

The Dem Newsletter

Friday July 17 2015 Week 1 Term 3

Dear Parents/ Carers

Welcome Back

It is great to be back at school and to see everyone looking happy and rested. We have many exciting activities booked for this Term including our Open Day, the Book Parade, Stage 2 and 3 Camps and The Festival of the Arts. Our learning programs for this term will focus on providing our students with plenty of great opportunities to learn new skills, consolidate existing skills and engage in a range of activities that develop their critical and creative thinking. It promises to be a great Term. Congratulations to everyone on a settled and productive start to the new Term. The Dem has welcomed 6 new students and two Sydney University Pre-service teachers: Miss Samantha Towers (KAW) and Miss Stephanie de Belin (5SS) who will be completing their final practicum before matriculation. We wish to thank the community for being so welcoming.

K- 6 Athletics Track Carnival

After the initial postponement it was wonderful to see the sun shining on the last Thursday of Term 2 as we headed across to St Leonards oval for our annual Track Carnival. The students made the most of the day with almost all children participating in a race or activity. Students in Kindergarten experienced their first whole school carnival and had a wonderful time.



Thank you to Mr Hearnshaw and Mrs Williams for organising such a great day! I'm sure we all appreciate the time, effort and energy that goes into organising a carnival for 800 children and we appreciate that the teachers, students and parents enjoyed the day. Well done also to the children for embracing the day with such enthusiasm and spirit!



Spell-a-Thon

If you have not brought your sponsorship money in yet, please do so before **Friday July 24**. Please collect all monies from sponsors and return in an envelope (with **your child's name** and **class** on the front) to **your child's teacher**.

We would like to thank Carmen Schnegg, Carol Kostamo, Vanessa Horler and Mrs Holly Kendall for all of their hard work organising and marking the spell-a-thon as well as collecting the spell-a-thon money. We look forward to seeing all the spelling improvements and sponsorship results.

What's On?

Tuesday 21 July

* Plant-a-Tree day

Wednesday 22 July

* Last day to return filled Stewart House Clothing Bags to McHatton Open Area

Thursday 23 July

* Beecroft Bookshop talk to Years 5-6 students

Friday 24 July

* Last day to return Spell-a-thon money to class teachers

Monday 27 July

* ICAS- English

Tuesday 28 July

* Field Carnival - students who are 8 years old in Year 2 + Years 3-6

Thursday 30 July

* Leadership Induction: 9:15am to 10am

* Open Classrooms: 10:15am to 10:55am

* Donate a Book in the Library: 8:25am until 12noon

* Years 3 & 4 Colonial Experience Incursion

Plant-a-Tree Day

Friday July 24 is the National Plant-a-Tree Day. On Tuesday July 21 our Semester 1 ECO Ambassadors will be planting trees donated by North Sydney Council around our school.

This wonderful initiative has been organised by Mrs Bell, Mrs Anstey and Mrs Culmer. We are looking forward to seeing all our new trees around the school! Karoline and Nikita will be two of our Eco Ambassadors participating on the Day.



Education Week

Week 3 (July 27 – July 31) is Public Education week. The Dem is holding our Open Morning on Thursday 30 July. The morning will consist of our Induction Ceremony for our Semester 2 Student Leaders from 9:15am to 10:00am. Then from 10:15am to 10:55am classrooms will be open for all visitors to come and experience our student learning. We hope that you may also like to stay to have morning tea with the students or Donate a Book in the Library. Invitations to the Leadership Induction for the parents/ carers of the new student leaders will be sent home in Week 2 and we look forward to seeing you all at the Dem on Thursday 30 July.

Volunteers Needed

At the Dem we are always looking for people who can help within the daily framework of the school. Areas that you can assist include reading with students and helping with small group work. Specifically, if you have some time on Thursday mornings you may wish to help with our School Banking initiative. If you would like to become more involved please feel free to email me at

Ashley.grimmond@det.nsw.edu.au or dembanking@gmail.com.

The P & C have some exciting events this Term including a K-2 Disco and a Comedy Night for Dem parents. Volunteers are needed for these events so if you're able to help in any way including, for example, helping with the decorations or cooking a few sausages on the BBQ, please email thedempc@gmail.com with 'Volunteer' as the subject line. Any time you can contribute will be very much appreciated.

Thanking you

Ashley Grimmond
Deputy Principal

SCHOOL NEWS

Mandarin Choir

Please return your Mandarin Choir Expression of Interest note to the office by Monday 20 July 2015. Choir members will represent our school and participate in the 2015 Chinese Spectacular at the Sydney Town Hall on 14 October, 2015.

Mandarin Choir rehearsals will be on Tuesdays from 8:00 a.m. to 8:50 a.m. starting Tuesday 21 July 2015 (*Week 2 Term 3*).

If you need an EOI note please see Ms Lo or visit the school website:

<http://www.nthsyddem-p.schools.nsw.edu.au/notes-and-forms>

Stewart House bags to be returned to McHatton Open Area at Dem School by Wednesday 22 July (*Term 3*)

Stewart House provides programs to promote a healthy lifestyle for students from NSW and ACT public schools. Please fill the bags sent home with students last Term with quality used clothing.

Note: do not leave the bags on the street as printed on the bags. Instead, please return the bags to the Open Area in the McHatton Building on or before Wednesday 22 July 2015 (*Term 3*).

The filled bags will be collected from the school on the morning of Thursday 23 July. We cannot continue to collect the Stewart House bags after that date.

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 K-2 FABStars this week are Yu-Chang, Dasha and Zara from Year 2. These helpful children assisted new casual teachers to the school who needed help during lunchtime in the playground. Your efforts are appreciated, thank you!



The Years 3-6 FABStars this week are Dasha from Year 2 and Sakurako from Year 4 who played a fun game on the bars together, teaching each other new skills.



Library News


Come and Donate a Book!

On Thursday 30 July 2015 (week 3) between 8:25am and 12noon during the Dem Open Morning, our school library is hosting **Donate a Book** where parents, carers and students are invited to come to the library and select from a wide range of quality books supplied by Beecroft Children's Bookshop to donate to our school library.

The books you purchase and donate will become part of our library collection with a donation sticker acknowledging your child or family's kind donation. Your child will be the first person to borrow the book and the book will then be borrowed and enjoyed by other students over the years to come. Children LOVE taking part in selecting books and the feeling of "owning" their own book in our marvellous library and enjoy sharing what parents/carers have purchased for the school.

Also, coming soon!

During this year's Book Week (22 Aug – 28 Aug) the Dem will be hosting its

 parade on Tuesday 25 August. Please pencil this date in your diary! This is a highly anticipated and much talked about literacy event at the Dem where children and grown-ups dress up as one of their favourite book characters to celebrate Book Week. Watch this space for more information closer to the time.

We look forward to seeing you in the library.

Please contact me if you have any queries.

Alice Bennett (alice.bennett3@det.nsw.edu.au)

Research, ICT & Library



May 2015

INFORMATION FOR PARENTS AND CARERS

Review of Special Religious Education and Special Education in Ethics in NSW government schools

The NSW Department of Education and Communities has commissioned an independent review of the implementation of Special Religious Education (SRE) and Special Education in Ethics (SEE) in NSW public schools.

The review is being conducted by an independent research company, ARTD Consultants. This company provides services in evaluating public policy. The review will inform ongoing improvement of SRE and SEE for the Department and providers.

How can you participate in the review?

You can complete a survey up until 31 July 2015 via an online portal, located at this link: <http://forms.artd.com.au/s3/Online-contribution-for-parents-carers>

The survey is in English and has 19 questions. For most questions you can select an answer from the multiple choice options provided. Only two questions ask for written answers. Extra written feedback for another five questions may be provided if desired but is not essential.

Queries or complaints about the way the review is conducted

For questions or concerns associated with participation in the review or to raise a complaint about the conduct of the review, please contact the Leader, Quality Assurance, on (02) 9244 5025 or by email at SRE-SEE-Review@det.nsw.edu.au. All complaints will be treated confidentially.

TheDem Community News

Australian Red Cross Mobile Blood Service is visiting North Sydney (Mary Mackillop Place)

Please call 13 14 95 or visit <https://www.donateblood.com.au/ready-to-donate/make-appointment>

- Tuesday 28 July: **8.50am– 2.00pm**;
- Wednesday 29 July, **8.30am– 2.00pm** (41 more donors needed);
- Thursday 30 July, **1.00pm – 6.20pm** (46 more donors needed);
- Friday 31 July, **8.30am – 1.30pm** (36 more donors needed).

1 in 3 Australians will need blood, but only 1 in 30 people donate. Donated blood helps cancer patients, people with blood disorders, mothers-to-be and newborn babies, as well as trauma and surgical patients.

Term 3 Free North Ryde Go4Fun Program for 7 to 13 year old children

Go4Fun involves both parents and children, and focuses on developing healthy eating habits, building self-confidence and getting kids more active. Sessions run after school and include informative games, fun and active exercise activities, tips on healthy food and portion sizes, label reading, a supermarket tour and more.

To find out more information, make a free call to 1800 780 900, visit www.go4fun.com.au, or contact the Go4Fun Coordinator on 9976 9579.

Venue Address: Ryde Aquatic Leisure Centre, 504 Victoria Road Ryde NSW 2112

Time: 4.30pm-6.30pm

When: Wednesdays, starting Wednesday 15 July 2015

NEW AFTER SCHOOL CLUB FOR YEARS K-4

Bridge Kids is a free after school club for children in Years K-4 that is launching on Friday 17 July. Bridge Kids will meet every Friday in school term in the Church Hall at Church by the Bridge in Kirribilli from 3:30pm-5:00pm. Each week the program will include afternoon tea, an engaging Bible story, energetic games and craft. Pick up and drop off is the responsibility of parents/carers. If you have any questions please email: bridgekids@cbtb.org.au

Do you want
to make a
difference in
the life of a
child?



Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email fosteringwithfac@fac.nsw.gov.au



Family &
Community
Services



FOSTERING NSW

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - 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 (27/7 - 24/8, 7.00-9.30pm)

Triple P (Positive Parenting Program) Seminars (3-8yrs)

Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children

Chatswood (5/8, 12/8 & 19/8, 7.00 - 9.00pm)

Communicating with Kids Workshop (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.

Chatswood (31/8, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.

Chatswood 5 wks (30/7 - 27/8, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep

Chatswood 28/7, 4/8 & 11/8 (3 wks/2.5hrs each, 7.00-9.30pm)

NEW

Helping Your 3-6 Year Old Child with Anxiety

Series of 2 workshops for parents to assist with young children showing signs of anxiety

Chatswood 26/8 & 9/9 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills

Chatswood (18/8, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager

Chatswood (23/7, 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 Seminar Series 1-12 yrs & Teens |
| ★ Older Sibling - New Baby | ★ Communicating with Kids |
| ★ Bully Busting | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids | ★ Grand Parenting |

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP



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Northern Sydney
Local Health District



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Homework and
tuition is completed.



Kids do a martial
arts lesson.



Inspiration /
free time.



Parents pick
up kids.

Locations

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Castle Hill
Kellyville
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Lindfield
Pennant Hills
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TENNIS COACHING

During Semester two, River Road Tennis will be running tennis lessons for your school as well as all the ANZ HOTSHOTS squad programs.

For more information call our proshop on 9428 3336 or visit

www.riverroadtenniscentre.com.au

River Road
Tennis Centre



Colourful Minds | Kerry Gordon | Psychologist



Colourful Minds' is a children's psychology practice focused on helping children between the ages of 3 and 12 develop their **social skills**, build **self confidence** and enhance their ability to **manage their emotions**.

Programs address common children's challenges with:

- Aggressive behavior
- Anxiety
- Limited Attention Span
- Social Difficulties
- Self Esteem
- Sibling Rivalry

By using **craft, games and play therapy techniques** we create an enjoyable and welcoming environment for children to learn **mindfulness and self regulation skills**

Personalised sessions are held face to face with children both at home and in their school. Where appropriate, Colourful Minds also gains input from the child's school, and other relevant professionals.

Parents / Carers remain involved through regular updates and supporting the therapy with ongoing activities

For more information, do not hesitate to contact Kerry:



Kerry Gordon Bpsych(Hons)

medicare

M: 0411 276 552

E: kerry@colourfulminds.com.au

W: www.colourfulminds.com.au

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QR Code

Illustration: A girl in a pink dress stands on a rainbow, holding a green sign that says "ai lu oo 德智美劳 乐在其中". A boy sits on a stack of books on the rainbow, and a girl sits on a stack of books on a cloud. A QR code is visible in the background.

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Illustration: A boy and a girl are sitting at a table with a koala and a kangaroo, painting. The background is a colorful grid of squares.

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	Killarney Hts	Chatswood	Roseville	St Ives	Chatswood
K-2	3:30-4:15pm	3:45-4:30pm	3:30-4:15pm	3:45-4:30pm	3:15-4:00pm
3-6	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:45-5:45pm	4:00-5:00pm
7+	5:30-7:00pm	5:45-7:15pm	5:30-7:00pm	5:45-7:15pm	5:15-6:45pm

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NEW!! Before school classes in drawing and painting 7.45-8.45am

with school drop off - snack provided

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Tuesdays and Wednesdays



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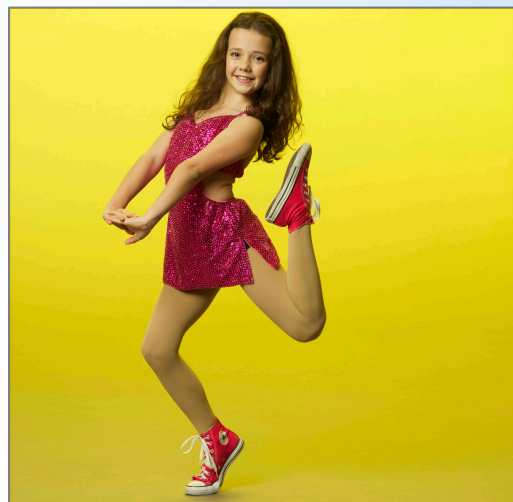
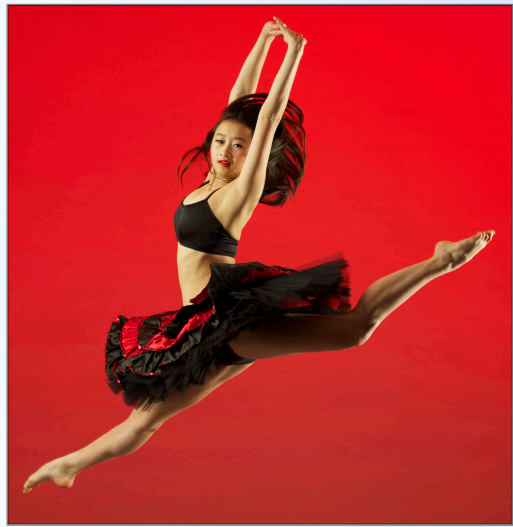
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