, 2016, 10:18 AM



**KEEP
CALM
WE'RE
GOING
LIVE**

5/09/2016, 6:14 AM

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/>



NUTRITION TIPS



Nutrition Snippet

The simplest way

...to get behind Fruit & Veg Month.

Vegetables are funky!

That's the tune NSW primary schools will be singing during Fruit & Veg Month from August 29 to September 23.



The Healthy Kids Association initiative aims to:

- remind kids why fruit and veg are so good for them;
- increase the amount and variety of fruit and veg that students eat and;
- encourage kids to try new fruits and vegetables.

Add fruit and veg to the lunch box and in meals and snacks at home and you'll be well on your way to helping your kids set up healthy habits for life.

Go to eatittobeatit.com.au for recipe ideas and fruitandvegmonth.com.au for Fruit and Veg Month news.

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 serve spring salads.

Spring brings sunshine ... and salads!

A salad is a great way to enjoy a light and lovely meal packed full of veg. Enjoy as a side dish or add some lean meat, fish, cheese or hard-boiled egg and make a meal of it.

Here are five of our spring salad favourites (for full recipes go to eatittobeatit.com.au):

- Tabbouleh.
- Thai beef salad.
- Asian chicken salad.
- Basic garden salad.
- Mixed bean salad.



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



CELEBRATING THE ARTS

On Monday 12th September the 3-6 Choir participated in the Celebrating the Arts Performance at Riverside Theatre. The choir has worked hard practising a range of 6 songs all year at combined school practices. All students loved being on stage under the performance lights. Mrs Ryan and Miss Gray would like to thank students for their enthusiasm and sensible behaviour at all times.



Young Scientists Education 7th September



Today we experienced many different science concepts. We investigated gravity, magnetic fields and using air to create a reaction.



FATHER'S DAY IN PRESCHOOL



**FATHER'S DAY
AFTERNOON TEA
GREEN GROUP**



**FATHER'S DAY
AFTERNOON TEA
BLUE GROUP**



RYDALMERE OSHC CENTRE WEEKLY SUMMARY

Date: 29th August – 2nd September 2016

Hi Families,

Welcome to our Weekly Summary for this week at Rydalmere OSHC Centre.

This week, we acknowledged FRUIT AND VEG MONTH, World Water Week, National Wattle Day and Father's Day. All the children were eager to have a turn at reading or writing for a discussion this week so the Educators gave each child the opportunity to either read or write. As Father's Day is coming up the children wanted to create a very special card for their fathers. The children all created their very own designed tie for their dads.

Both Cathy and Isabella would like to thank the parents who participated in the community meeting and have recently given us positive feedback. We really appreciate it.

PROGRAM

This week's highlights

The children enjoyed having a dance off to their favorite hits. They even did some breakdancing and dropped some new funky moves. The children also expanded on their cultural diversity by doing the world culture puzzle together. The Educators then discussed each person on the puzzle and explained their individual culture to the children. The children also had the opportunity to do some free craft, which we have displayed on the wall. Please take a look!

This week's menu:

Monday- Spring Rolls

Tuesday – Cheese and Chicken Toasties

Wednesday – Chicken Noodles

Thursday – Cruskits with spreads

Friday – Nachos

There is always fresh fruit available during afternoon tea



The children dropping their best dance moves to their favorite music.

UPCOMING CENTRE EVENTS

National Child Protection Week – 4th to 10th September

R U OK DAY? – 8th September

Sustainable House Day – 9th September

CHILDREN'S INPUT

"I liked playing with the ball with Lily"

- Ridwaan (29th August, Daily Journal)

FEEDBACK/STAFF UPDATE

Please feel welcome to express your feedback to Isabella and Cathy verbally, or to the email/numbers below.

CONTACT US at ryoshc@primaryoshcare.com.au

Ph: 0419 816 734 Or Alison Hurst (Manager) 0447 719 883

See us at: www.primaryoshcare.com.au



[Primary OSHCare Facebook Page](#)



The children making their very own craft creations.

P&C NEWS

UP COMMING EVENTS

Thursday 20th October – P&C General Meeting 6.45pm
school Library –**ALL WELCOME**

Saturday 5th November – **125th Birthday Celebration FETE**



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 20th October

Our next P&C General Meeting will be held on Thursday 20th October in the school Library.
Please arrive at 6.45pm for a 7pm start.

Fundraisers Term 3

Thank you to everyone who helped during this school's term 3 activities such as: running Election Day and Bunning's BBQs, Mothers and Father's Day Stall, Canteen, Uniform Shop, Crunch & Sip and Breakfast Club, including collecting the fruit and vegetables, bread and milk.

In special to the Beasley, Beberaggi, Britz, Cottam, Elsoussi, Fourro, Hart, Hugget, Huynh, Jordan, Khuadthong, Kruss, Lazarevic, Lee, Lenard, Ly, Mclean, Murray, Rahimi, Rawashdeh, Ryan, Scarfe, Scotts, Spurdle, Stagg, Te Pairi, Tahatos, Thompson, Velazco, and Zadow.

Also can we have a **Thank You** to all the families who have donated to our "**125 Celebration Fete**".
Please keep donations coming in. School holidays is a great time to clean out the old toys and books.

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**) 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.



What is A Crunch & Sip School ?

The Crunch & Sip is a set break to eat fruit or salad vegetables and drink water in the classroom. The students re-fuel with fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom. This

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.

Please see Karen the Hub Leader if you can help.

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

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.



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).

ICECREAMS



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

Term 3 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. Please see Karen the Hub Leader)

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.

125th Birthday Celebration Fete

Saturday 5th November

Planning for the school 125th Birthday celebration fete is going well. 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).

The Fete will be held on **Saturday 5th November** between 10am and 2 pm.

Also can we have a **Thank You** to all the families who have donated to our “125 Celebration Fete”. Please keep donations coming in. School holidays is a great time to clean out the old toys and books.

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

All Groups – 2nd 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 6 weeks to go!



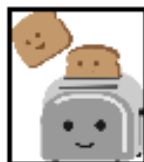
Rydalmere Community Hub Update:

HELLO!

What a busy term 3 it was! We were/are blessed to have had Christa (our devoted Social Work student) spend a whole term with us during her field placement and we will definitely miss her. Christa thank you for your hard work, on-going support and devotion in supporting our Rydalmere Hub. We are gearing up for a busy term 4 with exciting partnerships and visitors to our school. Watch this space and keep an eye out on our Hub Facebook page for updates!

<https://www.facebook.com/rydalmerehubcommunity>

I wish everyone a safe school holiday break and I look forward to hearing about all your adventures when we return.



Half an hour of your time ..

As you may have seen posted around our school are posters requesting parent volunteers to assist at **Breakfast Club and Crunch n' Sip**. At present we are in need of a few parents who are able to help out for *half an hour one morning per week*.

Our school and students need your kindness to serve breakfast at in the canteen from 8:45am to 9:00am. Breakfast are for students who didn't get a chance to have breaky before attending school.

Fruit choppers also needed for Crunch n' Sip. Everyday all classrooms are provide fresh fruit for recess. All fruit has been donated to our school by our sponsors.

Playgroup

We have been having so much fun playing and learning at Playgroup every Monday. We look forward to meeting you soon in term 4 from Monday Oct 17th, 2016. New families are welcome; all toys and books provided. The group meetings every Monday (except public holidays and school holidays from 9:30am to 11:30 at the School Hall.



TAFE Children's Services



The last class for the Introduction to Children's Services will be held this Friday for the term 3.

Thank you to the dedicated group of adults students (from our school and community members from the Parramatta catchment). Massive 'thank you' goes out to TAFE Community team, Head teachers and Outreach teacher Vanessa who attends weekly to deliver the course at Rydalmere Public School. Watch this space, Term 4 course to be announced shortly. For more information please contact Karen via 0421 723 305.

Thank You to our Sponsors

All donations from our sponsors assists our school and students everyday at RPS Breakfast Club and Crunch n' Sip. We feel extremely grateful for your ongoing support. CSR have recently donated supplies to go towards jams which can be purchased at our 125 fete celebrations. All proceeds to return to our school.



Rydalmere Community Hub Update continues ...

Upcoming events and community happenings



**RYDALMERE PUBLIC
SCHOOL**

**125 YEAR CELEBRATION
FETE**



**Saturday 5th
November 2016**

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

**597 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.p.s.125@gmail.com for further information. ENTRY via John Street, Rydalmere.

**Changing the way
young people learn
about finance.**



Start Smart - be clever with your coins!

Research suggests it is never too early to learn money management skills. And it is never too late to start learning.

We all would like for our children to be financially literate. But, when is it best to start? How do we go about it?

Most parents understand the importance of teaching their children about saving and managing money. However, the mistake some parents make is waiting until their children have reached their teens before speaking to them about money.

Once your child is old enough to understand the concept of money, you should start introducing them to the idea of saving. Preschool or kindergarten is a good time to start, as developing a good savings habit early will help set a good foundation for the rest of their lives.





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



Go4Fun®

Healthy • Active • Happy • Kids

FREE family healthy lifestyle program for 7 - 13 year olds to become fitter, healthier & happier

- Locations across Western Sydney
- After school and weekend programs available
- Limited places, register now



Health
Western Sydney
Local Health District

Register today
1800 780 900
go4fun.com.au



"Loved the outdoor games, made friends, feel great, so much fun!"
Lucas, 10 years





CIY.CLUB

CODE IT YOURSELF

School Holiday Programs for Kids



GAME CODING CAMPS

Learn the basics of computer coding and game creation. We teach you how to make your very first computer game. In just one day you will be able to put together your own custom game including graphics and basic coding to make it interactive. You can take your game home and continue to develop it or join CIY.Club and continue to develop your game with the assistance of coding experts.

UPCOMING GAME CODING CAMPS

Monday 26th September, 9am – 3pm

BOOK NOW – www.ciy.club/event/game-coding-camp-24

Wednesday 28th September, 9am – 3pm

BOOK NOW – www.ciy.club/event/game-coding-camp-26

Granville Library
8 Carlton St, Granville NSW 2142

For more information visit www.Ciy.Club or contact Jake Mickle via 1300 761 254 or E. jake@scopeITeducation.com.au



Department of
Primary Industries

GONE FISHING DAY

16TH OCT
2016

BOTANY BAY

DOLLS POINT (PETER DEPENA RESERVE)
10am-3pm

Free fishing workshops, casting comps, goodie bags, activity marquees, touch tanks and kids' activities are just a few of the exciting events on offer!



FOR MORE INFO VISIT:
dpi.nsw.gov.au

GONEFISHINGDAY.ORG

