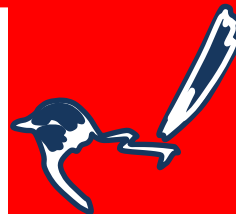


THE LINK

A publication of Rydalmere Public School



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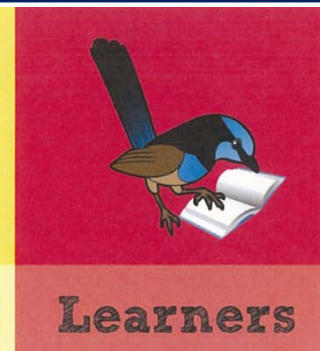
Term 1 – Week 6: Issue 3/2018



Safe



Respectful



Learners

DATES TO REMEMBER

Monday's	Fundamental Movement Skills
08/03/18	School Assembly 5/6R
21/03/18	Harmony Day
26/03/18	Easter Hat Parade
30/03/18	Good Friday

PRINCIPAL'S REPORT

Selective High School Placement Test

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

High School Enrolment forms for Year 7 2019

I would like to remind all families of current Year 6 students that these forms are due back NO LATER than Wednesday 14th March. These forms are a mandatory part of the enrolment process into Year 7. Any parent requiring help with these forms is strongly encouraged to contact me immediately so I can assist.

Clean Up Australia Day

All students participated in this community service event for our school. I would like to thank all of our students for their participation in this event.

Parent Teacher Interviews

These will be held on Monday 27 March. All students received this information and so far we have 80 interviews booked – that means we only have 76 students who need a parent/carer to book an interview.

These meetings are extremely valuable and I strongly urge all parents and carers to take up this opportunity to speak one-on-one with your child's teacher. To access our booking system, please go to www.schoolinterviews.com.au and 'Make a Booking' using our school code:

qwys

Harmony Day – 21.3.18

We have another fabulous celebration planned for Harmony Day 2018. Notes have gone home detailing all of this information. If you are able to help on the day, please return the parent helper form. As always, our day will begin with a parade, followed by a multicultural performance (this year a Bollywood theme) and culminating in our feast. We value the contributions that all families make for this day to be a success, and as such I would like to thank you in advance for your kind donations of food and time to our feast. Children will also partake in the planting of an orange tree in our 'Harmony Orchard' as well as planting a 'Harmony Garden' with our hands.

Zone Swimming Carnival

Miss Gray and I had the pleasure of accompanying our 16 'Zone Swimmers' to this carnival on 1st March. Our swimmers did us proud!! Many of our students had top 10 placings overall, earning us valuable points which placed our Rydalmere team 11th out of the 17 Parramatta/Merrylands schools!! This is an outstanding result for our school!!

Special mention to these students who placed in the top 20 overall for their age (out of 50+ swimmers) in title for age champion:

- Lucas Cottam – Junior Boy – 7th
- Zach Broughton – Junior Boy – 9th
- Will Cottam – Senior Boy – 11th
- Jacquelyn Ly – Senior Girl – 6th

Easter Hat Parade & Colouring Competition

Our Easter Hat Parade is on Monday 26 March. We encourage all students to participate in this event. Notes detailing this event will be sent home with week.

Our hard working P&C will also be running an Easter Raffle. Please support this generously if you can – you may even win some great prizes!!

Beġ Zadow

Principal

Nutrition Snippet

The simplest way

...to pack a healthy lunch box.

Pack at least one item from each of the following food groups for a healthy lunch!

Breads/ cereals: Wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, or homemade muffins and slices.

Fruit: Serve in fun ways; try fruit kebabs or fruit in jelly, cut whole fruit into small pieces for younger kids.

Vegies: Pack carrot or celery sticks with hummus.

Dairy: A slice of cheese, yoghurt or custards are all great lunch box items.

Meat and alternatives: Cooked chicken, tuna, egg, roast meat and legumes like red kidney beans or chickpeas.

Water or milk: Water or milk are the best drink choices. 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





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**





ASSEMBLY AWARDS

Term 4 Week 8 – 30/11/2017

	Resilience Values CONFIDENCE	Resilience Values PERSISTENCE & DETERMINATION	 Learners
K Blue	Jude	Jaxen	Diyar
			Kaiden
K Purple	Zoe	Razan	Oliver
			Leron
1 Violet	Connor	Jed	Mohammed
			Mahveen
			Mitchell
			Willow
2 Turquoise	Matthew	Yusuf	Kelcey
			Matthias
3/4 Blush	Gabriel	Adam	Dekoda
			Ayden
			Isaac
			Luke
4/5 Scarlet	Cynthia	Hilal	Alexis
			Ridwaan
			Maria-Victoria
			Haizen
5/6 Ruby	Amelia	Ahmad	Odessa
			Paige
			Daniyal
			Ari

Screen-time

Screens are used for a wide variety of purposes including communication, entertainment and homework. When we refer to screen-time we are talking about recreational screen-use, outside of school hours, for the purposes of entertainment. Screen-time refers to:

- Watching TV / DVD's
- Playing video games on a console (e.g. Xbox), computer or portable device (e.g. PSP)
- Using the computer for internet surfing or social media (e.g. Facebook/Twitter)
- Using a smartphone or tablet device (e.g. iPhone/ iPad)

Screen-time is like junk food. A little bit isn't going to do too much harm. It's when it is done to excess that it becomes a problem. When considering the screen-time of your children think about whether there is a balance between physical activity, schoolwork, socialising and screen-time.

National guidelines recommend that young people spend no more than 2hrs per day using screen-based entertainment.

Did you know?

- Research has linked high screen-use during childhood and adolescence to poor academic performance.
- According to one scientific study high screen-users during childhood and adolescence (i.e. >3hrs/day) were significantly less likely to get a post-school qualification (e.g. university degree) by age 26 than low screen-users.
- High screen-use is linked to poor sleep.
- Children with a television in their bedroom spend about 1.5 hours a day longer using screens than those without.
- Children and adolescents with a TV, gaming console or computer in their bedroom are less likely to get sufficient sleep than those without.

WHAT'S HAPPENING IN 3/4 BLUSH



Welcome to 5/6 Ruby



We have been enjoying our new flexible seating classroom! "The furniture is so comfy and we can change the height if we are short or tall" -Will C and Amelia.

This term we have been working in reading groups and using our Super 6 strategies to understand the texts. We have also been getting ready for PSSA and practising our soccer and netball skills.



CELEBRATING CHINESE NEW YEAR IN PRESCHOOL - BLUE GROUP

Over the past few weeks we have been celebrating Chinese New Year in Preschool. We have read stories about the 12 Zodiac Animals, watched videos about Chinese New Year Traditions and lion dances. We have made paper plate Den Den Daikos (pellot drums), lanterns, dragon puppets and a paper plate dragon.

We were also lucky to have Iris's mum visit preschool to teach us how to make sushi.



Watching a video about Chinese New Year Traditions.



Making pellot drums.



Using our paper plate drums to scare away the lion.



The children performing a lion dance.

WHAT'S HAPPENING IN PRESCHOOL



Making paper dragon puppets.



Making paper lanterns.



1. We put the rice on the nori.



Iris's mum demonstrating how to make sushi.



2. Added the cucumber or chicken.



3. Rolled the nori and the ingredients.



4. Eat! Yummy!



UPCOMING EVENTS

- Monday PC meeting -19th - 7:00pm
- Monday 26th March – Easter Raffle drawn

➤ **Monday 19th March- 7:00pm -General Meeting**

- *We Have two vacancies in our P&C executives. If you feel you could help out the P&C and fill any of these positions please come along to our next meeting or contact the P&C via the email rydalmerepandc@hotmail.com*

Secretary: The Secretary is responsible for carrying out the administrative tasks related to the decisions of the meetings as resolved. The Secretary prepares, in consultation with the President, all meeting agendas.

The Secretary is required to attend P&C Association meetings and take notes of the discussions in order to produce a set of Minutes for subsequent distribution to members and for receipt, possible amendment and adoption at the following meeting. (In the absence of the Secretary the meeting should elect a person to take the Minutes, this person should be identified in the Minutes.) Further, the position includes receiving and tabling all correspondence as well as writing and dispatching outgoing correspondence as resolved/appropriate. The Secretary also issues notice of all meetings and maintains official records of the P&C Association such as the constitution, by-laws, rules of subcommittees, Incorporation Certificate, ABN details, list of financial (voting) members, Minutes, Attendance book

Treasurer : The Treasurer receives and deposits monies, maintains records, draws cheques* and presents accounts.

The Treasurer also ensures that all funds held and handled by P&C are properly and openly accounted for as the Treasurer is responsible for all funds held in the name of the P&C Association. This includes all P&C Association committees. This does not mean that the Treasurer must undertake the actual bookkeeping themselves but they must ensure that the various sub-committee financial records have been kept to the Treasurer's satisfaction. The Treasurer is a signatory on the P&C accounts and should not delegate this responsibility.

The Treasurer should encourage members to understand the state of the P&C Association finances. The Treasurer must ensure a case book or books are kept, recording all financial transactions of the P&C Association.

UNIFORM SHOP NEWS.

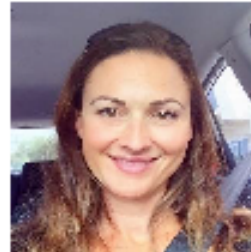
Let me introduce myself, my name is Deaane Hutchesson and I am the new Uniform Shop Co-ordinator for Rydalmere Public School P&C.

I have new opening hours and these are on **Monday & Wednesday Afternoon** between 2:00-2:45pm.

If you would like to order uniforms and can't make these days please come and see me and I can hopefully work something out for you. Please note I am not available mornings as I have work and pre-commitments.

Thank you

Deaane Hutchesson.



What a success our boomerang bags were 86 bags were sold.

The Students Really enjoyed themselves.

See this spot for Wrap up next link...



Canteen News –
ICECREAMS for Sale
Wednesday & Friday
Lunchtime only

Zings: 50c
Zooper Doopers 50c
Juicies 50c
Icy Twists & Calypso \$1.00
Paddle Pops: Rainbow, chocolate & banana \$1.40

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

STEWART HOUSE

REMINDER

STEWART HOUSE clothing bags will be collected from the school next Tuesday 13th March.

Please return your filled bags by Monday.

SCHOOL BANKING NEWS



Enhance the School Banking experience with the CommBank Youth app

The CommBank Youth app provides a hands-on experience, teaching your child to earn, save and spend their money responsibly. With the CommBank Youth app, your child can:

- ✓ Check the balance of their Youthsaver account
- ✓ View School Banking deposits in their transaction history
- ✓ Track the number of Dollarmites tokens they collect
- ✓ Set up savings goals and track progress
- ✓ Create a list of chores/jobs they can do to earn pocket money

Get started:

1. Download the CommBank Youth app on any iOS 9+ device.
2. Your child can securely log on to the CommBank Youth app using their NetBank client number. If you can see your child's account in your NetBank or CommBank app, you can [set this up online](#). Otherwise, we can set this up [in branch](#). You'll just need to bring along personal ID, like your driver's licence and child's birth certificate.



For assistance with school banking, contact the school office, or Paula at paula.britz@gmail.com or 0420 668 020