DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Term 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4.2.13</td>
<td>Kindergarten and 3-day Preschool students commence</td>
</tr>
<tr>
<td>8.2.13</td>
<td>Gymnastics Lessons commence in the hall</td>
</tr>
<tr>
<td>11.2.13</td>
<td>Meet the Teacher Night</td>
</tr>
<tr>
<td>13.2.13</td>
<td>Swimming Carnival at Granville Pool</td>
</tr>
<tr>
<td>21.2.13</td>
<td>P&amp;C Meeting in the Library – 7pm <strong>Please note this date change.</strong></td>
</tr>
<tr>
<td>22.2.13</td>
<td>Welcome BBQ &amp; disco – 5pm to 7pm. Preschool to Year 6.</td>
</tr>
<tr>
<td>8.3.13</td>
<td>2-day Preschool and Sports Captains Photos</td>
</tr>
<tr>
<td>12.3.13</td>
<td>K-6 and 3-day Preschool Photos</td>
</tr>
<tr>
<td>19.3.13</td>
<td>Harmony Day Celebrations and Multicultural Feast</td>
</tr>
<tr>
<td>28.3.13</td>
<td>Easter Hat Parade</td>
</tr>
</tbody>
</table>

This is the official start of the “The Link” for the year and it will appear each even week on Monday afternoon. Please go to the school website and subscribe to the iPhone app and/ or subscribe to the email list. If you need to get it in paper form, please see the Office.

**Important Reminders**
Please return all the forms from Friday’s Welcome newsletter. You will need to send back to the school the following:
- Permission to publish. Kindergarten filled this out at Enrolment and do not have to respond.
- Swimming Carnival Note and permission slip
- Gymnastics Note and permission slip
- Emergency Contact Card

**Medical Safety Message**
All medications need to be sent to the Office to be given to students at the appropriate times. No child should self-administer medication. Things to be provided should include: the medication in a container with the child’s name and the prescribing doctor listed and the dose indicated. Only the dose for a single day should be included. The Office will not store medicines for more than one day.
**Allergies**

We have a number of children and teachers at our school who are allergic to certain foods and animals. We make the request, in the interests of all students, that parents do not pack nut based products/foods for their child’s lunch. Some children are sensitive to the touch or breath of children who have consumed nuts, and so it is important that we reduce the presence of nuts in our school environment. Children at Rydalmere are told not to share food for this reason and we would like parents to confirm this message at home. We also request that no animals be brought onto school grounds.

**Meet the Teacher night**

We neglected to invite students to this evening. We wish to do so now. All children who wish to accompany their parent/s are warmly invited to come and hear their teachers explain what is going to happen throughout the year.

**Computer Policy**

All the children from Year 1 to Year 6 worked with their class teachers on the Computer Policy on Monday. This was to enable them to understand their responsibilities when using any Information and Communications Technology (ICT). All parents should read it and sign where appropriate to indicate that you have read it. Students will also have to indicate that they have had the policy explained to them.

**Stewart House Clothing Appeal 2013**

Stewart House is a residential school which provides short term respite care for children in need. A large portion of Stewart House funding is provided through their annual used clothing appeal. Plastic collection bags will be distributed to all students shortly and we ask that you check through any unused clothing which you may have and donate to this very worthy cause. Collection day is 12 March, so please ensure all bags are returned by Friday 8th March. Thank you for your support.

**Students at School**
P&C News

P&C Meeting is to be held in the Library on Thursday 21st of February at 7pm. We would like to extend a warm welcome to all new parents of Rydalmere Public School and encourage you to come to our first meeting as detailed above. This is a great opportunity to hear what is happening at our school and for you to make a valuable contribution to your child’s learning.

Welcome BBQ and Disco
There will be a BBQ on Friday 22nd Feb from 5pm to 7pm. Students from Preschool to Year 6 and their parents are invited. The cost will be $5.00 per child. Further information will be provided in a note to be sent home soon.
Scholastic Book Club

This year we are again running Book Club 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.

Our school benefits when you make a purchase in the following ways:

Reward Points
The school receives reward points for each book purchased and these are accumulated during the year. With these points the school can obtain classroom essentials eg. maths games, large books for classroom reading and even electrical goods like CD players.

Bonus Coupons
Each class receives bonus coupons for the purchases made each month. These coupons can be used by the classroom teacher to purchase books from the brochures to assist reading in the classroom. These coupons are valid for up to 12 months.

Free Picks
Each month free picks are rewarded to each class dependant upon the total amount spent on books that month. These free picks must be used for that month and they enable the teacher to select books to add to their classroom library at no cost.

Through book club your children have the opportunity to purchase good quality reading material at very reasonable prices (books are available each month from as little as $1.00) and every purchase contributes to the school receiving extra educational supplies.

Thank you for your continued support of this worthwhile program.

WESTSIDE TALENT SCHOOL
ERMITON
Uniting Church – Car Trumper St & Victoria Rd
Thursday from 3:45 pm

Come & learn all styles of dance in a happy & friendly environment.

Enquiries Welcome:
0419 246 280 – 9526 8655

HIP HOP / JAZZ / FUNK / TAP
Ballet / Singing
Tiny Tots Class
Boys Only Hip Hop

We accept students from the age of 3 years to young adults

Exams in Ballet, Tap and Hip Hop offered
End of year stage production
# Family and Relationship Service
## Education and skills Training
### February – April 2013

<table>
<thead>
<tr>
<th>Course</th>
<th>Outline</th>
<th>Date &amp; Time</th>
</tr>
</thead>
</table>
| Parenting after Separation      | This five week program includes:  
  - Education on the importance of children’s emotional and physical safety  
  - Recognition that distress felt in separation is a normal process  
  - Acknowledgment that separation creates change which can be viewed as a destructive event or a time for personal growth  
  - Education on awareness of parents actions impacting on themselves and their children                                               | **Friday Mornings**  
  8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> Feb & 8<sup>th</sup> 15<sup>th</sup> March  
  Time: 10:00am till 12:00pm  
  Wednesday Evenings  
  27<sup>th</sup> Feb, 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> & 27<sup>th</sup> March  
  Time: 5:30pm till 7:30pm |
| Engage 4 Dads                    | This four week program is designed for Dads who have limited time with their children. The program includes:  
  - Identification of both a healthy and unhealthy relationships; in their own lives and with people in authority  
  - Education on the necessity for a child to have a secure base. Individual grief is discussed with strategies of self care and acceptance of their individual situation  
  - Participants become aware of the importance of play and using play as an engagement tool with their child. Recognition of the feelings in the irregularity of the relationship is explored  
  - Persistence and resilience needed for the life long relationship                                                                  | **Wednesday Evenings**  
  3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> & 24<sup>th</sup> April  
  Time: 5:45pm till 8pm |
| Three Choices - Incorporating 1-2-3 Magic & Emotion Coaching | This three week program is designed to assist parents and caregivers of 2 - 12yr old children:  
  - Increase their knowledge about what works in managing difficult behaviour  
  - Lessen their feelings of frustration  
  - Get better results with less effort and stress                                                                                      | **Wednesday Evenings**  
  13<sup>th</sup> 20<sup>th</sup> & 27<sup>th</sup> February  
  Time: 5:30pm to 7:30pm |
| Triple P Seminar Series          | This three week seminar series covers:  
  - Understanding general parenting issues, why children behave in certain ways under certain influences  
  - Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience  
  - Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children | **Friday Mornings**  
  22<sup>nd</sup> March  
  5<sup>th</sup> & 12<sup>th</sup> April  
  Time: 10.00am till 12.00pm |

**Bookings Essential:** 9895 8054  
**Venue:** ANGLICARE Family and Relationship Service 18 Parkes Street Parramatta 2150

To gain a certificate of attendance you must attend all set course days.  
Unfortunately we are unable to offer child minding for any of our courses.
Healthy Lunchboxes!

Healthy Lunchbox Presentation

This presentation is a joint partnership between
Australian Red Cross
and
Telopea ‘Schools As Community Centres’ Project.

The Healthy Lunchbox session is a chance to get together with other parents and an Australian Red Cross ‘Youth and Food Security Officer’ to gather ideas of what a healthy lunchbox can look like. The session includes discussion around the 5 food groups, fussy eating behaviours, reading and interpreting the nutrition information panel on food packets, as well as sharing ideas around healthy snacks to put in a child’s lunch box.

**Venue:** Telopea Schools as Community Centres
-based in the grounds of Telopea Public School. Enter via school gate at the corner of Sturt and Manson St., Telopea (Opp. Dundas Branch Library)

**Date:** 14th February 2013

**Time:** 9:30-10:30am

Bookings are essential. Limited childcare available.

**CONTACT:** Pip Martins on 98983448.

The session is FREE and morning tea will be provided.

We look forward to seeing you!