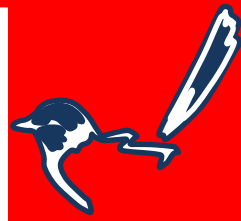


# THE LINK

*A publication of Rydalmere Public School*

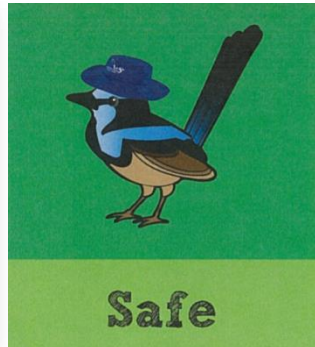


397 Victoria Road  
Rydalmere 2116

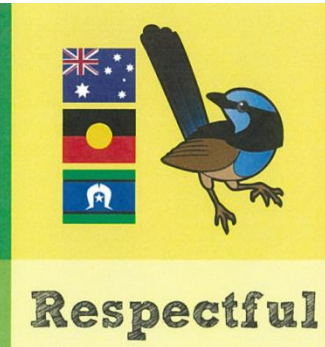
Email: [rydalmere-p.school@det.nsw.edu.au](mailto:rydalmere-p.school@det.nsw.edu.au)  
Web: [rydalmere-p.schools.nsw.edu.au](http://rydalmere-p.schools.nsw.edu.au)

Ph: 9638 1568  
Fax: 9898 0161

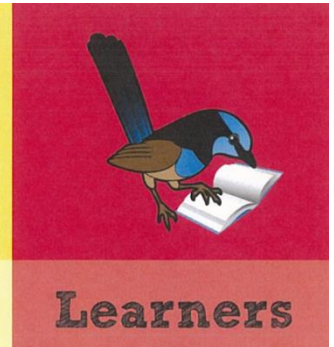
Term 1 – Week 8: Issue 4/2018



**Safe**



**Respectful**



**Learners**

## DATES TO REMEMBER

Monday's	Fundamental Movement Skills
21/03/18	Harmony Day
22/03/18	School Assembly 4/5S
26/03/18	Easter Hat Parade
30/03/18	Good Friday

02/04/18	Easter Monday
13/04/18	Last Day Term 1

## PRINCIPAL'S REPORT

### Harmony Day & Easter Hat Parade

We look forward to welcoming families to these events. We have a great school, great kids, and great community. Please come along and join in with us if you can ☺

### Parent Teacher Interviews

The interviews will be held in Week 10. 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. Bookings close on 23<sup>rd</sup> March. To access our booking system, please go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and 'Make a

Booking' using our school code: **qwyvs**

**Bek Zadow**

Principal



# ASSEMBLY AWARDS

**Term 1 Week 7 – 08/03/2018**

	Resilience Values <b>HONESTY</b>	Resilience Values <b>RESPONSIBILITY</b>	 <b>Learners</b>
<b>K Blue</b>	Samantha	William	Dhruv
			Milad
<b>K Purple</b>	Parishey	Zoe	Nicholas
			Nouha
<b>1 Violet</b>	Aila	Kumorah	Summer
			Aliyah
			Ayla
			Antonio
<b>2 Turquoise</b>	Chris	Tobias	Mitchell
			Nina
<b>3/4 Blush</b>	Liam	Laila	Clayton
			Tairell
			James
			Ahmed
<b>4/5 Scarlet</b>	Noorhan	Lanya	Zach
			Nasia
			Yusra
			Atia
<b>5/6 Ruby</b>	Geoffrey	Aaeesha	Oceana
			Bulut
			Paige
			Will

## Tips to reduce screen-time

### 1. Talk to your family

Explain to children that it's important to sit less and move more in order to stay healthy.

### 2. Set screen-time limits

Create a house rule that limits screen-time to two hours per day. More importantly, enforce the rule.

### 3. Set a good example

Be a good role model and limit your screen-time to no more than two hours per day. If your children see you following the rules, they're more likely to do the same.

### 4. Create a screen-free time period between the end of school and dinner time

This is an ideal time for children to be outside and be active. Encourage children to adopt activities such as kicking a ball in the backyard, playing outside with siblings or the family pet, going for a walk or ride, or joining a sporting team.

### 5. Log screen-time vs. active time

First, log how much time your family spends using screens (outside of school or work). Then, look at how much time the family spends being active. If you see that your family logs more hours using screens than being active, sit down together and set goals to increase your physical activity.

### 6. Be active during screen-time

When you spend time in front of the screen, do something active. Stretch, practice yoga poses, walk on a treadmill, or do body weight exercises such as squats or dips. Challenge the family to see who can do the most push-ups or jumping jacks during commercial breaks.

### 7. Create screen-free bedrooms

Avoid putting a TV or computer in your child's bedroom. Children who have TVs in their rooms tend to watch more TV per day than those who don't. In addition, having a TV in their bedroom can keep children from spending time with the rest of the family.

### 8. Provide alternatives

Watching TV can become a habit, making it easy to forget what else is out there in the world to experience. Give children ideas and alternatives, like playing and exploring outside, picking up a new hobby or learning a sport.



## WHAT'S HAPPENING IN 3/4 BLUSH







### UPCOMING EVENTS

\*Monday PC meeting -19<sup>th</sup> -  
7:00pm

\*Monday 26<sup>th</sup> March – Easter  
Raffle drawn

\*Monday 9<sup>th</sup> April – P&C forum  
meeting in Kindergarten room.

### ➤ **Monday 19<sup>th</sup> 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](mailto: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.

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.

Orders can also be made via the office or through the P&C email account which is [rydalmerepandc@hotmail.com](mailto:rydalmerepandc@hotmail.com) if you can not get a hold of me.

WINTER UNIFORMS NOTES HAVE BEEN SENT HOME PLEASE SEE ME IF YOU NEED TO ORDER.

Payment options have changed. **NO CHEQUES ONLY BANK DEPOSIT OR CASH..**

Thank you

Deaane Hutchesson.

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## EASTER EGG RAFFLE

Raffle tickets have been sent home have a look in your childs bag. The tickets are 50cents each or 3 for \$1.

There are more tickets available in the office if you wish to sell or buy more.

Please return all tickets (sold or unsold) and the money to the school (in mail box) by **Wednesday 21 st March.**

The raffle will be drawn at the Easter Hat Parade at school on **Monday 26<sup>th</sup> March.**

We have some great easter hampers to be won.

Don't forget we still need Donations and these can be dropped into the office.

Thank you for your support

P&C Committee

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## Canteen News –

ICECREAMS for sale  
Wednesday & Friday  
Lunchtime only



zings/zooper doopers/juicies 0.50c  
Calypso/ Icy Twist \$1.00  
Paddle Pops \$1.40

**RECESS MENU COMING NEXT TERM SEE  
THIS SPACE FOR MORE INFORMATION.**

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# ENDING SOON.

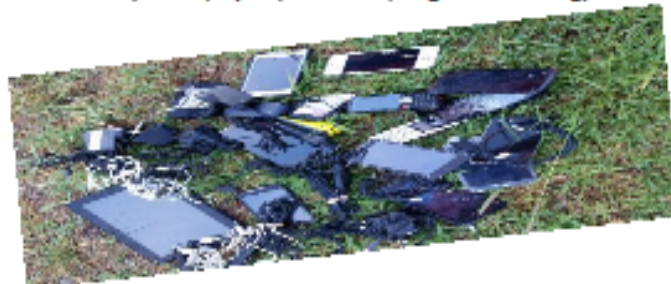
Recycle your mobile this summer and MobileMuster will donate a meal to someone in need through OzHarvest, Australia's leading food rescue organisation.

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 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).

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



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

Keep cleaning out the draws/cupboards and bring in more old phones and accessories.

