THE LINK

A publication of Rydalmere Public School

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Term 1 – Week 2: Issue 1/2019

DATES TO REMEMBER

Tuesday's	***Yoga in Hall 9.30am*** ***Knitting Club 10.30am*** ***Health Program 1.00pm***
6/2/19	***Fundamental Movement Skills***
8/2/19	***Swimming Carnival***
21/2/19	***Assembly 2.20pm***

PRINCIPAL'S REPORT

Welcome Back!!

We have had a busy start to 2019, which is shaping up to be a big year for Rydalmere Public School. It was so lovely to welcome our Preschool children, Kindergarten students, our returning students in Years 1-6, as well as our new students: Hana, Maddy, Josh, Aliesha, Orlano, Alieta, Eli, Campbell and Israel. I would like to warmly welcome all of our new families ☺

On Friday we welcomed a very happy group of 28 Kindergarten children which means we have been able to form seven classes K-6.

This year we also welcome new staff members Miss Dogan and Mrs Brown.

During the holiday period, Miss Gray was permanently appointed as an Assistant Principal at Rydalmere PS (in place of Mrs Ryan). Miss Gray has relieved in this role for the past 2 years and it is a well-deserved promotion for her. I know you will join me in congratulating Miss Gray.

Classes for 2018

<u>Class Teachers</u>

Preschool	Miss Cho
K-Blue	Miss Dogan
K-Purple	Miss Gallace
1 Violet	Mrs Aldred
1/2 Sapphire	Mrs Martelli (M,Tu,F) and Mrs Green (W, Th)
2/3 Lavender	Miss Lin
4/5/6 Fuchsia	Mrs Brown
4/5/6 Magenta	Miss Gray

<u>Executive Structure:</u>

Principal	Mrs Bek Zadow
Assistant Principal K-2	Mrs Martelli
Assistant Principal 3-6	Miss Gray
Assistant Principal **Hearing**	Mr Shepley

<u>Itinerant Hearing Team:</u>

Mrs Drennan	Teacher
Ms Gordon	Teacher
Ms Phelps	Teacher
Ms Schumacher	Teacher
Mrs Tilley	Teacher

Support/Relief Staff

Mrs Jennings	EAL/D and NAP
Mrs R McDonald	Learning & Support
Miss Cole	Librarian/RFF
Ms Medojevic	**School Counsellor-Fridays**

Admin and Maintenance Staff

Mrs Kushturian	SAM
Mrs McKay	SAO
Mrs Keast	Preschool SLSO
Mrs Bowler	SLSO
Mrs Buckingham	SLSO
Mrs Farrell	SLSO
Mrs L McDonald	SLSO
Mrs Matlak	SLSO
Miss Miller	SLSO
Miss Spiteri	SLSO
Mr Tom	GA

Keep Up to Date

Please keep up to date with our school calendar via our app, as well as the dates provided in The Link on page 1.

Bek Zadow

Principal

P&C NEWS

A big warm welcome to a new year 2019.

We have many and exciting events happening this year. Watch this space for more news.

Volunteers are always needed If you can help with crunch & sip please email the P&C with your available morning. ***rydalmerepublicschool@pandcaffiliate.org.au****. All we need is 30 minutes of your time, first thing in the morning, to help cut up fruit that is kindly donated by Ermington Woolworths.*

Crunch & sip program is an easy way to help kids stay healthy and happy!

The Objectives of the crunch & sip break are to :

- Increase awareness of the importance of eating fruit & vegetable and drinking water every day.
- Students re-fuel with fruit or vegetables during the morning, to assist physical and mental performance and concentration in the classroom.

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Raffle Ticket 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 rydalmerepublicschool@pandcaffiliate.org.au , 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 P&C

Rydalmere Public School Canteen Menu 2019 – term 1

White/Brown Sandwich

Roasted Chicken $2.50

Ham/turkey $2.00

Silverside $2.00

Salad $3.00

Egg & Lettuce $2.50

Tuna $2.00

EXTRAS

Rolls $0.30c

Wrap $0.30c

Cheese $0.50c

Avocado $1.00

Chicken $1.00

Salad $1.00

Bottle of water 600ml $1.00

Juice $1.20

Quench $1.60

Flavoured Milk $1.50

Plain Milk $1.20

Hot Choco $1.00

Hot dog (h) or (nh) $2.50

Goujons (5) $2.50

Nuggets (5) $2.50

(sauce included with nuggets & goujons)

Lasagna (h) $3.50

Macaroni $3.50

Cheese Pizza $2.50

H&P pizza $2.50

Hash brown (1) $0.50

Noodle cup (chicken) $2.50

Salad Tubs $2.50

Garlic Bread (half) $1.00

Chicken Burger $3.50

Garlic Bread $1.00

Piece of Fruit $1.00

Apple Slinky $1.00

Finger Bun $1.50

JJS $1.00

RECESS

Cheese toasties $2.00
(brown or white bread)

Celery Sticks $1.00

Carrots Sticks $1.00

Cucumber Sticks $1.00

Piece of Fruit $1.00

Fruit Cup $2.50

Jatz & cheese $1.50

Vanilla UP & GO $2.50

Finger Bun $1.50

Raisin Toast $0.50

Water 300ml $0.60

Milk (plain) $1.20

Sakata Pkt $1.00

(NO QUENCH SOLD AT RECESS)

Ice creams on sale Wednesday & Friday.

Zooper Doopers $0.50

Icy Twist $1.00

Paddle Pop $1.40

Zings $0.50

Ice cream Cups $1.20

Calypso $1.00

Juicies $0.50

Keep an eye open for the specials on Fridays only

COMMUNITY HUB NEWS

Hi Everyone,

Life is a book of stories. I am passionate about creating success stories for our families and to wider community. Come along: let's write your success story.

I am excited to be back at the school with some new programs like Walking group, Free English Classes for adults and Bubs and books.

Playgroup has started on 4th of February. Do you have bubs less than 5 years, or know some who has, please come and bring along your friends and families for the playgroup on every Monday from 9:30 to 11:30am in the hall.

Walking group starts on 12th of February. Come with your walking shoes and some water. Bubs are welcome in their prams. We will meet near the assemble point and go for a walk. Enjoy the morning tea after the walk.

English classes for adults start on 13th of February at 9:30am to 11:30 am in the hub. Do you have a baby, don't worry, we have free childminding too.

Bubs and books is a story telling session with some craft activities on Fridays from 15th of February from 9:30am to 10:30 am.

Come along and join all our programs. Do let us know what do you want to do at the hub. For those whom, I haven't met still, I am Seetha. Please visit the hub, let's talk over a cuppa.

With best wishes,

Our first playgroup of the term

Return Cloth Bags to office asap

Helping Hands required for Crunch and Sip on Friday mornings

Role requires you to cut fruits and vegetables to be distributed to classes.

Contact Gina. or Seetha at 0412485919 or mail seethalakshmis@ssi.org.au

RYDALMERE PUBLIC SCHOOL

Community hubs
Connect. Share. Learn.

Free Parenting Program

Triple P- Seminar. (Positive Parenting Program)

The power of positive parenting!

A five week parenting course.

The program aims to support parents with behaviour management strategies for their children birth to twelve years; more than half of the seventeen strategies focus on developing positive relationships, attitudes, skills and conduct. Triple P teaches parents broader principles that may be applied positively in most parenting situations.

Triple P helps parents:

- Create a stable, supportive, harmonious family environment.
- Teach their children how to get along with others.
- To deal positively, consistently and decisively with challenging behaviours.
- Encourage appropriate behaviours.
- Develop realistic expectations of their children and themselves.
- Take care of themselves as parents.

Date: Commencing on 13th February 2019 for five consecutive Wednesday afternoons. (13th, 20th, 27th February and 6th, 13th March)

Certificates will be issued for FULL participation

Time: 12:45pm-2:30pm. Afternoon Tea will be provided.

Venue: Telopea 'Schools as Community Centres Project'. (SaCC)

Childcare: **FREE** childcare is available for participants for the duration of the program.

Bookings are essential for this FREE course.

Register: **Sharlene Pasqual** Parramatta Mission (Family and Community Worker)

phone: 0439978721

Or **Pip Martins** Telopea SaCC Facilitator

phone: 9898 3448

email: phillipa.martins@det.nsw.edu.au

Parramatta Mission

TELOPEA
'Schools as Community Centres' Project

Education & Communities

FREE 'Sing Rhyme and Story Time'

This **Early Literacy Program** caters for parents and their children **birth to five years** of age.

The **half hour story time** includes a combination of the following:

- Reading and Story time
- Rhymes
- Finger plays
- Puppets
- Storytelling
- Dancing

'Sing Rhyme and Story Time'

Every Tuesday 10:00am to 10:30 during term time.

Call or email to enquire on current locations.

Phone: 9898 3448

Email: phillipa.martins@det.nsw.edu.au

This early literacy initiative is programmed and delivered by the

'Schools as Community Centres', Local Facilitator **Pip Martins.**

TELOPEA
'Schools as Community Centres' Project

Telopea 'Schools as Community Centres' Project Term 1 2019

MONDAY	**Australian Red Cross 'Good Start Breakfast Club'** 8:30am to 9:00am Telopea SaCC Rooms. A healthy breakfast is provided free for Telopea Public School students in a friendly, inclusive environment.
TUESDAY	**Sing Rhyme and Story Time** 10:00am to 10:30am Telopea Public School, SaCC Rooms A weekly Early Literacy Program for parents/carers and children birth to 5 years. This program was developed and is facilitated by the Telopea SaCC Facilitator. The session will support parents to assist with their children's literacy development. The program was awarded Honoured Nominee in 2011 Kookaburra Awards. **Early Years Garden Club**10:30am to 12:00noon Telopea Public School Edible Garden & Orchard. Seed Harvest Spoon early childhood environmental garden program for parents and children up to five years. **REGISTRATION ESSENTIAL** **Meet and Greet** 1:00pm to 2:30pm Telopea SaCC Rooms Information session for parents with baby birth to 12 weeks. Facilitated by Community Health
WEDNESDAY	**Supported Playgroup** 10:00am to 12:00noon Telopea SaCC Rooms **REGISTRATION ESSENTIAL** Organised indoor and outdoor activities, story time, music and dancing for families with children birth to 5 years. A friendly, inclusive and supportive playgroup where adult involvement is encouraged and supported. **'Triple P' Parenting Program** 1:00pm-2:30pm Telopea SaCC Rooms **REGISTRATION ESSENTIAL** A five week **P**ositive **P**arenting **P**rogram is facilitated by Parramatta Mission. Supports parents to build positive relationships with children, manage challenging behaviours positively, consistently and decisively, supports parents to develop realistic expectations for children and themselves. Certificates presented for full attendance. Free child care available for participants. Afternoon tea provided.
THURSDAY	**Australian Red Cross 'Good Start Breakfast Club'** 8:30am to 9:00am Telopea SaCC Rooms. **Jiggle'n'Jam Music Program.** Telopea SaCC Rooms Structured music classes for families with chn birth to 3 years. Facilitated by 'Music In A Box' Music School in Telopea SaCC Rooms 2x half hour baby classes (birth to 12mths@**9:30am** and 12mths to 18mths@**10:00am**) 2x Toddler Music Classes **with parents** 10:45am and 11:15am (18mths to 3years) 1x Toddler Music Class **no parents** 11:45am (offered to cater for families with more than one child. parents with siblings must stay in school grounds and can utilise the playroom while waiting. Class participants registered by music teacher recommendation) **TERM REGISTRATION is ESSENTIAL for the toddler classes.** **Baby Playgroup** 10:00 to 12:00noon Telopea SaCC Rooms Social gathering for families with children birth to 18 months in safe, air conditioned environment with toys. Enjoy spending time with friends after the music class.
FRIDAY	**Supported Playgroup** 10:00 to 12:00 Telopea SaCC Rooms **REGISTRATION ESSENTIAL**

Telopea 'Schools as Community Centres' Project (SaCC)

Based in the grounds of Telopea Public School. Chestnut Ave., Telopea N.S.W. 2117

Please direct all enquiries to SaCC Facilitator **Pip Martins**

Phone: 9898 3448 **Fax:** 9684 2653 **Email:** phillipa.martins@det.nsw.edu.au

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