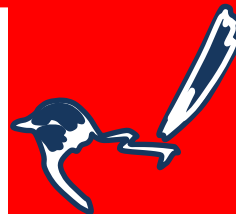


THE LINK

A publication of Rydalmere Public School

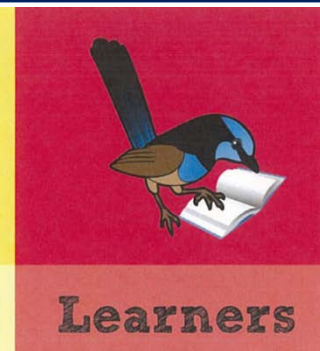


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Rydalmere 2116

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Term 1 – Week 4: Issue 2/2018



DATES TO REMEMBER

Monday's	Fundamental Movement Skills
22/02/18	School Assembly -Leaders
01/03/18	Zone Swimming Carnival
02/03/18	Clean Up Australia Day

PRINCIPAL'S REPORT

Welcome BBQ, Disco & Parent Information Evening

Thank you to all of our families who attended this combined event. It was a wonderful way to welcome our year and a great opportunity for us to catch up with our families. In the coming weeks we will be seeking your feedback on this night, given the new format we adopted this year. Thank you to the parent volunteers and the staff who enabled us to run this event.

Wheel & Road Safety

Too many students are arriving at school on 'wheels' (scooter or bike) WITHOUT wearing a helmet. Any child who does not have adequate headwear (a helmet) will not be allowed to ride their 'wheels' out of the school gate and instead be instructed to walk the scooter or bike home. I have also had complaints from residents of John Street about students riding their 'wheels' up the middle of the road. I would appreciate all parents and carers in reinforcing the road safety rules we teach at school at home. Primary school students should ride their 'wheels' to school on the footpath.

Swimming Carnival

Our swimming carnival was held on Friday 9 February. We took 19 eager swimmers with us – all of whom did themselves proud with their effort. At this week's assembly, swimming ribbons will be presented. We will also notify successful students of their inclusion in the Zone Carnival which will take place on 1 March.

Playground Equipment

There is to be NO use of our playground equipment after school. Once our end of school bell rings, all students are reminded that they should go directly home or to OOSH and not play on the equipment. Our equipment is a valuable resource to develop our students' motor skills when under adequate supervision of staff. There are plenty of opportunities for students to use this equipment throughout the school day.

Selective High School Placement Test

This will take place on Thursday 15 March for students who have previously applied for this.

Beq Zadow

Principal



iPLAY

Screen-time

Many people might think that the inappropriate content on television programs, in video games, and on the Internet is the biggest concern regarding screen-time. Media content does have a part to play but there is a silent and unnoticed problem associated with screen-use - prolonged sitting. Screen-time generally involves long periods of sitting still which requires almost no energy at all to do. This has some pretty serious implications for physical health.

Did you know?

- Sitting contributes to being overweight – Among people watching 3 hours of television per day rates of obesity are the same regardless of how much exercise they do.
- High screen-use during childhood and adolescence is linked to high cholesterol, a risk factor for heart disease.
- Spending 2 or more hours per day on screens doubles the risk of abnormal insulin levels (a risk factor for type II diabetes) compared with those spending less than 2 hours.

Adequate sleep is important for all of us but it is of particular importance to children, as growth and development occurs mostly during sleep. Adequate sleep also ensures that children are well rested for school the following day. Lack of sufficient sleep can cause irritability and can affect concentration and alertness in class. High screen-use has been shown to negatively impact both the amount and quality of sleep among children and adolescents.

BOOKCLUB NEWS

SCHOLASTIC BOOKCLUB



This year we are again running Scholastic Bookclub at Rydalmere Public School. The children have the opportunity to purchase books from the Scholastic Book Club at very reasonable prices. We usually have two brochures per term and these are sent home with your child

Any purchase of books from Scholastic Bookclub have to be ordered and paid for via the Scholastic website or the app called Book Clubs Loop for Parents.

To do this you will need to go to www.scholastic.com.au. On the left side of the home page select Loop for Parents. You will be required to register and then follow the prompts to order your books. If you would like assistance with the Loop process please contact us at school for assistance. All books will be sent to school for distribution.

Our school receives rewards when books are ordered through Bookclub. These rewards allow our school to obtain books and other classroom equipment at no cost.

Should you find this system does not work for you due to having no access to a computer or the inability to pay via a credit/debit card please contact the school for assistance. We do not wish for any child to be disadvantaged and miss out on purchasing valuable reading material due to this change.

We hope you will support this great program which allows your child access to high quality reading material and also gives rewards to your school.

Sue McKay and Shenpei Lin

Bookclub Coordinators.



CHARITY NEWS

Stewart House

We are again having a collection of clothing and linen for Stewart House, one of the charities our school supports.

The date of the collection is 13th March so please bring your bags of used clothing to school by Friday 10th March. Please leave your bags outside the Old School Classroom on the western end of the verandah (the purple building).



Thank you for your support of this worthy charity.

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 hall

TUESDAY

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

9:00-11:00am
Knitting
in the hall

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

We need volunteers to help
run Crunch & Sip, breakfast
club and to pack food bags.
If you can help please get in
touch :)

Contact Hub Leader, Zoe, for more information
or any questions at 0412 485 919.



P&C NEWS

UPCOMING EVENTS

- Monday 19th February – AGM- General Meeting
- Wednesday - 28/2/18 Boomerang Bag Sale
- Friday 2/3/18 – Boomerang Bag Sale
- To Be Announced – Mothers Day stall
- To Be announced – Easter Raffle



➤ Monday 19th February- 6:30pm - ANNUAL AGM followed by our general meeting .

..The P&C would like to invite all current financial members to the Annual General Meeting held in the library on Monday 19th February 2018 at 6:30pm.

At this meeting a new committee will be elected and planning will start for the year. IF you are interested in holding a committee position of if you want to contribute to the success of the P&C this year come to the meeting.

If you would like any more information please have a look at the notice board or talk to one of our executive members.

Only \$1 to become a member.

ALL ARE WELCOME

THANK YOU

To the families and Teachers that help successful run the combined Meet the Teachers and Welcome Disco & BBQ on Thursday 15 February 2018.

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 \$1.40

ONLY on SALE WEDNESDAY & FRIDAY.

CANTEEN



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

Uniform Shop News

Uniform shop open every Thursday morning or by appointment.



Bag decorating workshops
Wednesday 28th Feb & Friday 2nd March

Where: School COLA

Time: 3:00 – 4:00

Cost: 1 bag for \$3 or 2 bags for \$5

A P&C Sustainability initiative
Reduce, reuse, and recycle

Come along and decorate a reusable Boomerang Bag
All materials are provided

NOTE: this is an unsupervised event – Parents/Carers will need to supervise their own children.
If you cannot attend the workshop you are most welcome to purchase a bag on the day
and take home to decorate at your leisure



Recycle your mobile this summer and MobileMuster will donate a meal to someone in need through OzHarvest, Australia's leading food rescue organisation.

Help MobileMuster recycle 70,000 mobile phones by the end of February so that we can deliver 70,000 meals to people in need across the country.

There are a number of ways you can recycle your mobile phone with MobileMuster. Remember to remove any data that you would like to keep before you recycle.

**RECYCLE
YOUR OLD
MOBILE
HERE**
AND WE'LL PROMISE
TO KEEP IT OUT OF LANDFILL



Recycle through our school PC in our Mobile Muster box located in the school grounds and school office. You can also drop them off at any participating mobile phone retailer (Telstra, Optus, Vodafone, Virgin or Samsung).



The PC will be running the MobileMuster throughout Term 1, 2018.

RAFFLE TICKETS NEWS

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, 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



ERMINGTON TIMETABLE 2018

Ermington Studio: The Basement Studio at Riverside Baptist Church,
Cnr Lawson & Kendall Sts, Ermington (Enter through side door on Kendall St)

TUESDAY	WEDNESDAY	SATURDAY
6.00 – 7.00pm 10yrs-Teen Ballet \$155/term	3.50 – 4.40pm 6-9yrs Ballet \$150/term	9.00 – 9.30am 2-5yrs Twinkle Dance \$130/Term
7.00 – 8.00pm Adult Fitness & Dance Class \$155/term \$20/class	4.40 – 5.30pm 6-9yrs Funky Jazz/Hip Hop \$150/term	9.30 – 10.15am 4-8yrs Acrodance \$150/term
	5.30 – 6.30pm 10yrs-Teen Funky Jazz/Hip Hop \$155/term	10.15 – 11.15am 9yrs – Teen Contemporary/Lyrical \$155/term
	6.30 – 7.30pm ER Performance Crew \$110/term **must be enrolled in Funky Jazz/Hip Hop**	11.15 – 12.15pm 9yrs – Teen Acrodance \$155/term

ENROL NOW and JOIN IN THE FUN!

<https://dancestudio-pro.com/online/dancesensation>

- Dance Sensation is a strong supporter of age appropriate choreography and music. We endeavour to make the Performing Arts enjoyable and uplifting.
- Dance Sensation offers a space to build encouraging friendships and to learn life skills together! **Discover more** about each exciting style of dance we offer on our website's 'classes page' www.dancesensation.com.au/classes/ to find the perfect class for you!
- Click 'Online Registration' and create an account, enter your details, create a new student and select the classes you wish to enrol in!

\$\$\$ GREAT TERM DISCOUNTS FOR FAMILIES AND STUDENTS ATTENDING MULTIPLE CLASSES

Questions? Email admin@dancesensation.com.au



facebook/Dance Sensation

@dancesensationaustralia



2018 OPEN EVENING



CUMBERLAND HIGH SCHOOL

Experience Excellence at
Cumberland High School's

OPEN EVENING

Monday 19 February
5:30pm – 8:00pm

CUMBERLAND HIGH SCHOOL

183 Pennant Hills Rd
Carlingford NSW 2118
(entry via Dunmore Ave)

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

FURTHER ENQUIRIES

P: 02 9871 7718

W: www.cumberland-h.schools.nsw.edu.au

f Cumberland High School – Official

FB: DUNDAS VALLEY JUNIOR RUGBY UNION CLUB



Registration at Vikings Sports Club 35 Quarry rd, Dundas Valley February 17 & 24, 11:00 - 2:00



**Dundas Valley Junior
Rugby Union Club**

Under 6 to Under 15
teams

Phone 9631 5369

OR

Email
dvjru@hotmail.com

\$100.00
REGISTRATION



PLAY RUGBY, MAKE FRIENDS, BE ACTIVE, HAVE FUN!