Term 1 : Issue 4

DATES TO REMEMBER

<table>
<thead>
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<th>Term 1</th>
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<tbody>
<tr>
<td>19.3.13</td>
<td>Harmony Day Celebrations and Multicultural Feast</td>
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<td>21.3.13</td>
<td>P&amp;C Meeting in the Library – 7pm</td>
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<td>27.3.13</td>
<td>Combined Scripture</td>
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<td>28.3.13</td>
<td>Easter Hat Parade</td>
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<tr>
<td>12.4.13</td>
<td>Anzac Day Service</td>
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FROM THE PRINCIPAL

2012 Earn and Learn promotion by Woolworths
Early this term we received our allocation from last year’s Earn and Learn fundraiser. I have previously related to you our thanks for the great efforts from many parents to make this successful. We have now received our goods and they are in the classroom being put to use. A few photos are included below. The items supplied included one hundred and fifty two home readers for all classes at various levels; a set of eleven Indigenous picture books; polydron solid sets; various dice sets for use in groups; red led dice, which is always a hit as they light up!; Australian currency and Geometric shapes.

School Photos
The children came to school last week for photo day “dressed to the nines”, as they say, in their best uniforms and neatly groomed. We had photos of each class taken, individual photos of all children, student leaders and a photo of the whole school. We are all looking forward to receiving them back soon. If you have to change your order, please contact “The School Photographer” via their website to do so.
Harmony Day
The last reminder for Harmony Day Feast and National Costume Parade being held on Tuesday 19th March at 12.30 pm. Some communication states that it begins at 12.00 pm, however, food will be served at 12.30 pm.

Easter Hat Parade.
A separate note is included on the Easter Hat Parade but it is duplicated below as an additional reminder.

Aldi opens on Wednesday and we are invited!
We were contacted by Aldi last week with an exciting promotional and fundraising opportunity. During the first day of opening, the new Aldi store has asked that we run a BBQ for the day. We have called for volunteers to help staff the BBQ from the morning until 4.00pm. A number of teachers and I will staff the BBQ from the end of school until 4.00pm. This is a small way that we build relationships with our corporate community and I would like to thank Mrs Kushurian for her liaison role with the company and Ms Tulip for her swift response and enthusiasm for the opportunity. Any parents who can spare some time during the day, please contact Wendy Tulip on 0418 256 270.

Martin Naylor
Principal

<table>
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<tr>
<th>ASSEMBLY AWARDS: [8th March]</th>
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<tr>
<td><strong>Safe Award</strong></td>
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<tr>
<td>Tiahna T, Olivia P, Lachlan N, Haylie H</td>
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<td><strong>Respectful Award</strong></td>
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<tr>
<td>Rhys F, Kory P, Ana L, Jasmine S</td>
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<tr>
<td><strong>Learner Award</strong></td>
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<tr>
<td>Ahmed R, William M, Jessica B, Aliyah M</td>
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EASTER HAT PARADE 2013
Our school Easter Hat Parade will take place on Thursday 28 March 2013. Students are asked to create their own Easter hat to wear in the parade.

Parents are invited to attend the parade to watch their child march with their hat at 1:50pm. The P&C will be selling hot cross buns with a juice or cup of tea or coffee.

Years 5 and 6 will be face painting on the day.
An Easter egg on a cheek for $1 or the whole face for $3.

We hope to see you there!
1/2M started the year planting from seeds into the school’s Greenhouse. We put in radishes, sunflowers and lettuce. The children enjoyed the hands on experience of planting from seed and watching the seeds germinate into a seedling. The lettuces are extremely slow growing and we hope to plant them into the garden this week. We had a planting day where the parents came in and helped us plant our sunflowers in a garden facing Victoria Road, they are progressing along nicely. Hopefully we will see some sunflowers before we break at the end of term.

It is the radishes that we are most excited about, as they are a really fast growing plant. We harvested the radishes last Friday and every child got to take one home and we cut some up in the classroom to taste the fruits of our labour.

Another focus for the class is keeping the bird bath topped up with fresh water daily, changing the water in the blue tongue lizards bowl and monitoring the amount of duck weed and water that is in the frog pond.
Aldi Grand Opening BBQ – Wednesday 20th March

Our school has been given a wonderful opportunity to hold a fundraising BBQ at the grand opening of Aldi's new store at Rydalmere this Wednesday 20th March. If you are able to help out for an hour or two between 9:30am - 4pm that would be great. Please let Wendy know (phone: 0418256270 / email wendy@capsize.com.au) or complete the slip which was given out last week and return it to the school office.

Family Portraits – Saturday 18th May

Come along and have a family photo taken on Saturday 18th May between 9.00am - 3.00pm.

Cost $15 (all goes to the school) includes one family portrait photo 13"x10" (A4) or pencil sketch portrait (A3), plus one wallet size photo and one key ring.

Great photo packages offered (from $69). See Flyer in this Link or Samples on the Noticeboard beside Kindergarten.

We need 30 families for this to go ahead so please ask your family and friends.

Canteen

**Wednesdays:** Canteen is open for hot food and snacks.

**Thursdays:** The year 6 students are selling ice-creams in the canteen.

**Fridays:** California rolls and sandwiches are 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.

If you have any queries related to canteen or would like to help out for an hour or two a week, 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** – Cookie Dough Arrived last Friday 15th March - Yum!! We made over $420 and this money will be put toward shade for the oval and upgrade of playground equipment. Thank you to all who participated.

**Uniform Shop**

**Next two weeks:** Thanks Diane for helping out in the uniform shop while Yvette was away. Yvette will be back this 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.

Have a good week.....see you soon 😊
Reminder - MultiLit Literacy Centre
Family Information Session
Saturday 23rd March 2013 at 12pm

The MultiLit Literacy Centre works with low progress readers from kindergarten through to high school.

We now also offer a preschool program that teaches prerequisite reading skills to give children the best start when they transition to formal schooling.

MultiLit, a research-based initiative of Macquarie University, addresses the literacy needs of low progress readers with proven programs that improve reading accuracy, fluency, comprehension, spelling and vocabulary.

Our family information session will provide parents and carers with information about the range of programs available at our Literacy Centre as well as the opportunity to see our Reading Tutor Program in action.

The MultiLit Literacy Centre is located in the Macquarie University Research Park next to Macquarie University Hospital:

Suite 2, Level 3
75 Talavera Rd
Macquarie Park
Parking is available on Talavera Rd, at Macquarie University Hospital and at Macquarie Shopping Centre.

Register your interest now (or feel free to just drop in on the day)! Email reading.centre@multilit.com or call 1300 55 99 19.

Kind regards,
Vanessa Black
Multilit Pty Ltd
Learning today, shaping tomorrow

Marsden High School is a dynamic and culturally rich school. Our students are cooperative, engaged learners; resourceful, critical and creative thinkers and are socially tolerant.

Our purpose is to maximise outcomes for all students in a challenging, technically innovative and rich learning environment. At Marsden we believe in the importance of connecting students’ learning to the world beyond school and that learning is a continuous lifelong process.

At Marsden, we give our students the tools they need to succeed in tomorrow’s world.

Marsden Facilities:

- Interactive white boards
- New science labs
- Outstanding sports grounds
- Talented Sports Program
- 5 computer rooms
- Laptops for learning
- Gifted & Talented Programs
- TAFE / TVET programs
- Student Leadership Team
- Duke of Edinburgh
- ESL + Indigenous support
- Vocal, Concert & Stage Bands
- Debating & creative writing
- Outstanding dedicated teachers
- Learning Support Team
- Photography & Art exhibitions
- International study trips

The Pinnacle

The Pinnacle program has been designed to extend and enrich the potential of academically gifted students. Students benefit from learning with like minded peers in a challenging, differentiated program. The Pinnacle Program operates from Years 7-10 and is by application only, supported by academic testing.

The Principal’s Tour

Weekly tours are available to help you get to know Marsden and find out more of what our great school has to offer your child. Please call the office on 9874 6544 to make a booking.

Winbourne St, West Ryde 2114
Phone: 9874 6544  Fax: 9858 1716

Email: marsden-h.school@det.nsw.edu.au
www.marsden-h.schools.nsw.edu.au
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 9-12)
  - Bands & 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
    - Proactive 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:
    - Korea
    - China
  - Lots More

♦ Year 7 Scholarships
  - 3 Categories
  - Performing Arts, Academic, Sport
  - Contact School on 9630 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 powers 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
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 ★ Transition to School
★ Tucker without Tantrums/Toilet Training ★ Transition to High School
★ Speech & Language Development/Sleep ★ Triple P (PPP) Seminar Series
★ Older Sibling - New Baby 1-12 years & Teens
★ Bully Busting ★ Dealing with Teen's Back Chat
★ Resilient Kids ★ Grand Parenting
NEW

Enquiries: Child & Adolescent Parenting 9887 5830

NSW Health
Northern Sydney Local Health District
# Family and Relationship Service Education and skills Training
## February – April 2013

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<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><strong>Friday Mornings</strong>&lt;br&gt; 6th, 15th, 22nd Feb &amp; 8th, 15th March  &lt;br&gt;Time: 10:00am till 12.00pm</td>
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<tr>
<td>Fee calculated on a sliding scale when booking into the course.</td>
<td>- Education on the importance of children's emotional and physical safety  &lt;br&gt;- Recognition that distress felt in separation is a normal process  &lt;br&gt;- Acknowledgment that separation creates change which can be viewed as a destructive event or a time for personal growth  &lt;br&gt;- 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.</td>
<td><strong>Wednesday Evenings</strong>&lt;br&gt; 3rd, 10th, 17th &amp; 24th April  &lt;br&gt;Time: 5.45pm till 8pm</td>
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<td>Fee calculated on a sliding scale when booking into the course.</td>
<td>- Identification of both a healthy and unhealthy relationships; in their own lives and with people in authority  &lt;br&gt;- 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.  &lt;br&gt;- 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.  &lt;br&gt;- Persistence and resilience needed for the lifelong 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>
<td><strong>Wednesday Evenings</strong>&lt;br&gt; 13th, 20th &amp; 27th February  &lt;br&gt;Time: 5.30pm to 7.30pm</td>
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<td>Fee calculated on a sliding scale when booking into the course.</td>
<td>- Increase their knowledge about what works in managing difficult behaviour  &lt;br&gt;- Lessen their feelings of frustration  &lt;br&gt;- Get better results with less effort and stress</td>
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<td>There is a one off fee of $5.00 for the accompanying workbook</td>
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<td>Triple P Seminar Series</td>
<td>This three week seminar series covers:</td>
<td><strong>Friday Mornings</strong>&lt;br&gt; 22nd March  &lt;br&gt;5th &amp; 12th April  &lt;br&gt;Time: 10.00am till 12.00pm</td>
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<td>Participants will be asked to pay a once off $5 to cover morning tea</td>
<td>- Understanding general parenting issues, why children behave in certain ways under certain influences  &lt;br&gt;- Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience  &lt;br&gt;- 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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<td>Bookings Essential: 9895 8054</td>
<td><strong>Venue:</strong> ANGLICARE Family and Relationship Service  &lt;br&gt;18 Parkes Street Parramatta 2150</td>
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**To gain a certificate of attendance you must attend all set course days**<br>**Unfortunately we are unable to offer child minding for any of our courses**
Bedwetting Information Evening for Parents

If you have a son or daughter aged 5—18 years who has a bedwetting issue (nocturnal enuresis)

Then come along to the seminar to hear all about:

- family history and bedwetting
- types of enuresis
- causes of bedwetting
- how constipation may contribute to bedwetting
- treatment of bedwetting
- when and where to get professional help

Continence Foundation of Australia in NSW Inc.

7 pm Tuesday 26 March 2013
@ Paraquad Building
6 Holker St Newington - near Newington Shopping Centre
(children welcome too!)

$10 donation (Tax deductible)

RSVP: by 19 March 2013 via email to nswcfa@gmail.com or phone 02 8741 5699
FREE WALK AND FESTIVAL - Sunday 24 March