Term 1: Issue 5

31 March 2014

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From the Principal

This will be our final newsletter for Term 1. When I reflect on the term that is nearly over, I can’t believe how quickly the time has flown. We have had an extremely busy time, full of wonderful learning experiences.

Harmony Day

Harmony Day was a huge success. We came together as a school community and celebrated all that we are. Our day began with the planting of our Harmony Hands, followed by our official planting of an Orange Tree (another addition to our small, yet full of potential, orchard). Shortly after this we came together to enjoy our Harmony Day Feast, and we finished our day with an African Drum and Dance Explosion combined with our annual Harmony Day Parade. I would like to thank Mrs Brady and Mrs McDonald for their organisation of the day. An event like this takes months of preparation and we all appreciate the efforts of our wonderful teachers. I would also like to thank all of the parents who came along to help on the day. Our feast is an extremely big event, made much easier by those parents who come along to help us serve the food and to clean up. Rydalmere PS thanks all of you!! My final thanks goes to all of our families who supported our day by providing food for our feast and enabling your children to dress up for our day – thank you.
Canteen Art
It was my great pleasure to announce the winners of our Canteen Art competition at last week’s school assembly. Soon we will see these artworks turned into ‘art on a wall’ in our school Canteen. Congratulations to these winners:
- Maria – K/1A
- Mikayla – 1/2R
- Erin – 2/3/4M
- Nigeen – 5/6Z
- Overall Winner = Kelsey

Winter Uniform
The pants for our winter uniform have been chosen and we have arranged a deal with a local shop where you can purchase these. A note containing all of these details will be sent home this week.

Nutech Paint
You may have noticed on our Victoria Road sign, a thank you to Nutech Paint for supporting RPS. Nutech have kindly donated nearly 50 Litres of paint to support us in painting a mural on our Office Wall. Once the weather clears up we will get this under way. We would like to thank James (pictured) and Steve for organising this for us. In addition, they have offered all of our families a very generous discount on paint. Please see the information below.

Voluntary Contribution
These contributions are an important part of our funding. These contributions enable us to provide the basic requirements for your children. Please consider making this payment prior to the end of Term 1. Part payment instalments are gladly welcomed for families who require it. We thank you for your support.
**Easter Hat Parade**

I am looking forward to my first Easter Hat Parade at Rydalmere PS. I know that this will be another great community event. Please assist your child to make their hat at home so that it is ready for our Parade Day.

**Happy Holiday Break**

As I close this newsletter, I would like to take this opportunity to wish all of our families a happy and safe holiday break. We look forward to seeing you all back here for a fabulous Term 2!!

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**Healthy Food Tips**

![The simplest way to bust hunger after school](image1)

Try these great vegie filled recipes that will top up their tank until dinner time.

- **Speedy Pizza**
  A wholegrain English muffin with tomato, corn, capsicum and reduced fat grilled cheese.

- **Fast Toasty Fingers**
  A slice of wholegrain toast cut into soldiers served with 'reduced salt' or 'no added salt' baked beans.

- **Vegie Kebabs**
  Kebab skewers with reduced fat cheese, cherry tomatoes & cucumber slices.

- **Macho Nachos**
  Corn tortillas and sprinkle with quartered cherry tomatoes, kidney beans and reduced fat cheese. Bake in oven for 15 minutes and serve with mashed avocado.

For more information visit [www.eattitobeatit.com.au](http://www.eattitobeatit.com.au) or join us at [facebook.com/eattitobeatit](http://facebook.com/eattitobeatit)

![The simplest way to add healthy snacks in lunch boxes](image2)

Snacks are an important part of a healthy diet for active children. Kids have little tummies so they need small amounts of food often.

Try these simple & healthy snack ideas in your kid’s lunchbox:

- Popcorn: plain air-popped popcorn (without salt or butter) mixed with sultanas and dried apple
- Dried fruit snack packs: buy them ready made, or make your own at home in reusable containers
- Fruit salads: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit and make your own
- Crackers & veg: slice up some avocado or tomato with some rice crackers
- Little vegie bags: cherry tomatoes, capsicum, carrot and celery sticks in a zip lock bag
- Frozen fruit bags: freeze grapes, orange quarters or strawberries in a zip lock bag

Remember: kids love small portions, so cutting up fruit & veg into little pieces will help make sure they don’t bring it home at the end of the day.

For more information visit [www.eattitobeatit.com.au](http://www.eattitobeatit.com.au) or join us at [facebook.com/eattitobeatit](http://facebook.com/eattitobeatit)

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**Bek Zadow**

Principal

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**ASSEMBLY AWARDS: 21 March 2014**

- **Safe Award**: Dekoda S, Rhys F, Olivia P, Joanne R
- **Respectful Award**: Ayden W, Mikayla C, Georgia R, Nour D
- **Learner Award**: Breanna V, Cameron S, Jayden C, Barin S
Celebrating our differences together in Harmony
LEARNING IS FUN IN K/1A!
This is what a literacy morning in our classroom looks like.

I like learning how to make new words.

We like playing sight word bingo.

I like making and writing sentences.

We have reading and writing groups each day.
Free Sewing Group

Rydalmere Public School

When: Every Wednesday
During Term 1, 2014

Time: 9-10:30am

Where: Art Room (Next to the Parent and Community Room)

Who: Parents of students from Playgroup, Preschool or Primary school who are interested to learn or develop their skills in sewing. No prior experience required

- Learn how to sew, cut patterns and take measurements to make garments
- Develop friendships with other women from your community
- Gain information and support related to parenting and your child’s development

Contact:
Sarah (Rydalmere Community Hub Leader) 9638 1568
Sarah.nassereddin@connect.asn.au
Fariba (Fashion Design, Sewing Teacher) 0433311852

Community Hubs
Connect. Share. Learn.
P&C committee positions have been filled!
At the last P&C meeting our President and Vice-President positions were filled. Our new President is Kylie Ewings (Mum of David in Year 6) and new Vice-presidents are Nicole Roberts (Mum of Aaesha in Year 2 and Zain in Kindy) and Jo Fourro (Mum of Rhys in Year 1 and Luke in Preschool) They join Wendy Tulip (Secretary), Daniella Marafioti (Treasurer) and Paula Britz (Parent Rep) to form the P&C Committee for 2014.

Fundraising in Term 1
- Easter Raffle – Thank you for the donations of Easter eggs/rabbits/soft toys that have been given so far. There is still time to send items in. They will be bundled together for class prizes and general prizes. All prizes will be drawn on the day of the Easter Hat Parade.
- Easter Guessing Competition – please refer to note handed out to students for details. You are able to guess the number of eggs in the jar and it will also be awarded at the Easter Hat Parade.
- Cadbury Chocolate Boxes – this is currently underway. Please see Rita Cottam or Maryanne Thompson if you need another box.

Coming in Term 2
- Entertainment Books
- Mother's Day Stall

Bunnings BBQ and Cake Stall – Sunday 6th April – this Sunday!!
This is an excellent opportunity to raise some money for our school for a small amount of time. For only 1 or 2 hours you can help us sell sausages or cakes. There are still vacancies on the roster so we look forward to your help on the day! You can send a note via the school office or speak to Paula Britz (0420 668 020) who is co-ordinating this event.
Cakes for the Cake Stall can be brought to school on Friday, to Bunnings on Sunday or arrange with Paula for collection on Saturday.

Canteen
Canteen is open:

- Wednesdays: Canteen is open for sandwiches, hot food and snacks.
- Thursdays: The year 6 students are selling ice-creams in the canteen.
- Fridays: Canteen is open for sandwiches, hot food and snacks.

If you have any questions or you can spare an hour or two to help out in the canteen please see Jenny Mercer (Canteen Co-ordinator) or give her a call on 0419299784. Jenny is Aliyah’s Mum in Year 6 😊
Aussie Farmers Direct
Reminder: If you are an Aussie Farmers Direct customer and haven’t yet linked your account to our P&C charity, please support our school by going on-line to: aussiefarmers.com.au/linkmyaccount and have your customer number and the name of our group – “Rydalmere Public School Parent's Association” ready to enter.

School Banking
School banking day is Wednesday. Melissa Ball (Lachlan in Year Two and Hamish in Kindy) is co-ordinating school banking.

Uniform Shop
In Term One, Maryanne will be opening the uniform shop every Friday from 8:50am - 9:15am (just down the corridor from the front desk in the office building). If you require any uniforms, please come and see Maryanne then. If you are unable to make it at that time, please organise another time that suits you both.

Our next meeting will be held on Thursday 15th May
Come along and meet other parents, carers and friends on Thursday 15th May in the Library and be involved in planning and chatting about the year ahead.

Enjoy your week 😊

Canteen Ice Cream Prices
(available on Thursdays)

- Paddle pops $1.30
- Frozen yogurt $1.30
- Mini calipo $1.00
- Icy twist $1.00
- Ice cream tub $1.00
- Fruit stack $1.00
- Juices 50c

Cool Kids Music Co.
Music lessons held at school
For enrolment please call 0457 668 742
For lesson times

Old 2nd-hand uniforms are being donated to Parramatta Rotary. Please bring any old uniforms to Maryanne who is collecting them. Thank you.

UNIFORM SHOP
With the great response from the community and overwhelming response to the new uniforms, the Summer uniform pack will only be available until the end of Term 1.

If you would still like to purchase a uniform pack please come and see me at the uniform shop with your order or you may leave a deposit and order form at the office. We are still waiting on polo shirts in sizes 6 and 8 which will be here at the start of term 2.

Thanks
Maryanne Thompson
**School Banking**

Hello and welcome to a new year of School Banking.

Did you know that our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit)?

Not only does School Banking teach our kids about saving and money management, it is also a great fundraiser for our school. If your child doesn't already have a bank account, why not pop into a Commonwealth Bank branch and open up a Youthsaver Account? Then all you need to do is send in their bank book to school each Wednesday with any deposit amount at all, even 20c! Then they can start collecting tokens and can trade them for some great rewards. Every deposit earns them a token and every 10 tokens earns them a reward, it's that easy. All children should have brought home an information pack already which contained rewards vouchers and some other information. If you have any questions at all, please feel free to come and ask me, I'm at school Thursday and Friday mornings and afternoons. My name is Melissa and I am mum to Lachlan (year 2) and Hamish (kindy). So, chat to your kids, find a savings goal (new toy, game etc) and get banking!

Melissa

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**Rydalmere P&C Easter Raffle**

Lots of prizes to be won

3 Easter Hampers for anyone who purchased a ticket to win

6 smaller prizes for students who sold tickets. 1 prize per class, pre-school group.

Ticket prices as follows:

- 1 ticket for $1
- 3 tickets for $2
- 8 tickets for $5

Each ticket sold get the student a ticket in the class raffle. Raffle drawn at the end of the *Easter Hat Parade* on *Friday 11th April*. 
Youth Week, 4-13 April 2014
Our voice. Our Impact.
National Youth Week is the largest celebration of young people in Australia. If you’re aged 12 - 18 register for one of the great events we’re holding this year.

Robots vs Monsters’ Box War Battle and Pacific Rim movie night. – Parramatta Library
Art or destruction. You can be the judge!
Come and create your own Robot or Monster using well... BOXES. Then have fun destroying them in a Monster v Robot Smack down. Don’t know what we’re on about, visit Parramatta City Libraries Facebook page to see a Youtube clip. .......oh and like our facebook while you’re at it!

- **Saturday 5 April 12 -3pm**
  - Session 1 – Set and Costume Creation
    - Making and creating the box town and robots and monster costumes. All materials have been up cycled for this event. Pizza provided
- **Saturday 5 April - 3.00- 3.30pm**
  - Session 2 - Big Box battle begins!
    - Fighting them out (an possible looking at an alternate endings for the story)
- **Friday 11 April – 3.30 -5.30pm**
  - Movie screening of Pacific Rim . Popcorn and Pizza provided

Celebrate Youth Week with a Movie Night
followed by pizza and drinks
@ Ermington Library

Join us for a free screening of a charming funny, enthraling film, invigorating anime as a mainstream art-form.
We will be showing “Wolf Children” by Mamoru Hosoda an award winning director.

10 April 2014
6:00 pm –7:30pm | Free | Bookings required
9638 2270 | Cnr River Road & Lister Ave, Ermington
BACK-TO-SCHOOL SELF-DEFENCE

Develop coordination, improve fitness, boost confidence, enhance teamwork and find new friends.

Martial Arts can do all of them for you.

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www.youtube.com/user/pdkdojo

senseiricky@pdkdojo.com
0410 404 900

www.pdkdojo.com
Seven Hills | Kellyville | Parramatta

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Easter in the Garden

Telopea Community Garden
Shortland St, Telopea

Thursday 17th April 2014
10.30am to 12.30pm

Sow a Rabbit Garden
Craft and Garden Activities
Hot Soup & Bread Rolls
Decorate an Egg

Bring your Easter Bonnet

Gold coin donation

Money raised is used to support future garden event

For more information contact Dundas Area Neighbourhood Centre 9684 4250
Pavecoat H₂O
Nutech Paint has developed a revolutionary new water based penetrating concrete sealer, Pavecoat H₂O. This single pack water-based acrylic concrete sealer has been developed to achieve excellent penetration and adhesion to concrete to overcome the problems associated with traditional organic solvents solutions based concrete sealer Pavecoat H₂O is developed using NANO technology, rapid hardness development, good chemical resistance and excellent adhesion to concrete and masonry surfaces. Most importantly the sealer has **low odour**, non-toxicity and non-flammability characteristics. Pavecoat H₂O is cost effective and there is no need for solvent thinners or disposing of brushes and rollers. Unlike solvent based sealers that covers an area of 4m² per litre. Pavecoat H₂O can be thinned with water and covers an area 6m² per litre. This equates to a cost saving of 33%. When cleaning up only use water to wash your tools. These tools can then be reused.

**Nu-ecoPaint Architectural Range**
Nu-ecoPaint environmentally friendly, low VOC (Volatile Organic Compound) is 100% pure acrylic high quality interior coating suitable for plaster, timber, masonry, brick or other similar building surfaces. Available in a wide range of colours, this paint has excellent covering power, low splatter and simple water wash-up.

**Nu-ecoSafe-Strip**
The chemical paint and coating strippers that have been produced over the years can only be described as harmful to both the environment and to the general health and safety of workers. Government regulations are now forcing all users to seek less harmful alternatives to the harsh and toxic chemicals used in the past. Nutech Paint has developed a most effective, water bases Nu- ecoSafe-Stripper solution.

**FOUR STEPS OF COATING REMOVAL**
1) Apply Nu-ecosafe-Stripper to surface approximately 3 to 5 millimetre thick
2) Allow the Nu-ecosafe-Stripper to do it’s magic, penetrating through the coatings
3) The coating adhesion to the surface is released from the substrate
4) Scrape and high pressure wash surface ready for recoating

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**Nutech Paint** would like to offer all Rydalmere Public School Staff and Parents a **10% discount** on all purchase. **Present this voucher to Nutech Paint** at

18 South Street, Rydalmere
Phone 02 9638 7089

**This offer is valid till 30th September 2014**
(Code RPS)
A fun, free day for the whole family

Main stage will hold a big kids concert with Jimmy Giggle, Jay Laga’aia, Ali McGregor, Bananas in Pyjamas and many more.

Chill out zones for kids and parents, Play School craft zones and ‘Click’ zones for the latest in ABC apps.

Visit the ABC Exhibition Trailer, meet ABC News Presenters, the ABC Grandstand team and listen to Simon Marnie from 702 ABC Sydney broadcasting live.

Parramatta Park will be vehicle free for this event, so leave the car at home!

www.abc.net.au/familyfestival  #abcfamilyfest
Back By Popular Demand!!!

Children’s Garden Workshops 2014

“Let’s Get Our Garden Started!”

This five week practical program facilitated by Seed Harvest Spoon is designed for children 3-5 years plus one parent/carer.

Topic areas will include:
- Parent Information Session
  (Parents/carers only. Childcare available)
- ‘Creative Composting’
- ‘We Love Worms’
- ‘Wonderful Water’
- ‘Growing our Garden’

VENUE: Telopea Public School ‘Edible Garden and Orchard’ and Telopea ‘Schools as Community Centre’ (SaCC) Rooms

DATE: Five consecutive Mondays starting 19th May
(19, 26 May, 2, 16 & 23 June)

TIME: 9:45am-11:15am

CHILDCARE: Free limited child care is available for siblings under three years.

REGISTRATION is essential!

For further enquiries and registration please contact
Pip Martins Telopea SaCC Facilitator.
Phone: 9898 3448
Email: phillipa.martins@det.nsw.edu.au
Meadowbank TAFE for 4 consecutive Mondays at 12 May from 10am - 2pm. They will run The classes will begin on Monday.

Meadowbank TAFE is offering a free 4

Are you interested in developing

someone with their English?

Individuals in English skills for using small groups or week training session to give you presented by Olivia Holland.

FREE

Bookings Essential 9806 5159

Literacy Workshops for Parents

Help Your Child

succeed at school

For Parents
Evening Storytime

Come in your pyjamas to experience the magic of storytime with your child at the library. This storytime is intended for lower primary school children. The interactive session includes stories, songs, dances, crafts or other extension activities.

Milk and cookies will be provide, so hurry up!

Ermington Branch Library
First Monday of the month
6 pm — 7 pm
Enquiries 9638 2270.

LIQUID CINEMA

FREE MOVIES BY THE RIVER
Elizabeth Street Footbridge
Every Friday from 21 March until 11 April
7pm every Friday from 21 March until 11 April
Boat and Zorb hire 4pm until 7pm

Toy Story (G) 7:00pm 21 March
Finding Nemo (G) 7:00pm 28 March
Toy Story (G) 7:00pm 11 April
Babe (G) 7:00pm 25 April

Bridge for movie seating and snacks.

For further information contact Parramatta River Festival 8852 4733 or visit www.parramattariverfestival.com.au