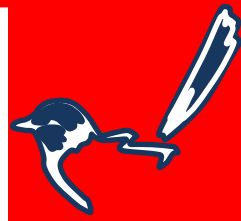




# THE LINK

*A publication of Rydalmere Public School*

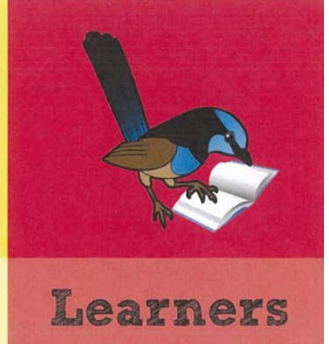
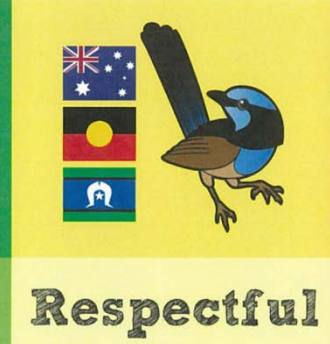


397 Victoria Road  
Rydalmere 2116

Email: [rydalmere-p.school@det.nsw.edu.au](mailto:rydalmere-p.school@det.nsw.edu.au)  
Web: [rydalmere-p.schools.nsw.edu.au](http://rydalmere-p.schools.nsw.edu.au)

Ph: 9638 1568  
Fax: 9898 0161

Term 1 – Week 4: Issue 2/2017



## DATES TO REMEMBER

16/2/17	<b><i>P&amp;C AGM and Meeting</i></b>
17/2/17	<b><i>Swimming Carnival</i></b>
22/2/17	<b><i>Welcome BBQ &amp; Disco: 5-7pm</i></b>
27/2/17	<b><i>Meet the Teacher Evening: 6pm</i></b>
21/3/17	<b><i>Harmony Day</i></b>

27/3/17	<b><i>Parent Teacher Interviews</i></b>
7/4/17	<b><i>Easter Hat Parade</i></b>

## PRINCIPAL'S REPORT

### ***WOW – busy and HOT!!***

What a busy.....and HOT start to 2017 we've had!! Despite the heat, our classes are well settled with learning underway. We are very lucky that we have air-conditioning in every classroom to keep us cool. I also enjoy having fun with our students on the really hot days where I bring out the hose at recess and lunch and allow students that want to, to get wet to cool down!!

### ***Swimming Carnival***

Our combined school swimming carnival for competitive swimmers is on this Friday 17, February. We are looking forward to a great day and wish all our swimmers the very best in their races.

### ***Welcome BBQ & Disco***

We warmly welcome all families to our Welcome BBQ and Disco, jointly run by the P&C and Rydalmere PS staff.

### ***Meet the Teacher***

On Monday 27 February, 2017, class teachers will be running an information session for parents. The night will commence at 6pm and conclude by 6:30pm. There will be time for parents of more than one child to move between rooms to receive information from teachers. This night is designed to give parents and carers general information about how each class will operate for the year in terms of organisation, curriculum and the many varied learning experiences your child will enjoy at RPS.

This night is not an opportunity for a one-on-one interview specifically about your child. Parent/Teacher interviews will be run on 27 March. If, however, you need to discuss specific needs of your child with the class teacher prior to that date, please contact the school to make an appointment.

## Defence School Transition Aide

This year, we will be working with Becky Blamires, a 'Defence School Transition Aide' (DSTA) to support students whose parent/s currently work in a defence force. We welcome Becky to our school. She will be contacting our defence families in the coming weeks to introduce herself. If you need to contact Becky, please see her details below:



**Becky Blamires**

Email: [rebecca.blamires@det.nsw.edu.au](mailto:rebecca.blamires@det.nsw.edu.au)

Mobile: 0412 736 914

## Nutrition Tips

**Nutrition Snippet**

# The simplest way

...to get bang for food budget buck.

Budgeting the week's food money according to the healthiest foods means getting the best value for money.

**Spend most:** wholegrain breads and cereals; fruit and vegetables.  
**Spend moderately:** meats and alternatives; dairy.  
**Spend least:** foods high in fat, salt and/or sugar.



**Buy what's good for you...**  
Fruit and veg are good for you - a fibre-rich diet including two serves of fruit and five serves of vegetables a day can help prevent one in six bowel cancer cases.

**And save...**  
Fruit and veg are good value for money, especially when in season. Buy canned or frozen when they're cheaper than fresher varieties.

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.

**Health**  
Western Sydney  
Local Health District



**Nutrition Snippet**

# The simplest way

...to get kids eating more fruit and veg.

Learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer.



Cancer Council NSW's *Eat It To Beat It* program hosts free Fruit & Veg Sense workshops at schools across NSW.

In these 90-minute workshops we give you simple tips and ideas on:

- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a FREE recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

Ask your school to register via [eatittobeatit.com.au](http://eatittobeatit.com.au).

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.

**Health**  
Western Sydney  
Local Health District



**Nutrition Snippet**

# The simplest way

...to help parents *Eat It To Beat It*.

Want to learn more about getting your family to eat well to reduce cancer risk, and empower other parents to do the same?

Join Cancer Council NSW's *Eat It To Beat It* program as a volunteer Program Facilitator.

We will train and support you to deliver free Healthy Lunch Box sessions and Fruit & Veg Sense workshops that:

- Help families to reduce their cancer risk.
- Make a difference in your community.
- Increase your confidence and improve your presentation skills.



For more information email [eatittobeatit@nswcc.org.au](mailto:eatittobeatit@nswcc.org.au) or phone (02) 4923 0710.

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.

**Health**  
Western Sydney  
Local Health District



*Bek Zadow*  
Principal

## WHAT'S HAPPENING IN KINDERGARTEN?



Miss Gray, Miss Gallace and Kindergarten would like to thank all of our Buddies for their support over the last two weeks. Their role has included helping us hang our bags, making sure we are ready for recess and lunch and helping us on the playground. We made them a special card to say thank you for their efforts and gave it to them last Friday.



## WHAT'S HAPPENING IN PRE SCHOOL?

We welcome all our new families to preschool and hope that we have a wonderful year together.





# WHAT'S HAPPENING AT OSHCare



## RYDALMERE OSHC CENTRE WEEKLY SUMMARY

Date: 6<sup>th</sup> – 10<sup>th</sup> February 2017

Hi Families,

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

This week we celebrated Safer Internet Day where we discussed with the children the importance of safe internet use and what the children use the internet for. We also discussed with the children the importance of women in society that work in the area of science.

If you would like your child to walk home or to OSHC please fill in the form, we sent out last week and return it to an Educator as soon as possible.

### PROGRAM

#### This week's highlights

It was our first week of Animal Club and the children all loved learning about furry polar bears. The children answered what they knew about polar bears and made their very own polar bears out of cardboard rolls, they all looked super cute. For show and Tell this week a lot of children brought in their cute soft toys. This week we had a very special group project where we are starting to make planets from space using newspaper and balloons with paper Mache. This week the children's favourite board games have included Snail Race and one of their regular favorites, Peanut Elephant.

#### Next week's menu:

Mon	Wraps With jam, vegemite or cream cheese spread
Tues	Toasted Sandwich's With Cheese and Chicken
Wed	Chicken Noodles With dried onion and seasoning
Thurs	Nachos With tasty cheese
Fri	Raisin Toast With yogurt



*Making cute polar bears*



*Peek a Boo!*

### UPCOMING CENTRE EVENTS

Valentine's Day – Tuesday 14<sup>th</sup> February  
Random Acts of Kindness Day – Friday 17<sup>th</sup> February

### CHILDREN'S INPUT

"I enjoyed making the polar bears!"  
Klarissa, 6<sup>th</sup> January 2017, Daily Journal

### FEEDBACK/STAFF UPDATE

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

CONTACT US at [ryoshc@primaryoshcare.com.au](mailto:ryoshc@primaryoshcare.com.au)  
Isabella Caruana Ph: 0419 816 734 Or  
Alison Hurst (Manager) 0447 719 883  
See us at: [www.primaryoshcare.com.au](http://www.primaryoshcare.com.au)



[Primary OSHCare Facebook Page](#)

# Book Club LOOP

**LOOP** is the Scholastic Book Club  
**L**inked **O**nline **O**rdering & **P**ayment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)**

or



Follow these **easy** steps!

**1** Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

**2** Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

*Note: You can order for multiple children at once if they attend the same school.*

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



LOOKING FOR MORE PRODUCT INFORMATION?



Item No.

**FIND**

**3** Click on **ORDER** and enter the item number from the Book Club catalogue.

**4** All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**



## P&C NEWS

### UP COMMING EVENTS

- ✓ Thursday 16<sup>th</sup> February – P&C AGM 6:30pm and General Meeting 7:00pm.
- ✓ Wednesday 22<sup>nd</sup> February- Welcome BBQ & Disco at 5pm to 7pm

*We invite you to become part of the P&C 2017*



**“Welcome to all new families and teachers to our fabulous Rydalmere Public School.”**

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 Executive Member 2017

President

Vice President

Treasure

Secretary

### P&C AGM and General Meeting – Thursday 16<sup>th</sup> February

Our next P&C AGM and General Meeting will be held on Thursday 16<sup>th</sup> February in the school Library. Please arrive at 6.20pm for a 6:30pm start.

- ✓ Election of the new EXECUTIVE MEMBER 2017.
- ✓ 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 ☺!!!!.

Please respect the **5 minute** zone when you drop your kids off. If you want to stay longer you need to find another area. Avoid being fined.

The P&C run several fundraising events throughout the year. All funds raised go directly back to the students, in the form of resources, new or upgrading facilities or subsidising the costs of camps or excursions.

Sometimes these fundraising events are raffles, if you do not wish to receive raffle tickets to sell please let the P&C know by emailing the P&C at [rydalmerepandc@hotmail.com](mailto:rydalmerepandc@hotmail.com) , if no notification is received we will take it as an indication of your consent to receive raffle tickets to sell on behalf of the P&C.

Thank You  
Rydalmere Public School P&C

### 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 off any personal hygiene products to the P&C/Community Hub room (**purple building**). 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.

### 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.

### ICECREAMS



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

## UNIFORM SHOP AND CANTEEN NEWS

**Canteen:** The canteen is open on Tuesday the 14th February. If anyone is interested in learning about the canteen, please come down and learn to take canteen orders or make some lunches. Your children love seeing you at school. So come on down, we would love to have some new faces helping out.

**Uniform shop:** The uniform shop is open by appointment and it will also be open once a month on Thursday's. If you can't get to school, you can always leave your order at the school office. Please ensure it is sealed in an envelope with correct money and a uniform shop order form inside.

**EXIT Soap:** This is great to use on paint, pens ink, texta, any stubborn stains on school uniforms. DON'T wash the uniform before using this exit soap. This exit soap can be purchased at Target, Spotlight, Victoria's Basement.





## Clement Art School

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

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

Craft Drawing  
Creative Art  
clay Painting  
Sketching




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)

## Cumberland High School

*Excellence in Education*



Experience Excellence at **Cumberland High School's**  
**Open Evening.**  
 Monday 27 February 2017  
 from 6.00pm to 8.00pm

 Cumberland High School provides an extensive range of academic and vocational opportunities delivered by our professional, experienced and highly committed teachers.

**ALL WELCOME**

183 Pennant Hills Road Carlingford NSW 2118  
 Phone 9871 7718  
[www.cumberland-h.schools.nsw.edu.au](http://www.cumberland-h.schools.nsw.edu.au)

## Narang Bir-Rong is looking for Aboriginal foster carers.




### Providing Aboriginal Foster Care & Kinship Care since 2008.

Narang Bir-rong recruits, trains and supports Aboriginal foster carers and case manages children and young people in out of home care. Narang Bir-rong places Aboriginal children and young people in care situations that support their individual identity and self-esteem and that meet their social, emotional and behavioural needs.

Narang Bir-rong is urgently looking for more Aboriginal carers right now. If you would like to know more or are interested in becoming a carer please contact us.

Narang Bir-Rong  
 Penrith Children's Family Centre

 Like us on Facebook  
[facebook.com/narangbirrong](https://facebook.com/narangbirrong)  
 Phone: (02) 4729 1677  
 Website: [narangbirrong.org.au](http://narangbirrong.org.au)

 **Barnardos Australia**

ABN 55 080 552 006 EA Company Limited by Guarantee (Registered Charity) Models used for privacy | PH\_15\_00222



**Department  
of Industry**  
Resources & Energy

# Support to Pay Electricity and Gas Bills\*



**Help is available to pay  
your energy bills.**

**For information on  
rebates and emergency  
assistance go to:**

**[www.resourcesandenergy  
.nsw.gov.au/rebates](http://www.resourcesandenergy.nsw.gov.au/rebates)**

**or phone Service NSW  
on 137 788**

*\* eligibility criteria apply*