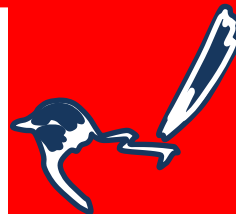


# THE LINK

A publication of Rydalmere Public School



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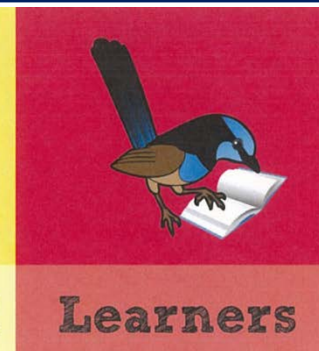
Term 4 – Week 6: Issue 18/2017



Safe



Respectful



Learners

## DATES TO REMEMBER

14/11/17	Mufti – When I grow up I want to be....
21-23/11	Life Education NSW Visit
24/11/17	Jump Rope for Heart
29/11/17	Year 6 Mini-Fair
7/12/17	Presentation Day 10am
8/12/17	Year 6 Farewell

8/12/17	Blue Group Preschool Last Day
11/12/17	Green Group Preschool Last Day
12/12/17	Preschool 2018 Orientation
14/12/17	Talent Quest
15/12/17	Last day for Students
30/01/18	Year 1 to 6 Students Return

## PRINCIPAL'S REPORT

### Election of School Captains and Prefects

This Term, Year 5 students who would like to nominate for a school leadership position will prepare election speeches at home and present these to all students and teachers in the school during a special assembly. Students who are elected as a school captain or school prefect are given opportunities throughout Year 6 to:

- welcome visitors to the school;
- be a student representative in whole school decision making processes;
- organise and set up the fortnightly school assembly equipment;
- present whole school concerts and functions to the wider school community;
- represent the school when invited to local community events

The table over indicates the number of school captains and prefects the school has according to whole school enrolment numbers. It is important to note that as per this policy, as our student numbers have been over 140 since May this year, we will have an increase in the number of leaders.

Students wishing to nominate for a leadership position will present their speeches to the school on **TUESDAY 28 NOVEMBER**. Parents and community members do not attend the speech assembly.

Total school enrolment	School Captains	School Prefects
Less than 80 student K-6	Two captains	No prefects
Between 80 and 140 students	Two captains	Two prefects
More than 140 students	Two captains	Four prefects

### Surveys - Have your say NOW!!

Each year we evaluate our practices. Parent and community voice is an important part of that. Please have your say in our 2017 survey.

<https://www.surveymonkey.com/r/RPSschoolculture2017>

NB In previous years we've had 3 surveys but based on feedback we've combined them into one that should take you less than 5 minutes to complete ☺

## **Presentation Day**

Our Presentation Assembly will be held on Thursday 7th 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 will be sent home once the award winners are finalised.

## **Clever kids @ RPS!!**

Our very own Tamara Waterfield, a strong advocate for animal rights has been published in the 'Animals Australia Annual Report'. In addition to this, a letter of hers addressing the Dog Meat Trade in Bali was read out in Parliament – this received a standing ovation. We are very proud of Tamara's citizenship and advocacy for all animals.

*with a better place for animals.*

### **Tamara Waterfield, Sydney NSW**

Tamara is 10 years old, and generously donates her pocket money as a monthly donation, to help protect animals. She is an advocate for chickens, and an inspiration to other kids and adults alike.

"I'm making a change. My wish is that other kids will want to make changes too. Just because we are kids doesn't mean we can't do big things and make big changes..."

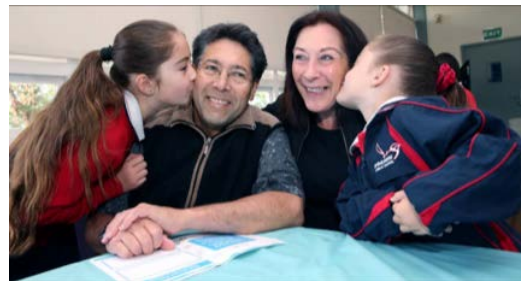


Gabriel recently competed in the Gymnastics State Championships. He completed a number of events which gave him an overall score good enough to win a SILVER medal!! We are also very proud of Gabriel for his achievements in Gymnastics.



## **Grandparents Day**

Thank you to all of the Grandparents who were able to join us for our celebrations. Each of these pictures speaks a thousand words – enjoy.



## **Music Count Us In**

Through the use of our Connected Classroom Video Conferencing facilities, we were able to once again join the Music Count Us In event. This year there were 650,000 students on the VC who participated in the broadcast and singing of this years song 'Shine Together'. It was beautiful to listen to – brought a tear to my eye!!



## **Movie Night**

I would like to thank all of our families and community members who joined us for our Movie Night. Not even grey clouds could dampen our spirit - it was a fabulous night!!

Thanks also to the P&C Movie Night Committee and all of the vounteers who supported this event.





## Remembrance Day

On Friday 10<sup>th</sup> November, we held our Remembrance Day service. It was a sombre event where our students demonstrated the utmost respect for Australia's servicemen and servicewomen.

Below are pictures of our students planting poppies after our formal assembly, and the flag raising at 11:02am from half mast to full mast.



## Nutrition Snippets



Nutrition Snippet

### The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognaise sauce, add canned lentils to your sausage roll mix.
- **Put veggie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



SunSmart Snippet

### The simplest way

...to be a good role model!

#### Did you know?

Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

#### How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
  - **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
  - **Slap** on a broad brimmed, legionnaires or bucket hat.
  - **Slide** on some wrap-around sunglasses.
  - **Seek** shade when outdoors.
- Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!



Set a positive example and your kids will follow your lead!



To help keep your kids safe, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



**Bek Zadow**  
Principal

# ASSEMBLY AWARDS

Term 4 Week 4 – 02/11/2017

	Resilience Values <b>HONESTY</b>	Resilience Values <b>RESPONSIBILITY</b>	
<b>K Blue</b>	Mahveen	Mitchell	Summer Jed
<b>K Purple</b>	Kumorah	Ahmed	Sebastian Geordie
<b>1/2M</b>	Mona Vida	Rishabh Yusuf	Nakita Michael Mitchell Zak
<b>2/3A</b>	Ellen	Yusra	Clayton Cameron Jai Ahmed
<b>3/4S</b>	Michael Tairell	Paige Dekoda	Noorhan Ahmed Daniyal Anna
<b>5/6M</b>	Terry Lina	Alana Andy	Bilal I Yiwen Will C Alex

## A MESSAGE FROM THE OFFICE

From time to time students at Rydalmere Public School require a change of clothing. We do our best to provide students with spare/old uniforms and/or underwear from our uniform shop. We do require these items to be laundered and returned to school as soon as convenient, so that we can provide this service to other students who may be in need.

We are currently running very low in stock of these items at school. If you have any of these items, could you please launder and return to school so that we may be able to help students in future need. If you have any old uniforms that you would like to donate for this purpose, please bring them to the office

Many thanks for your help ☺



## WHAT'S HAPPENING IN 1/2M?



***1/2M at the Australian Pioneer Village***

## How much physical activity do children need?

- Children and youth should participate in at least 60 minutes of moderate-to-vigorous ('huff and puff') physical activity every day.
- On at least three days per week, children should engage in activities that strengthen muscle and bone.

This activity doesn't all have to be done at once. It can be built up through the day. For example walking or riding to and from school, active play at home, and organised sport after school and on weekends.

## Sedentary behaviour guidelines

As well as being active, it is important to minimise the time children spend being sedentary every day. To achieve this:

- Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day - particularly during daylight hours.
- Break up long periods of sitting as often as possible.



# KINDERGARTEN TRANSITION

## *Kindergarten Transition*

Kindergarten transition sessions have been happening this term at RPS. The children have met teachers, participated in a range of fun learning activities, walked on a school tour and even met their buddies! The children are excited to start school and we look forward to seeing them next year!





# THANKS FOR COMING TO GRANDPARENTS DAY

Thanks so much to everyone who came to celebrate Grandparents Day! It was a special morning where grandchildren got to share at assembly a favourite memory, do an activity with their grandparents to learn more about each other's lives, enjoy morning tea, visit the 125 year old class room and visit their grandchild's classrooms!





### See what's on at the Community Hub!

RYDALMERE PUBLIC SCHOOL

#### MONDAY

8:40-9:00am  
**Breakfast Club**  
in the hall

9:30- 11:30am  
**Playgroup**  
in the preschool area

#### TUESDAY

8:40-9:00am  
**Breakfast Club**  
in the hall

9:00-11:30am  
**Knitting**  
in the P&C room

11:00-12:00  
**Yoga**  
in the hall

#### THURSDAY

12:00-1:00pm  
**Ladies  
Swimming  
Lessons**  
at Ryde Aquatic  
Leisure Centre

#### FRIDAY

8:40-9:00am  
**Breakfast Club**  
in the hall

Please feel free to  
stop by the hub room  
for tea and a chat  
anytime between  
9:30-3:30!

To come: Christmas Decorating Morning (27  
November)

Hub Leader: Zoe (0412 485 919)



## Crunch and Sip needs a new coordinator!

The role includes looking after the  
roster for cutting fruit and the Sunday  
shopping roster.

If you can help please contact Zoe  
ASAP at 0412 485 919 or  
[zgrant@ssi.org.au](mailto:zgrant@ssi.org.au)

## P&C NEWS

### **UPCOMING EVENTS**

- **Thursday 16<sup>th</sup> November** – General P&C meeting 7pm library.
- **Thursday 7<sup>th</sup> December** – Cake Stall Bunnings Rydalmere



### P&C Executive Committee Members 2017

President: Mary thompson  
Vice President: Davina Wright  
Secretary: Jo-Anne Fourro  
Treasury: Michelle Ly  
Parent Members: Paula Britz  
Parent Member : Enelee Kruus  
Parent Member: Dee Hutcheson  
Parent Member: Georgina Button

We welcome our new committee members and hope you have a great finish for the year 2017. All new members welcome to come along to our meetings next one scheduled for Thursday 16<sup>th</sup> November at 7:00pm in the library.

### **Canteen News**

**Icecreams for sale in canteen are:**

Zings: 50c  
Juicies tropical : 50c  
Zooper Doopers: 50c  
Calippo : \$1.00  
Icy Twists : \$1.00  
Paddle Pops: rainbow, chocolate or banana \$1.30  
**ONLY on SALE WEDNESDAY & FRIDAY.**

#### **CANTEEN**



Canteen is opened every **MONDAY, WEDNESDAY** and **FRIDAY**, for **LUNCH ORDERS ONLY.**

### **Uniform Shop News**

- The new price list September 2017 is on the website.
- Uniform shop open every Thursday morning or by appointment.



# Movie Night



## 2017

### What a night



It took 2 hours to source community sponsorship to keep the entry fee low. There was 6 hours involved in sourcing and collating the raffle prizes, 2 hours printing and collating the raffle tickets, 2 hours producing the flyer and many hands and feet to letterbox drop all 1600 houses in our catchment area. There were many meetings and around 10 hours to plan and prepare the games and food. It took 5 hours to set up the activities and food to get ready for all our community to join us.



The Movie Night Committee tried some new things, we had a website, online auctions, online volunteer system. There were many heated debates and numerous learning experiences along the way, but we came through to put on the event that you all enjoyed.

On the day we had over 70 families come through the gates, together we ate 150 sausages, 45 chicken kebabs, drank 250 drinks, ate over 4kg of popcorn and purchased 750 raffle tickets



Lots of children were entertained completing the missions and finding the secret phrase. Our butterfly experience was a hit with the tent constantly full of children that were enchanted with the butterflies. Connections were made with local sporting groups which moving forward will be a mutually beneficial relationship.



All of this would not have been possible without the many people who volunteered on the day, the support of the School and Admin staff for their help in preparing everything and the tireless efforts of the Movie Night Committee, who worked hard to put on this event for the community to enjoy. Lastly the movie night would not have happened without you, our school community, if it wasn't for you coming to watch the movie and enjoy the activities the night would not have happened.

Thank you to everyone who helped along the way, every contribution is valuable.

Congratulations to our Raffle prize winners. View the winners list here

<http://rdalmeresandc.simplepage.com/437080230>

Our lucky auction winners will have hours of fun at Code Red, Lollipops and Oatlands Golf Club



## COMMUNITY NEWS

# Clement Art School

[www.clementart.com.au](http://www.clementart.com.au)

Epping, Eastwood, Chatswood, Burwood,  
Hurstville, Hornsby, Parramatta, Killara

Craft
Drawing



clay
Creative Art

sketching
Painting




Email us if telephone line is not be connected

**Tel: 0414435388**      email: [clementartschool@hotmail.com](mailto:clementartschool@hotmail.com)

EPPING Shop 12, 74 Rawson Street (G/F)	BURWOOD Shop 4, 181 Burwood Rd (G/F)
EASTWOOD Suite 9, 225 Rowe St (level 1)	HORNSBY Suite 4, 169 Pacific Hwy (level 1)
PARRAMATTA 4/105 Church Street (level 2)	HURSTVILLE Suite 8, 123 Forest Rd (level 1)
KILLARA Suite J, 680 Pacific Highway (level 1)	CHATSWOOD Shop 75, Oscar St (level 1)

# CHRISTMAS IN PARRAMATTA

THURSDAY 30 NOVEMBER, 4PM TO 9PM, CENTENARY SQUARE



[www.discoverparramatta.com/christmas](http://www.discoverparramatta.com/christmas)

30 November, 4pm to 9pm  
Centenary Square, Parramatta

Celebrate Christmas in Parramatta  
with **FREE** entertainment and activities  
for the whole family, including:

- PJ Masks stage show and meet & greet opportunity
- MC Nay Nay from ABC Kids
- Performances from local school choirs and community groups
- Arts and crafts workshops
- Cookie decorating
- Virtual Reality sleigh ride
- Quality food and market stalls
- Special visit from Santa
- Photo with puppies from Doggie Rescue
- Carols by Candlelight
- Interactive Christmas Tree Spectacular
- Fireworks finale

Come and  
meet PJ Masks!



For the full program, visit  
[www.discoverparramatta.com/christmas](http://www.discoverparramatta.com/christmas)

PRESENTED BY



EVENT SUPPORTERS





## **“Discover and Be Inspired”**

**Invitation for Gifted and Talented YEAR 5 Students and their parents**

**Come along and enjoy a Science experience with a difference – Be part of our innovative Science classroom**

**Registrations are now open for this special day with limited places and it's free of charge.**

**Dear Parent/Guardian**

**An invitation to a unique event for Gifted and Talented Year 5 students and their parents, meet the Surfing Scientist, see his Science tricks, be part of a giant Science experience, be a scientist doing experiments and have fun.**

Cumberland High School is a comprehensive high school with a stream allocated to Gifted and Talented students. Cumberland offers a curriculum for students who aspire to achieve exceptional results.

*You are invited to attend a unique Science Challenge Experience, which will be held at our school.*



*Ruben Meerman, The Surfing Scientist from the ABC will present his special Science Challenge Performance.*



**Date:** Tuesday 21<sup>st</sup> November 2017  
**Time:** 9.00am to 12.30  
**Venue:** Cumberland High School  
183 Pennant Hills Rd.  
Carlingford 2118  
**Telephone:** 9871 7718  
**Fax:** 9872 5381  
**Web:** [www.cumberland-h.schools.nsw.edu.au](http://www.cumberland-h.schools.nsw.edu.au)

**To register: Ring the school or email for the attention of Mrs Diane Orpen providing the name of the parent/guardian and the names and number of students that are interested in attending. Please notify us by Wednesday, 15 November 2017.**