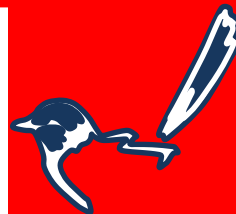


THE LINK



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

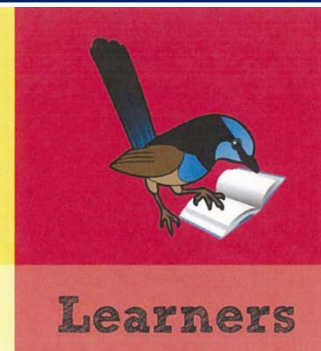
Term 2 – Week 4: Issue 7/2017



Safe



Respectful



Learners

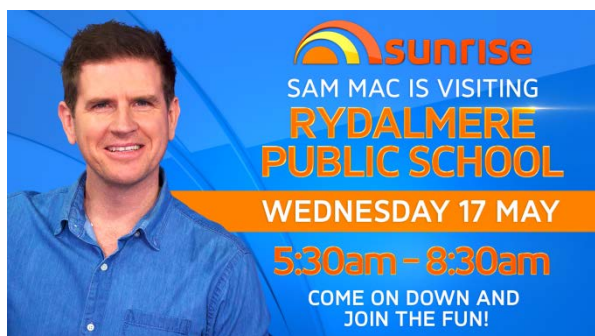
DATES TO REMEMBER

17/5/17	School Cross Country
18/5/17	School Assembly
18/5/17	P & C Meeting
19/5/17	Walk Safely to School Day
30/5/17	Zone Cross Country

PRINCIPAL'S REPORT

Channel Seven Sunrise is coming to Rydalmere PS!!

Wednesday 17 May is an exciting day for our Rydalmere community as we welcome the Sunrise weather team to our school again. They will be broadcasting seven live weather segments from our school (from 5:30-8:30am), showcasing our wonderful Rydalmere PS. If you wish your child to participate, they **MUST** have signed permission (notes sent home on Monday and also accessible on our website). Students may arrive from 5:20am. Breakfast of toast, fruit and milk will be served by the staff throughout the morning to hungry tummies. Any parents wishing to help with this should see me in the morning to volunteer.



Cross Country

Is on Wednesday 17 May BEGINNING AT 11:30am (revised time).

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 in late Term 3 from mid-August to mid-September. All staff at Rydalmere are proud of the resilience and maturity our Year 3 and Year 5 students demonstrated as they tried their best during the testing period. As Principal, I am so proud of our students for their effort.

Walk to School Safely Day

This Friday 19 May is Walk to School Safely Day. If you can, we encourage parents to join our students in 'walking to school' which promotes road safety and healthy lifestyle.

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.

The theme for #NRW2017 is 'Let's Take the Next Steps'. In 2017, we reflect on two significant anniversaries in Australia's reconciliation journey – 50 years since the 1967 referendum, and 25 years since the historic Mabo decision. As we commemorate these significant milestones, we ask all Australians to be a part of the next big steps in our nation's reconciliation journey.



**Cancer Council NSW**

Nutrition Snippet

The simplest way

...to choose the best lunch box drink.

When it comes to packing a lunch box drink, water is the best choice!



Milk is a great drink too – add a plain milk popper to the lunch box as well to give kids a calcium boost.

Drinks such as fruit juice, cordial, flavoured mineral water, soft drink and sports drinks are high in sugar and low in nutritional value. So limit or avoid these drinks.

It is best to only drink juice occasionally and it should not be packed in the lunch box. Avoid “fruit drinks” as these are just sugar water and a little juice.

Remember, water is essential so make sure you pack a bottle of it in the lunch box every day.

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

Eat It To Beat It 

**Cancer Council NSW**

Nutrition Snippet

The simplest way

...to save money and improve your health.

Including two serves of fruit and five serves of vegetables in your daily diet can help prevent cancer and save you money too.

Reducing the amount of expensive meat ingredients and increasing the amount of cheaper vegetable ingredients in recipes is a great way to boost your veg intake and reduce the grocery bill.



Try it with:

- Pizza** – limit or avoid processed meats and add more mushrooms, capsicum, onion or leftover roast vegies.
- Stir fries** – reduce the meat and add extra capsicum, broccoli, snow peas and bok choy.
- Bolognaise** – use less mince and more grated or chopped carrot, celery and zucchini or add canned lentils or kidney beans.

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

Eat It To Beat It 

Bek Zadow
Principal

ASSEMBLY AWARDS

Term 2 Week 2 - 4/05/2017

	 Safe	 Respectful	 Learners
K Blue	Ayla	Jake	Hanin
			Daniel
K Purple	Kate	Geordie	Nick
			Ahmed
1/2M	Yusuf	Kassidy	Sophia
			Vida
			Nakita
			Nina
2/3A	Annie	Ayden	Amalia
			Atia
			Yusra
			Isaac
3/4S	Gabriel	Tairell	Jolan
			Emma
			Paige
			Sejin
5/6M	Alana	Klarissa	Kory
			Jasmine Y
			Will C
			Ahmad

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.

Many thanks for your help ☺

WHAT'S HAPPENING IN K BLUE?



In KBlue we love learning new sight words. We are also learning to write new words. We love our reading time in the reading corner. We are also busy every morning remembering the days of the week.



WHAT'S HAPPENING IN OSHCare?



RYDALMERE OSHC CENTRE

SCHOOL NEWSLETTER INCLUSION

May 2017

Welcome back to term 2 at Rydalmere OSHC. We hope everyone had a relaxing and fun filled holiday with their family and friends. We are very happy to have everyone back and even have some new faces.

This term we introduced a new club, Yoga. During yoga club the children learn different yoga positions every week with the educator and one child is chosen to be the assistant. We also continue to run Animal Mondays, Science Experiment Wednesdays and Cooking Club, as all the children love participating in these clubs as it provides them with variety.

Please also remember to provide your child with a water bottle and hat every day at OSHC as these are both very important for your child as sun protection and good health are essential for your child.

Families can contact staff at the Centre by calling 0419 816 734 or emailing ryoshc@primaryoshcare.com.au. Our centre manager, Alison, can be contacted directly by emailing alison@primaryoshcare.com.au.

Best wishes from Isabella, Kaylah, Danielle and Alison



STEWART HOUSE DAY

Friday 26th May 2017



Win a family holiday worth \$4,000

DONATION DRIVE HOLIDAY DRAW

Take home an envelope and have an adult fill in the details. Return the envelope to school with your \$2 donation.

Envelopes for the Donation Drive have been sent to all NSW Public Schools in Term 1 2017.

Please place a donation of at least \$2.00 in the envelope and return to your school so they can post to Stewart House for the draw on Friday 26th May 2017.





everyone's family

Stewart House and The Smith Family have been partnering for **over 50 years** to build sustainable reuse initiatives that benefit children and families in disadvantaged communities.



RECYCLE CLOTHING



OF WASTE DIVERTED FROM
LANDFILL EACH YEAR



SUPPORTING PROGRAMS
FOR DISADVANTAGED STUDENTS

Clothing drives are an innovative and fun way to supplement your permanent, day-to-day recycling systems.

With the support of schools across NSW and ACT our clothing drives have collected more than 1.5 million kilograms of clothing over the past 10 years which provides funds into the Stewart House and The Smith Family programs.

If you would like any further information about The Smith Family Stewart House Clothing Drive please contact us on **1300 737 166** or **customerservice@thesmithfamily.com.au**

Your donation of clean, wearable clothing and accessories helps support disadvantaged children and their families, while reducing our impact on the environment.

thesmithfamily.com.au/recycling

RYDALMERE PUBLIC SCHOOL

Learning is Growing



"The Link" Newsletter

The fortnightly newsletter "The Link" is produced electronically. It is available for viewing on the school website: www.rydalmere-p.schools.nsw.edu.au. Please note that "The Link" will no longer be e-mailed.

A print copy will be posted on the notice board outside the Kindergarten room by Tuesday morning.

Alternatively, "The Link" can also be viewed via the **FREE** Rydalmere Public School App. The App will also give you a notification when "The Link" has been published so you will never miss out on all the latest news and events at Rydalmere Public School. This is an excellent way to keep in touch and up to date with class news and dates for your calendar



Should neither of these options meet your needs, please advise the office either by phone or a note and we will arrange for a print copy to be sent to you via your child.

Kind regards,

Bek Zadow
Principal



P&C NEWS



*“Many hands
make light work”*

John Heywood

*Why not come and see what we can achieve together. Join Rydalmere Public School P&C or volunteer at our next fundraising event. **Next P&C Meeting – 18th May, in the school Library. Please arrive at 6.45pm for a 7:00pm start. “We will be waiting for you” ☺.***

Some items we will be discussing are:

- ✓ Up- Coming Fundraising Events.
- ✓ Principal Report
- ✓ President Report
- ✓ Treasurer- Financial Report including Canteen and Uniform Shop.
- ✓ General Business.
- ✓

Remember all money raised by a parent committee must be used for the benefit of the school. But as a member, you get to vote on how funds are used—and ultimately, that can only benefit your child too.



Mothers Day M.A.N.G.O stall 3rd May and 4th May. Thanks you all volunteer as Maryanne, Michelle, Davina and Dee. *"We hope everyone has enjoyed their gifts and Mother's Day".*

Uniform shop

New price for Tracksuit is: \$75.

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.



Ice creams for sale



Icy twists \$1.00

Juicys 50c

Zooper doopers 50c

Chocolate paddle Pops \$1.30

Banana paddle Pops \$1.30

Rainbow Paddle pops \$1.30



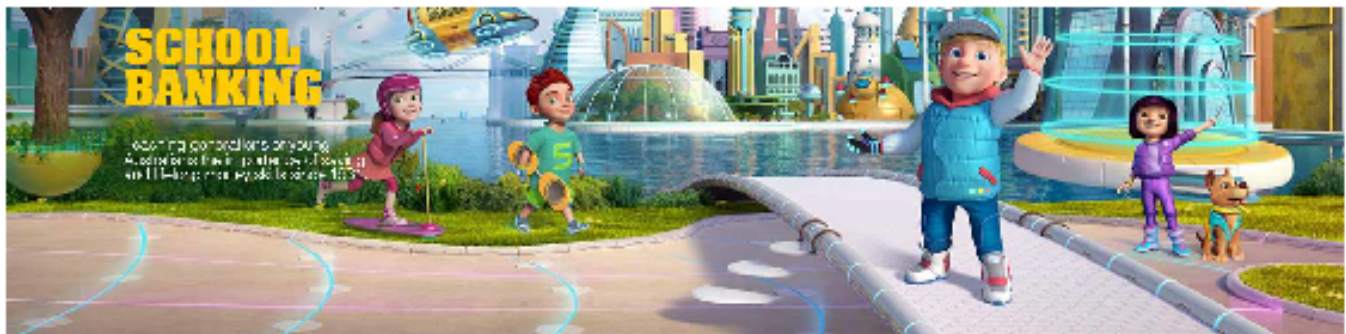
CANTEEN

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).



Future Savers can experience the magic of Tokyo Disneyland

The School Banking program not only puts your child on the path to good money skills, it might even put them on the path to Tokyo Disneyland. In 2017, one lucky Future Saver will fly to Japan for an unforgettable family trip.



How to enter

Every student who makes 15 or more School Banking deposits by the end of Term 3, 2017 will automatically go into the draw to win a family trip for up to two adults and three children to explore Tokyo Disneyland and its amazing attractions, including the futuristic Tomorrowland.

The Grand Prize

- Five nights' accommodation at the Sheraton Grande Tokyo Bay Hotel
- Return economy airfares from the winner's nearest capital city to Tokyo, Japan
- Three-day Magic Pass to Tokyo Disneyland & Tokyo DisneySea
- AU\$1000 spending money.

View full competition terms and conditions

Should you have any questions or for more information, feel free to contact the school office or the school banking co-ordinator, Paula Britz, directly on paula.britz@gmail.com or 0420 668 020

COMMUNITY NEWS

Clement Art School

www.clementart.com.au

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

Craft

Drawing



Creative Art

clay

Sketching

Painting

Email us if telephone line is not be connected



Tel: 0414435388

email: 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)

**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

Phone: (02) 4729 1677
Website: narangbirrong.org.au



**Barnardos
Australia**

ASN 19 050 557 909 1A Company Limited by Guarantee | Registered Charity | Models used for privacy | PE_15_00222



Come and join the 1st Ermington Scout Group

The 1st Ermington Scout Group is now taking on any new members into all of our youth Sections.

We welcome both Girls and Boys of a wide range of ages and provide fun, games, friendship, training, outdoors and other challenging experiences to encourage our members to do their best and prepare them for life.

Joey Scouts (6-7 years old)

Cub Scouts (8-10)

Scouts (11-14)

Venturer Scouts (15-17)

We can offer a free 4 week trial of our regular weekly meetings for any child or youth who is new to Scouting and is interested in joining our Group. For more information, contact us by visiting our website.

<http://www.ermingtonscouts.asn.au/>

