Term : Issue

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Term</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>8.3.13</td>
<td>2-day Preschool and Sports Captains Photos</td>
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<tr>
<td>8.3.13</td>
<td>Last day for Stewart House Bags to be returned</td>
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<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>
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<tr>
<td>28.3.13</td>
<td>Easter Hat Parade</td>
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FROM THE PRINCIPAL

Students.
We are half way through the first term already and the school is humming along nicely. Great learning is going on in the classrooms as evidenced by the level of engagement seen by me as I move about the school. Preschool is settled in and they are used to their new environment. I have made many new friends in the times that I worked down there each week. The work to rebuild the office space is almost complete and children have greatly enjoyed the process of building as they watched the workmen at their tasks. Mrs Finlayson and Mrs McKay will breathe a sigh of relief when they can put the office back together. I would like to thank them for their patience and flexibility in making it possible for this work to happen. The kindergarten children seem as if they have all been at school for ages! Most of them have had a thorough preparation for “big school” by our preschool or one of the local ones, and have transitioned smoothly. They are working in groups semi-independently and many have developed the initial skills towards learning to read. Students in stage one have been observed working in the garden preparing plantings, enthusiastically working in the classroom and developing the learning skills needed for years one and two. The senior students, 3/4 and 4/5/6, have had the opportunity to represent the school at zone swimming today and we will hear of their results when they return. I am sure that they will do the name of Rydalmere Public School great credit. In these years there is a quiet hum of activity, attending to the interesting topics found in these years.

Teachers
The teachers have been engaging in some interesting work on in Teacher Professional Learning on the new Australian NSW Curriculum and Mathematics. The transition to the new curriculum will begin next year, although there is a great deal to do in preparation. This new curriculum is different in nature to the older curriculum and addresses the needs of the 21st century learner. In mathematics, we are looking at the manner in which children learn mathematical concepts and where errors may occur in that learning. We are also looking at what we are able to do in a specific way to support them.
Health and Safety.
One of the basic school rules of Rydalmere is to be safe. Parents can help us with this message by using the main school gate whenever possible rather than using the vehicle entrance into the staff carpark. The danger to the children in this environment is self-evident as cars move in and out of that area throughout the day.

We have a child in the school affected by “Impetigo” or school sores. While this is not a dangerous problem, it spreads very easily and precautions need to be taken if your child presents with the symptoms. Small red spots that change to blisters may appear after 1-3 days from exposure. They then will become pus filled and crusty. They are usually found on the face, hands or scalp. If these symptoms appear, then your child needs to be kept at home until treatment starts. Sores should be covered with a water tight dressing. We would advise that careful hand washing can prevent your child from acquiring and/or spreading this infection.

Canteen
We are thrilled that the canteen is to be functioning again this year, As a result of volunteer parents, we are able to offer this service to your children. Please read the attachment and follow the instructions carefully.

Clean up Australia Day
Clean up Australia Day was postponed from last Friday as a result of the poor weather. We are now having it on this Friday afternoon. Please provide gloves for your child.

Harmony Day
We are encouraging families to return their note for Harmony Day, where they can indicate whether they are participating in the feast and/or providing food. It is a great opportunity to engage with other parents and children while serving or providing a wonderful contribution to the festive delights from other countries about which this festival is all about.

Have You Received The Schoolkids Bonus?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?
If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.
The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.
Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

Have you subscribed to the link?
You will note that we are encouraging all parents to receive “The Link” as an email or through a phone app, to read it on the web or receive it in hard copy if required. We are beginning a campaign to ensure that all families get the “The Link” in some form, preferably electronically. Please help us to communicate to you by subscribing on the web page or provide the school with your current email address and we will do it for you.

Martin Naylor
Principal

<table>
<thead>
<tr>
<th>ASSEMBLY AWARDS: [Term 1, Week 4]</th>
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<tbody>
<tr>
<td><strong>Safe Award</strong></td>
</tr>
<tr>
<td>Geoffrey L, Azura B, Hyein L, Maria N</td>
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<tr>
<td><strong>Respectful Award</strong></td>
</tr>
<tr>
<td>Oceana F, Darcy J, Sam R, Joanne R</td>
</tr>
<tr>
<td><strong>Learner Award</strong></td>
</tr>
<tr>
<td>Cian T, Ahmad D, Ella B, Jasmine S</td>
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</table>
"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 iPad Touch app by visiting http://iphone.schoolnews.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

ACE YOUR ASSESSMENT TASKS

Year 5 & 6 — Students & Parents

Assessment Task Guidelines & the Essential Skills to Succeed......

Master the Information Search Process, including Researching:
- Define topic
- Locate resources
- Selection of information
- Organising of information
- Presentation of findings
- Assessment/Evaluation of task completed

Assessment Task Guidelines
Presented by Cathy Hill - Teacher Librarian
Saturday 9 Mar 2.00-3.30pm Parramatta City Library 9606 5159
Tuesday 14 May 3.45-5.15pm Guildford Library 9632 6744

For further information www.parracity.nsw.gov.au/library

FREE Bookings Essential

PARRAMATTA CITY LIBRARY
Welcome BBQ and Disco
It was great to see so many people come along to the BBQ and Disco evening and be able to chat with new parents and friends. Thank you to everyone who helped out! A special thanks to Glen Spurdle who was as keen and willing as always to assist in any area we needed help with 😊 Hope everyone enjoyed themselves! Funds raised from this evening $355.63.

Canteen
Commencing this Wednesday (and each Wednesday from here on): Canteen will be open for hot food and snacks – Yay!!! (Thank you to all our volunteers who have been able to help out with getting the canteen up and running again).

Thursdays: The year 6 students will be selling ice-creams in the canteen.
Fridays: California rolls and sandwiches will be available on Fridays. Orders for California rolls must be placed on the Thursday prior. Children will not be able to order these on the Friday.
A note is being sent home with more details on this - if you have any queries as to how this is going to work, please feel free to chat to Michelle Bolliger (Canteen Co-ordinator).

Our next get-together for this year - Thursday 21st March 2013
Join us in the Library on Thursday 21st March at 7pm. Come for a chat and have some input into what is being planned for the year ahead 😊

Cookie Dough Fundraiser - Thank you to everyone who returned their cookie dough order forms. We are anticipating arrival of the cookie dough on Friday 15th March.

Uniform Shop
Next two weeks: Diane Cole will be available in the uniform shop for the next two Thursdays 7/3 and 14/3 while Yvette is away.
Yvette is normally 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.

We'll chat again on Parent and Friends Page in a couple of weeks...see you around at school 😊
Hello mums, dads and all the kids!

This March at Lidcombe Bunnings we have

**International Women's Day**

**Thursday 7th March, 2013 - 11am to 1pm**

To celebrate International Women’s Day we are holding a gardening workshop "Prepare your garden for winter", composting, mulching and soil preparation.

There will be a light morning tea.

**Easter Family Night**

**Thursday 21st March, 2013 - 6pm to 8pm**

Join us at Bunnings Lidcombe for some Easter family fun! Featuring a jumping castle, roving balloonist, Kids craft, face painting, fairy floss for the kids, visit from the Easter bunny and more!

Refreshments provided

Bookings are essential - Ph: 9704 2400 -lidcombeao@bunnings.com.au

Come and join in the fun

See you soon!

**Cheers**

**Barbara Britton**

Activities Organiser

Lidcombe Warehouse | Bunnings Group Limited
23-29 Parramatta Rd, LIDCOMBE NSW 2141
☎ 61 2 9704 2400
✉ 61 2 9704 2499
-submit@bunnings.com.au
Do you want Healthy • Active • Happy • Kids?

Join in the fun and learning that is Go4Fun!

Go4Fun is a FREE ten week healthy lifestyle program for children to become fitter, healthier and happier. The program is fun and interactive and supports 7 – 13 year old children and their families to adopt a long lasting and healthy approach to living.

Go4Fun Granville will be running again in Term 1, 2013. Sessions will run every Monday and Wednesday from 4pm to 6pm for ten weeks.

BOOK NOW! PLACES ARE LIMITED!

To register your family or for more information

Call: 1800 780 900
Visit: au.mendcentral.org

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Attention Parents: Come and join the party!
Fitness for adults. Great cardio workout if you’re looking to shed a few extra kilos, while toning up. No experience required, suits all levels of skill and fitness!
RYDALMERE PUBLIC SCHOOL HALL
6.30PM WEDNESDAY NIGHTS
CALL, TEXT OR EMAIL TO REGISTER
KAREN 0423 688 088 jk.bates@hotmail.com
Cost $10 per class
Classes start 6th April.
Audition Information for Parents and Students

Years 7 - 11 - 2014

Auditions for Year 7-11, 2014 will be held on the **Monday 18th & Wednesday 20th March 2013**

Talented students in Dance, Drama, Visual Arts and Music are encouraged to apply. Local (In Area) students wanting to be part of our selective Creative and Performing Arts program **MUST** also audition.

NCAPAHS is a specialist Creative and Performing Arts High School offering a broad comprehensive curriculum. Students benefit from a range of curriculum and welfare initiatives, specialist teachers, modern performance and technical production facilities in a supportive whole school ethos towards promoting excellence in the Creative and Performing Arts.

Audition application forms can be obtained via our school website ([www.northmead-h.schools.nsw.edu.au](http://www.northmead-h.schools.nsw.edu.au)), or can be posted or emailed to you directly by contacting NCAPAHS and speaking with Mrs Stepić on 9630 4116 or june.stepic@det.nsw.edu.au

Yours sincerely

_Mr Vazquez_

N Vazquez
Principal

Closing Date for the return of application forms – **Wednesday 13th March 2013**
NORTHMEAD CREATIVE AND PERFORMING ARTS HIGH SCHOOL
Campbell Street
NORTHMEAD 2152

OPEN DAY
TUESDAY 19 MARCH 2013

Morning Session: 9.15am - 1.00pm
Evening Session: 7.00pm - 9.00pm

Northmead CAPA High School

♦ Central Location
  – Just off Windsor Road - end of Campbell Street
  – Good Transport Connections - Bus and Rail
  – Experienced and Committed Teachers

♦ Creative and Performing Arts
  – Year 7 CAPA Class (selected by audition)
  – Elective classes in CAPA (Yrs 8-12)
  – Band & Choir
  – Dance, Drama & Music
  – Instrumental Programs

♦ Focus on Academic Excellence
  – Gifted and Talented Programs
  – Extension Program for Year 7 Students
  – Support and Remediation Programs

♦ Comprehensive Education
  – Special Performing Arts Programs
  – Broad Curriculum
  – Excellent Sporting Opportunities

♦ Caring School
  – Support for Year 7 Students
    - Orientation Program, Yr 6 to Yr 7
    - Peer Support
    - Year 7 Camp
    - Student Ambassadors Year 7
    - Positive Learning Support Team
    - Anti-Bullying Program, with state recognition
    - Values driven school that promotes Respect, Responsibility, Commitment, Community
    - Special Programs

♦ Extra Curricula Activities
  – Sport
  – Debating & Public Speaking
  – Mock Trials
  – MUNA
  – Sister Exchange Visits:
    - Tokyo Japan
    - Lots More

♦ Year 7 Scholarships
  – 3 Categories
  – Performing Arts, Academic, Sport
  – Contact School on 9830 4116 for Application Forms

Discover the fabulous opportunities that Northmead CAPA High offers:

At Open Day you will:

♦ Meet teachers and students

♦ Use technology to create a momento of your visit

♦ Develop team building skills

♦ Discover the power of your mind
  Problem solving and brain teasers

♦ Explore ‘living’ music using technology

♦ Experience the fascinating and exciting work of Science

♦ View nature at work - visit the school farm and animals

♦ Enjoy lunch provided by the SRC
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 7sessions 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
- NEW Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

Health
Northern Sydney
Local Health District
## 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>
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<tbody>
<tr>
<td>Parenting after Separation</td>
<td>This five week program includes:</td>
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<td>Education on the importance of children’s emotional and physical safety</td>
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<td>Recognition that distress felt in separation is a normal process</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>
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<td>Education on awareness of parents actions impacting on themselves and their children</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>
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<td>Identification of both a healthy and unhealthy relationships; in their own lives and with people in authority;</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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<td>Persistence and resilience needed for the life long relationship</td>
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<td>Three Choices - Incorporating 1-2-3 Magic &amp; Emotion Coaching</td>
<td>This three week program is designed to assist parents and caregivers of 2 - 12yr old children:</td>
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<td>Increase their knowledge about what works in managing difficult behaviour</td>
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<td>Lessen their feelings of frustration</td>
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<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>
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<td>Understanding general parenting issues, why children behave in certain ways under certain influences</td>
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<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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**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**
**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

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**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)

When: First Drop in Service Monday the 22nd of July (2.30-3.30pm).

Contact: Sharlene on 0448 825 21
APPLICATION FORM

Family Name: ____________________________ Given Name(s): ____________________________

Address: ____________________________ Suburb: ____________________________ Post Code: ____________

Telephone: ____________________________ Mobile: ____________________________ Email: ____________________________

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<tr>
<th>Course Name</th>
<th>Day</th>
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<th>Location</th>
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<tr>
<td>1st Choice</td>
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<td>2nd Choice</td>
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CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION. Concession No: ____________________________

NSCAHIA employee ONLY: Department & Hospital: ____________________________

Pay Cheques/Money Orders to: Northern Sydney Central Coast Health and post to:
Child & Adolescent Parenting, PO Box 142, North Ryde NSW 1670 OR Fax form with CREDIT CARD details to 9887 2941

Credit Card: □ Mastercard □ Visa Card (Will appear as 'Macquarie Hospital on statement)

Cardholder's Name (Printed): ____________________________ Cardholder's Signature: ____________________________

AMOUNT: $ ____________

PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.

HOW TO ENROL

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

COURSES VENUES

CHILDS & ADOLESCENT PARENTING

Gosford:

Northcare Centre
134 Perimeter Road
Gosford, NSW 2250

Chatswood:

Community Health Centre
65 North Rocks Road
Chatswood, NSW 2067

Cherrybrook:

Early Childhood Centre
186 Parramatta Road
Cherrybrook, NSW 2126

CÔTE DE BOIS

9887 5830

TERMS 1 & 2 2013

January to July

Parenting Education for Mums, Dads and Caregivers

We regret that we cannot provide child minding.

All courses are non-refundable.