

The Dem Newsletter

Friday 16 October 2015 - Week 2 Term 4

National Maths Talent Quest. Congratulations 5/6KS!

The 5/6KS class entry for the National Maths Talent Quest has taken out First Prize in the MANSW Investigating with Mathematics competition!!!
Each student in 5/6KS will receive a medal and be invited by the Mathematical Association of Victoria (MAV) to the presentation ceremony in Melbourne. What a fantastic accomplishment! Congratulations Ms Sundic and all 5/6KS students. We are all thrilled for you.

Reminder: Parenting Workshop – please RSVP

The Resilience Doughnut will be holding a workshop at North Sydney Dem on Tuesday 20 October for Parents and Carers at 7pm. The workshop will provide some great ideas regarding how we can all help our young people to develop resilience and positive life skills. Please RSVP by emailing thedempc@gmail.com. For more details please see page 6 of this newsletter.

Sports in School and T-Ball payments

Thank you to all the parents and carers who have paid for Sports in School or T-ball this term. This is the final week for payment. Students who have not paid will now participate in a physical activity program led by a teacher on their grade during the Sports in School time. If you would like your child to participate in Sports in Schools but are experiencing financial difficulties please email me at myra.janes@det.nsw.edu.au. Please note that the Sports in Schools Fee appeared on your Term 3 Schedule of Payments. If you are unsure about whether you have paid for this activity please call the office on 9955 2822.

Crows Nest Festival

This Sunday our wonderful Intermediate & Senior Bands will be performing at the Crows Nest Fair. We would love to see you there. For more details please see page 4 of this newsletter.

Enrolling or Leaving

There is only one week to go until Kindergarten Orientation commences for 2016. If you know of a child intending to start at North Sydney Demonstration School next year please ensure all documentation has been received by the school.

For students in Years K-5 a note will come home next week asking if your child will be returning to North Sydney Dem in 2016. Please complete this note and return it to your child's classroom teacher at your earliest convenience. It is important that a slip is completed for each child in your family. A copy of this note is on the school website under the heading Notes.

Tell Them From Me Survey

Next Friday is the last day that parents can complete the *Tell Them From Me* survey. This useful survey will let us know how we can improve on what we do, thus ensuring that your child has the best education possible. Please follow the login details appearing below for your chance to have a say.

Website = <https://nsw.tellthemfromme.com/>

Your School's Parent Username = parent18790

Your School's Parent Password = Nort2766

Myra Wearne
Principal

What's On?

Sunday 18 October
Crows Nest Festival

Tuesday 20 October
* Junior Choir Rehearsal
* P&C sponsored Parent Workshop – Fostering Resilience in children

Wednesday 21 October
Yr5/6 Protestant Scripture Walking Excursion

Monday 26 October
Kindy Orientation

Tuesday 27 October
Kindergarten Incursion

Thursday 29 October
* Kindy Orientation
* Junior Band Concert

Friday 30 October
Senior Choir Concert

Monday 2 November
* Kindy Orientation
* Year 2 Excursion – 2BW, 2JT & 2JD
* Ryde Spectacular

Tuesday 3 November
Year 2 Excursion – 2MT, 2LJ, 2AD

Thursday 5 November
Kindy Orientation

SCHOOL NEWS

Musical Tickets on sale Sat 17 October 2015

The Little Mermaid is nearly here! Tickets go on sale tomorrow Saturday **17 October 2015**.



To book please use the following links:

<http://www.trybooking.com/JIUN> OR <http://www.trybooking.com/164125>

Alternatively you can go to www.trybooking.com and search for the event: "NSDS The Little Mermaid".

There will be two performances at North Sydney Girls High School, a matinee and an evening show, both on Wednesday 11 November 2015 during Week 6 of Term 4.

Come and sing along with Ariel and friends and see if she can catch her prince!

Sports Presentation Ceremony: Tuesday Nov 17 at 9:15am

Parent Online Payments (POP) – please check balance due

When using POP to make a payment, please itemise what you are paying for and also make sure that you pay the correct amount. Any money from overpayments will be applied to other outstanding amounts on your schedule of payments. **Please call the School Office on 9955 2822 from 8:30am to 3:15pm to check what amounts are actually still outstanding before paying online via POP.**

Thank you, Thank you, Thank you!

Many thanks to the lovely family that donated lego bricks to the school yesterday – they will be enjoyed in the Library.

Thanks too to the Goradia family for their kind donation of a microwave for the Staffroom – the teachers are very excited!

Tuckshop News

Term 4 Monday Special is Fresh Fruit Salad (vanilla yoghurt topping optional): \$4



FABStar!

FABStar! is an initiative to recognise positive behaviours in the playground. A FABStar! slip was drawn from all the students who received FABStar! slips in recognition of their positive behaviours on the playground last week.



The Year 1 FabStar! for this week is Nikita who showed kindness and leadership by including another child in his game and ensuring that the other child knew how to play the game. Well done and thank you Niktia!

The Kindergarten FabStar!s for this week are Samantha, Diana, Zoe & Alex who packed up the sand toys at the end of lunch without being asked. You were super-fast and very helpful! Thank you.





BAND NEWS

Dates for your Diary

Crows Nest Festival: Sunday 18 October – Intermediate and Senior bands

Junior Band Concert: Thursday 29 October 6:30pm in the Hall

End of Year Concert: Monday 30 November – all bands

Crows Nest Festival



The Senior and Intermediate bands are playing at the annual **Crows Nest Festival** this Sunday. All students (both bands) are to meet at the school stage (cnr Willoughby Rd and Atchison St, Crows Nest) no later than 1.15pm. Students should wear their band uniform and bring their instruments, music stand (if you have one) and all required music. Parents must collect their child/ren from the stage at the end of the performance. This is a really enjoyable community event at which our bands have played for the past few years and we hope to see as many family members as possible attend to support the bands.

Students should bring with them the following music, in the order set out below:

INTERMEDIATE BAND:

1. Star Wars
2. Rock Around the Clock
3. Firework
4. Astron
5. Mambo No. 5
6. Happy

Intermediate band students are invited to stay and play with the Senior band for the first Senior band piece "Thriller".

SENIOR BAND:

1. Thriller
2. I Dreamed a Dream and/or Race to the Moon
3. James Bond Theme
4. Viva la Vida
5. Happy

BAND NEWS CONTINUED

Junior Band Concert

The **Junior Band Concert** will take place in the Lady Hay Hall on Thursday October 29 (week 4) at 6.30pm. Whole band, individual and small group performances will be included. We look forward to seeing as many parents and other family members in attendance as possible to support the Junior Band students in their first ever concert performance. Students are asked to arrive in the hall from 6-6.15pm for setup. Please speak to the Junior Band conductor Mr Sandham if you have any questions regarding solo or small group performances.

Enquiries

Band Committee Secretary, Melissa Lanigan MELISSA.LANIGAN@det.nsw.edu.au

Library News

Thank you to those students who have already returned the books that they borrowed for the school holidays. **If you still have overdue books please return them as soon as possible.** Any queries regarding your child overdue books please let Ms Elizabeth Williams know.

Reminder: Free family tickets to Book Expo Australia for children who have completed the 2015 Premier's Reading Challenge which is on this weekend 17 & 18 October 2015 at the Sydney Showground, Olympic Park. This is a dedicated event for authors and publishers to meet the reading public.

The many highlights during the weekend include:

- 100+ exhibitors
- Author meet and greets and events
- Performance areas including Illustrator Skills & Children's Author Interactive Areas
- Chances to win free books.
- Interactive Crime and Mystery Scenes
- Food, drink and entertainment

Book Expo Australia is offering free family tickets to children who have completed the 2015 Premier's Reading Challenge. Please visit

<http://www.bookexpoaustralia.com/get-tickets-3/> click on the family ticket tab, at checkout enter the code **premliteracy15** and print the ticket out.

Please contact me if you have any queries.

Alice Bennett (alice.bennett3@det.nsw.edu.au) Research, ICT & Library

Parent Workshop Tuesday 20 October at 7pm at the Dem

This parent workshop will provide ideas on how we can all help our young people to develop resilience and positive life skills. Please RSVP by emailing thedempc@gmail.com or call Val Stamper on 0416 392 021 if you have any queries.



RAISING KIDS THAT COPE **BUILDING AN OPTIMISTIC MINDSET IN CHILDREN**

The P&C Association of North Sydney Demonstration school invites all parents and others who live with, work with, or support young people to our workshop:

DATE: Tuesday 20th October

TIME: 7:00pm – 8:30pm

**North Sydney Demonstration School
Bay Rd, Waverton**

ALL WELCOME

RSVP: thedempc@gmail.com

**Any queries please call Val Stamper on
0416 392 021**

About the presenter ...

Kylie is based in South Sydney and travels throughout Sydney metropolitan and NSW delivering a variety of training programs and parent and community workshops.

Kylie is passionate about the resilience doughnut model and believes it is an invaluable and fresh tool for both work and family life.

Find out more about Kylie at our website below.



"Combining Strengths to Thrive"
www.theresiliencedoughnut.com.au

This workshop will introduce the strengths based model for building resilience, called the Resilience Doughnut.

This seminar will:

- examine the Resilience Doughnut as a model for developing resilience in young people
- examine how to help children talk about coping and peer relationships
- look at some practical ways that we can foster optimism in children
- consider how the language we use can have a powerful effect in helping children to see a way forward through their difficulties

P&C NEWS CONTINUED

End of Year Festival & Student Performances

Save the Date

Friday 27 November 2015 at North Sydney Oval corner of Miller & Carlow Streets.

Join the Team

Would you like to showcase food from your heritage, run a spit roast or vegetarian food stall? Perhaps you are keen to run some activities like the old favourite sack race, tug of war or face painting. Do you have free time in the morning after school drop off to help prepare flyers or distribute raffle tickets?

The festival team get together every Monday morning at 9am at the blue tables near the little equipment - we would love to meet you. Alternatively, send an email to thedempc@gmail.com

Donate a Raffle Prize

If you, your business, friends or associates can help by donating a prize to the value of \$50 or more for our fundraising raffle, please contact Carmen our raffle coordinator on 0416 334 175 or thedempc@gmail.com (subject RAFFLE). We thank you in advance for your generosity.

The Dem Community News

North Sydney Children's Festival "Cosmic Playtime" will be held at the Civic Park, Cnr Miller and McLaren Sts, from 10m to 2pm Saturday 24 October. Food, Art, Petting zoo, Dance/Music and many more exciting activities.

Parenting Courses including sessions regarding childhood anxiety, resilience, positive & emotionally intelligent parenting, transition to high school and more:

- Chatswood Community Health Centre: 57 Hercules Street Chatswood. Phone: 9887 5830 or go to <http://www.nslhd.health.nsw.gov.au/Services/CAP> for more information.
- Naremburn Family Care Centre: 40 Merrenburn Avenue Naremburn. Phone: 8425 8700 or <http://www.centacarebrokenbay.org.au/locations/naremburn-family-centre>

Brothers Oz Tag (Non Contact Rugby League) for girls and boys aged 5 to 16 starts Tues 13 October 2015 at Tunks Park Cammeray. Enquiries: 0404 610 048, email: brothersoztag@hotmail.com or visit www.brothersoztag.com.au

North Sydney United Summer Soccer Competition registrations are now open. Email Julia at clubadmin@northsydneyunited.com.au (general enquiries) or Mark at mashbrit@msn.com (junior enquiries) or visit www.northsydneyunited.com.au/summer-football.html

Play Cricket with North Sydney District Cricket Club for more information visit www.northsydneycc.com.au , email northsydneyin2cricket@iinet.net.au or call Karl Riseborough 0412 572 937 (boys) /Jenny 0438 446 008 (girls).

Willoughby Fun Run – Primary School Challenge Sunday 8 November 2015
See www.willoughbyleisure.com.au for more details and to register.

THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school

We have raised over \$1.65m since 2006.
Help us to raise another \$100,000 in 2015.

We're celebrating 10 years of helping Cancer Council provide vital education, research and support services for those affected by women's cancers.

ONLY \$10*
to Join Curves
ALL DONATED TO
CANCER COUNCIL'S PINK RIBBON.



Proudly supporting
Cancer Council | Pink Ribbon

Curves Crows Nest ! Please call to make an appointment: 9437 6837
Location: 31-33 Hume Street, Crows Nest
<http://curves.com.au/club/crows-nest-495>

Music classes on the keyboard at **North Sydney Dem School**

GREAT SONGS

MUSICAL GAMES

MUSIC THEORY

START NOW OR ENROL FOR 2016



- Convenient at-school venue
- Small group - 45 min weekly lesson
- Competitive rate - \$27 per session
(GST incl. Please do not forward payment to the school office.)
- Instrument not required initially
- Music material provided

Call 9411 3122 or go online to enrol before Fri 30 Oct

VIP Music est. 1984 www.learnmusicatschool.com.au

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WILLOUGHBY FUN RUN

Primary School Challenge 2015

Sunday 8 November

Willoughby
Leisure Centre
FREE ENTRY
7am - 11am

1.5km Kids
Fun Run &
Primary School
Challenge

A fun family
event, including:
Kid's Activities
Jumping Castle
Face Painting
FREE BBQ

EVENT TIMES:
7.45am: 10 - 13 years
7.50am: 7 - 9 years
7.55am: 6 years and under
(with accompanying adult)

Registration is now open, visit:
www.willoughbyleisure.com.au



Advertisements do not indicate endorsement by the school



IMAGINATION ACTIVATION

Hi Dem kids and parents. I am a former Disney artist and Dem Mum. I will be running creative classes next term after school. I will teach animation and drawing. Most importantly the projects are designed so children use their natural creative abilities to explore, come up with brilliant ideas and create pictures that are their own unique vision. There will be no copying and no fear of failure. It will be a fun and friendly class.

The classes run from 2.55-3.55 on Wednesdays and are suitable for years 3-6. It costs \$200 a term and paper, pencils and chocolate chip biscuits are included.

contact Rozzy Brown: rozzy66@yahoo.com 94392997 0429986470



North Sydney Demonstration School is pleased to continue its Seido Juku Karate Program for Term 4, 2015

Classes are held in the school hall and we take rolling registration each month

Seido Juku Karate @ North Sydney Demonstration School

What the Nth Sydney Demonstration School kids have told us:

- "I really want to get my junior black belt"
- "I liked winning a trophy at the Seido tournament"
- "I'm learning to defend myself"
- "We love the karate games"

Kid's Karate Timetable

- Monday & Wednesday at 6pm
- Friday at 4pm and Saturday at 8am
- Passport rate includes classes at the Demonstration School & at our main dojo in Darlington up to 6 days a week

Join us for a free trial class, contact Leigh on 0411-821-531 or book a class online via our website www.seidojuku.com.au



Say goodbye
to cellulite &
**sculpt your body
this spring**

This month we're offering **FREE Body Sculpting** (valued at \$210) with every **Enzyme Facial***. Revise the appearance of those unwanted lumps and bumps and reveal a smoother, firmer feeling skin.

OCTOBER SPECIAL

*Offer expires 31/10/15.

Not redeemable with any other offer.

DMK Skin Revision Clinic
61 Hume St Crows Nest NSW 2065

Call **02 8424 6606** to book your appointment
and mention this ad to redeem this limited offer

www.facebook.com/DanneSkinRevisionClinic

Building confidence from the outside in

THE DEM ADVERTISEMENTS

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Inspire
Program Australia

Inspire. Because your
kids deserve the best!



**Inspire is a unique
after school program
that provides:**

Homework and tuition

Kids don't just do their homework – they also receive tuition and participate in study groups, workshops and educational games.

Fun, inspirational time

Let your kids discover Picasso, grow some herbs, do some craft and be creative. We run lots of fun activities that let kids explore their creativity, develop new skills and learn.

A martial arts lesson

Developed by a 7th dan black belt our program is **non-contact, safe and fun**. Not only is it great exercise it builds confidence, self-respect and discipline.



A day at Inspire

Our mini-bus picks up
children from school.



A healthy afternoon
tea is served.



Homework and
tuition is completed.



Kids do a martial
arts lesson.



Inspiration /
free time.



Parents pick
up kids.

Locations

Artarmon
Baulkham Hills
Carlingford
Hurstville
Kellyville
Lane Cove / Chatswood
Lindfield
Mosman
Pennant Hills
Ryde
Winston Hills

BOOK NOW All bookings and enquiries: **1300 665 275** | www.inspireprogram.com.au

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