FROM THE PRINCIPAL

Swimming Carnival and Fun Day
I would like to congratulate all the students who participated in the Swimming Carnival and Fun Day. The photos below reflect the enthusiasm for the activities provided and reveal a good measure of competitive spirit. Congratulations to those who swam better than last year or who achieved an improved result. I was particularly impressed by the number of students who were not sure that they could finish a race, but who, nevertheless, gave it a go. Some were surprised by what they could achieve. A special story from the pool was when a student lost an earring after having it inserted just a week ago. It was thought to be lost when, after we had all left the pool, another student diligently searched and miraculously found the lost earring!!

These types of events can only occur when teachers and parents work together. I am sure that you would join me in thanking Mrs Moloney and Mrs Martelli for their hard work in organising the event and also in thanking the parents who volunteered to do tasks on the day.

Parent Volunteers were:
- Jayden/Will
- Mack/Kelsey
- Rebecca
- Emily
- Ana L
- Will/Sam
- Cameron G
- Maya/Layla
- Jessica
- Rita Cottam
- Wendy Tulip + Kerrie (Aunty)
- Di Cole
- Rosie McLean
- Sylvia Lazarevic
- Phil & Sherri Reece
- Chris Gonzalez
- Jessica Wicks
- Gracie Brown

Martin Naylor
Principal
“The Link” NEWSLETTER

The latest edition of “The Link” is now available for viewing on the school website. To access the site, go to: www.rydalmere-p.schools.nsw.edu.au where a link to the newsletter can be found on the front page.

I can’t stress enough the importance of being well informed with matters that arise in regard to your child’s school life. Please make it a habit to take the time to consult the website regularly and read the newsletter every fortnight so that you are kept well informed with essential up-to-date information.

School eNews Newsletter via your smart phone or email

Get the school newsletter via an app on your iPhone and iPad
1. Get the iPhone and iPod Touch app by visiting http://iphone.schoolenews.com.au
2. Get the iPad app by visiting http://ipad.schoolenews.com.au

Subscribe for email updates
4. Click the “Newsletters & Notices” top menu
5. Click “Subscribe to receive newsletters and notices via email.”
6. Fill in your details
7. Click Subscribe

IMPORTANT: An email will be sent to your email address, you MUST click the “Activate Now” inside this email that is sent to you.

In addition to the above, a print copy of the newsletter has been posted on the notice board outside the Kindergarten room. Should neither of the options mentioned meet your needs, please advise the office either by phone or a note and we will arrange for print copies to be sent to you via your child.

Martin Naylor
Principal
Welcome to all our new and on-going parents and friends. It’s going to be an exciting year ahead - getting to know each other while raising funds to support our children's school in 2013.

Welcome BBQ and Disco

To help everyone get to know each other and help us welcome you to Rydalmere PS, please come and join us for a BBQ and maybe even a dance 😊
This Friday 22nd February
5pm - 7pm

(A note with details about this event should have gone home with your children last week. If you did not receive this note, please see the staff at the office). Look forward to seeing you all there.

Thank you

We had a very successful year in 2012 being able to raise $10,315 to support our children’s learning in various ways. These have included: assisting with transport to different school events; purchasing effective literacy and numeracy resources; supporting the iPad Action Learning Project; providing for more technological infrastructure; and in the year ahead - upgrades to the playground areas.

Thank you to everyone - parents, relatives, friends and staff for volunteering your time, energy, skills and enthusiasm in assisting to enhance your children's education. And thank you to all who have made financial contributions by supporting the events we have held throughout the year.

We look forward to your support this year with a vision for an even more successful year 😊

For all new parents and friends we would like to introduce you to Your P&C for 2013 (and their children at Rydalmere PS)

Positions on the P&C Committee were filled at the recent AGM held in December 2012.

President: Rita Cottam (Jayden Yr 3, Will Yr 1, Lucas Preschool) Supporting roles:
Vice Presidents: Wendy Tulip (Mackenzie Yr 6, Kelsey Yr 5) Canteen Co-ordinator: Michelle Bolliger
Kylie Ewings (David Yr 5) Fundraising Co-ordinator: Wendy Tulip
Secretary: Diane Cole (Rebecca Yr 6) Uniform Co-ordinator: Yvette Beemsterboer
Treasurer: Daniela Marafioti (Olivia Yr 2) (Helena Yr 1)
Parent Members: Gracie Brown (Jessica Yr 4, Elise Preschool) Parent Members: Michelle Bolliger (Thomas Yr 1)

Our First Get-together for this year - Thursday 21st February 2013

Join us in the Library on Thursday 21st February at 7pm. Come for a chat and have some input into what is being planned for the year ahead 😊

Cookie Dough Fundraiser - to assist in raising funds for shade on the oval and umbrella’s for the playground. Not only are you supporting your school but these cookies taste DELICIOUS - Yum Yum! Please complete your order form and get your friends and family to order also. Return forms to the school office by Wednesday 27 February.

Uniform Shop

We are very fortunate to have our Uniform Shop Co-ordinator Yvette continuing in her role to look after the uniform shop. Yvette is available at the uniform shop every Thursday morning from 8:40am - 9:15am (just down the corridor from the front desk in the office building). If you’re unable to make it on Thursday, you can leave your order with the office staff or see Rita Cottam.

Until the next Parents, Friends and Community Page... take care!
WESTSIDE TALENT SCHOOL
ERMINGTON
Uniting Church – Cnr 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

Go4Fun
Healthy • Active • Happy • Kids

FREE fun program for kids to be healthy, active & happy!

Do you have children 7 to 13 years old? Are you worried about them being overweight? Would you like some FREE information and support about healthy lifestyles?

TO REGISTER PLEASE CALL 1800 780 900
Parent drop-in service for Advice & Referrals.

My name is Sharlene Pasqual, and I am the Family and Community Worker for Parramatta Mission- Women and Children’s Services. During this term I will be providing a weekly drop in service at your school.

The aim of the service is to help support parents by providing assistance through information, support and education.

There will be one on one advice for parents that may include referrals for any specific needs including doctors, psychologist, parent support groups, playgroups and much more.

Please feel free to drop in, no appointment is necessary.

Details:

Location: Connecting Classroom (Located next to the EOOHC)

Entering Employment Program

Are you looking for a new job? Or are you entering the workforce after some time off? Why not join us in a new employment program. The facilitator will be providing valuable information that can help you secure employment. Learn the steps into designing a cover letter and resume that can make you stand out from the other applicants. Guest speakers will include a Centrelink Community Development Worker.

Details:

Date: 21st Feb – 14th of March (Thursday 10-11.30am).

Venue: Rydalmere Public School Library.

Register: please call Sharlene on 0448825219

To register or email.

sharlene.pasqual@parramattamission.org.au
CUMBERLAND High School

Quality Education in a Caring Environment

Come and see your outstanding local school

Dunmore Avenue, off Pennant Hills Road, Carlingford. Parking on site.
Ph: 98717718 www.cumberland-h.schools@det.nsw.edu.au

Monday 4 March 2013 5:00 - 8pm

Open Evening

Meet our teachers and view our new $3.5 million grounds and facilities

97 top ATAR 2012
27 students over 90
10 over 95
Homework Group/ Parent Support Group

Need help assisting your children to complete their homework? Like most parents, helping your children to complete their homework can sometimes be challenging. So why not register for our Homework Group for your child/children.

The lead facilitator will be supporting your children to complete their homework on a weekly basis, in a safe, supportive and encouraging environment.

Details:

Location: Rydalmere Public School (Library)

When: Tuesday from 3-4pm.

First session will take place on the 19th Feb 2013

Contact Sharlene on 0448 825 219 for registration

Or email sharlene.pasqual@parramattamission.org.au
Parenting Programs

Child & Adolescent Parenting

WHAT’S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

**Tuning in to Kids Course** (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (25/2-25/3, 7.00-9.30pm)

**Triple P (Positive Parenting Program) Course** (3-8yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood 7 sessions over 8 wks - 5 group & 2 telephone (14/2-4/4)

**Communicating with Kids Course** (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood 6 wks/2.5hrs (5/3 - 9/4, 7.00-9.30pm)

**Communicating with Teens Course**
Aims to increase your understanding of your adolescent’s needs & behaviour with skills to relate to them.
Chatswood 5 wks/2.5hrs (13/3 -10/4, 7.00-9.30pm)

**Toddlers Workshops** (1-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 3 wks/2.5hrs (4/2-18/2, 7.00-9.30pm)

**Resilient Kids Workshop**
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (14/3, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (6/3, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- Understanding Your Toddler/Discipline & Tantrums
- Tucker without Tantrums/Toilet Training
- Speech & Language Development/Sleep
- Older Sibling - New Baby
- Bully Busting
- Resilient Kids
- Transition to School
- Transition to High School
- Triple P (PPP) Seminar Series
- 1-12 years & Teens
- Dealing with Teen’s Back Chat
- Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

Health
Northern Sydney
Local Health District

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