

The Dem Newsletter

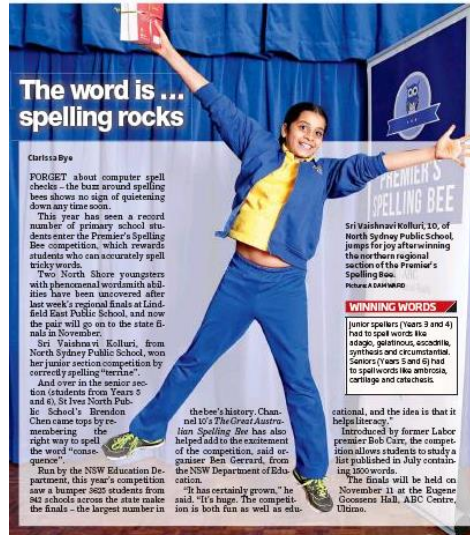
Friday 9 October 2015 - Week 1 Term 4

Dear Parents/ Carers,

Welcome to Term 4

Congratulations

Last Term we congratulated Sri Vaishnavi in Year 4 for winning the regional final of the Premier's Spelling Bee. The North Shore Times wrote a great article about Sri Vaishnavi's success during the holidays. I can now also advise you that Sri Vaishnavi has been awarded **1st place** in the NSW ICAS Writing Competition. Congratulations Sri Vaishnavi!



Congratulations

Congratulations also to Niki (Veronika) in Year 6 who was recently awarded a Highly Commended in the 2015 Minister's Awards for Community Languages.

Community Language awards recognise accomplishment in language, achievement and fluency, appreciation of cultural background and the demonstration of intercultural understanding. Niki attends the Polish School of Sydney in Randwick on Saturdays and is a Student Executive at North Sydney Demonstration School. Congratulations Niki.



2015 Schools Writing Competition

Write4Fun has announced that North Sydney Demonstration School has recently had over 10 students proceed past the competition's initial judging stage. This writing competition was held throughout primary and secondary schools within Australia and received 9,100 entries. Less than 10% of schools achieved the level of achievement that our school achieved and subsequently our school has been awarded a **Certificate of Excellence** (see page 5). Congratulations to all the boys and girls who took up the opportunity to participate in this competition. The final winners will be announced on Wednesday 21 October. Good Luck everyone!

What's On?

Friday 9 October
Sport in Schools starts

Monday 12 October
Year 1 Excursion to the
Schoolhouse Museum

Tuesday 13 October
Year 2 Multicultural Day

Wednesday 14 October
* Mandarin Choir Concert
* P&C Meeting 6:30pm

Friday 16 October
PSSA T-Ball starts

Sunday 18 October
Crows Nest Festival

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

Tuesday 27 October
Kindergarten Incursion

Thursday 29 October
Junior Band Concert

Friday 30 October
Senior Choir Concert

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 for 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.

2015 End of Year Festival

I am excited to announce that the 2015 P&C End of Year Festival will take place at **North Sydney Oval** on Friday 27 November. This change in venue will allow us to celebrate all of our school community's achievements in a more spacious and comfortable environment. Our students are about to commence learning their end of year dance item which no doubt will be as entertaining as ever. Please see page 7 for more details on how you can help with the organisation for this great evening.

Sport in Schools Australia

On Fridays this Term all students in K-6 (*excluding PSSA T-ball players*) will participate in Sports in Schools, Australia. The Sport in Schools program is run by trained Physical Education teachers and concentrates on developing the basic fundamental motor skills and physical activities of locomotion, throwing, launching, tracking, catching, hitting & striking, games, co-operative learning, balance, fitness, co-ordination and core stability. The fee for this program has been included on the Schedule of Payments and must be paid by Tuesday 20 October in order for students to participate in the program after this date. Students who have not paid will participate in a Physical Education lesson conducted by a teacher on their grade. If financial assistance is required please do not hesitate to contact me at myra.janes@det.nsw.edu.au

Myra Wearne
Principal

SCHOOL NEWS

Musical Up-Date

The School Musical performances are fast approaching!

Tickets go on sale on **Saturday 17 October 2015** and will be available through www.trybooking.com (more information about ticketing will go out next week).



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.

We look forward to seeing you in the audience!

Year 2 Multicultural Day Tuesday 13 October

Year 2 students will be celebrating the different cultures represented in our community. Year 2 students can come dressed in traditional dress and bring a plate of food that represents their cultural background. For more information refer to the note sent home this week by the Year 2 Teachers.

Do you have any lego bricks that you can donate?



The Dem will gratefully accept any lego bricks that you can donate to be used for various school activities. Please leave at the School Office. Thank you.

Tuckshop News – T4 Monday Special: Fruit Salad

Starting Monday 12 October, the new Monday lunchtime special in Term 4 will be ...

Fresh Fruit Salad (vanilla yoghurt topping optional): \$4

Soup will not be available during warmer months. If the Fruit Salad lunchtime special is successful we will make it available for purchase at recess in a smaller snack size.



Keeping our Tuckshop healthy!!

Karen, Craig & Kristina

Library Reminder – Please return your books

Please return any books that were borrowed to read over the school holidays.

Thanks very much!

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.



K-2 FabStar!s for this week are Nate, Evie, Sophia and Samantha from Kindergarten, who worked co-operatively to pack up the sandpit toys without being asked.

Alpha from Kindergarten is another K-2 FabStar! this week. He showed resilience when he recovered very quickly from a playground mishap.

Well done to all of these lovely children!





CERTIFICATE OF EXCELLENCE

Awarded To

**NORTH SYDNEY
PUBLIC SCHOOL**

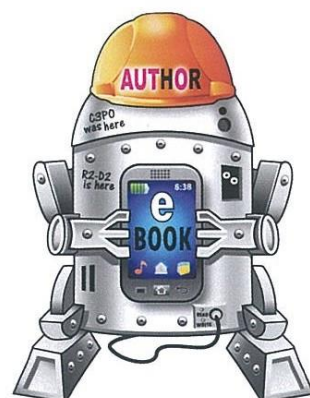
For Outstanding Student Achievement
in the Write4fun 2015 Schools
Writing Competition.



Julia Woods

Julia Woods
MANAGING EDITOR

**write
4fun**.net



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



Inspire
Program Australia

Inspire. Because your
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**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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THE DEM ADVERTISEMENTS

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Music classes on the keyboard at North Sydney Dem School

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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 ♪

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<http://curves.com.au/club/crows-nest-495>

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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



LEARN TO PLAY BASKETBALL

TERM 4 SESSIONS

WEDNESDAYS IN BALMAIN
SATURDAYS IN ULTIMO & LANE COVE

FEATURING COACHING BY NBL LEGEND:

WAYNE MCDANIEL

Wayne still holds a bundle of NBL records including 3rd on the NBL's highest career points average per game (26.5 ppg)

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*VALID TERM 4, 2015 ONLY

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