

The Dem Newsletter

Friday 18 September 2015 - Week 10 Term 3

Dear Parents/ Carers,

Congratulations to our spelling star – Sri Vaishnavi!

We would like to congratulate Sri Vaishnavi Kolluri from 4GH who won the regional final of the Premier's Spelling Bee on Tuesday. She will now represent the Dem and the Northern Sydney region at the State final in November. We wish you all the best Sri Vaishnavi! Well done!

Years 3-6 and Kindergarten – we need your help!

Last week I mentioned that the Tell Them From Me survey for parents has opened and will close on October 16th. The good news is we have now had 110 parents complete the survey! The bad news is 109 of these surveys appear to have been completed by Year 1 and 2 parents. (Thank you to the lone Year 3 parent who completed the survey). While we value the opinions of our Year 1 and 2 parents and wholeheartedly appreciate their enthusiasm, we really need to hear from the parents of our students in Years 3-6 and Kindergarten as well so that we have the views of all parents across the school. If your child is in Years 3-6 or Kindergarten please use the following login details and complete the survey so that we can continue to provide the best education we can for your child.

Follow the link below on your computer or tablet: Login in: <https://nsw.tellthemfromme.com/>
Your School's Parent Username = parent18790
Your School's Parent Password = Nort2766

Changes to CBD bus timetables

If your child catches a bus to/from the Sydney CBD to get to school please be aware of upcoming changes to city bus routes from Sunday 4 October. The [Transport NSW website](#) can offer you further details, or you can download their [Bus Network](#) brochure for information.

School shoes – free to a good home

A parent has kindly donated a pair of brand new uni-sex school shoes to any family who may appreciate one less bill to pay. The shoes are size 12.5. If you are interested please bring your Cinderella or Cinderella to the office after the holidays and we will see if the shoe fits.

Parenting Program

The Resilience Doughnut will be holding a workshop at North Sydney Dem on Tuesday 20th 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. If you would like more details please see page 5.

Thank you to our community helpers

Yesterday we had the great fortune of having 60 volunteers from **Lend Lease** who spent the day transforming areas of our school and covering books. We now have a freshly painted Year 6 corridor, a replenished sandpit, lovely mulched gardens and many, many, many newly covered books. I would like to extend a huge thank you to Lend Lease for the amazing generosity that they have shown. Thank you also to **Coates Hire, Dulux, Australian Native Landscapes, DATS Skip Bins** and **Guzman y Gomez** for their generous donation of materials and time. Dulux not only donated the paint but also an experienced painter to supervise and advise on the day! Lastly the school is eternally grateful to Srma McQuillan and Gabrielle Jones, two DEM parents who coordinated the whole day and ensured that everything went smoothly. What a lucky school we are. Photos of the Lend Lease Community Day and a more extensive thank you list are on the following page.

Happy Holidays!

Myra Wearne

What's On?

Friday 18 September

*Last day of Term 3

*P&C Movie & Sausage
Sizzle

Tuesday 6 October

First day of Term 4

Friday 9 October

Sport in Schools starts

Monday 12 October

Year 1 Excursion

Tuesday 13 October

Year 2 Multicultural Day

Wednesday 14 October

*Mandarin Choir Concert

*P&C Meeting 6:30pm

Thursday 15 October

Junior Band Concert

Friday 16 October

PSSA T-Ball starts

Sunday 18 October

Crows Nest Festival

Tuesday 20 October

P&C sponsored Parent
Workshop – Fostering
Resilience in children

Tuesday 27 October

Kindergarten Incursion

Friday 30 October

Senior Choir Concert

Thank You!

- To the **60 Lend Lease volunteers** who painted the Year 6 corridor, covered books and tidied up our playground.
- To **Dulux** for supplying the paint for free and especially to Keiran Kent, from Southerland Shire Dulux who assisted on the day as the painting expert/adviser and Joel Fernandez, Dulux Sales Rep for discounting the paint accessories.
- To **Coates Hire** and especially Ben Chapman from Auburn Coates Hire who assisted on the day by arriving at 7am to set up the scaffolding in the Yr 6 Corridor and to Coates Hire Willoughby and Phil Hefford who provided all the scaffolding, ladders and garden tools, free of charge.
- To **Gabrielle Jones** for all the coordination and organising of the Community Day in conjunction with **Srima McQuillan**, Lead Lease Rep/DEM parent.
- To **other Dem parents** Laurens Libeton, Mark Jones, Ray McQuillan, Ray Djani and Alex Young who assisted with the preparation of the corridor on the Wednesday afternoon.
- To **Jill Donnelly** for organising the 400 books and coordinating the book covering volunteers.
- To **Australian Native Landscapes** North Ryde and especially Matt Spark, who provided garden supplies for the sand pit at a discounted price.
- To **DATS Skip Bins** and especially Scott Crossweller and Kent Grundy, who provided a Skip Bin for free.
- To **Guzman y Gomez**, Greenwood Plaza who provided lunch at a great discount.

What a great community!



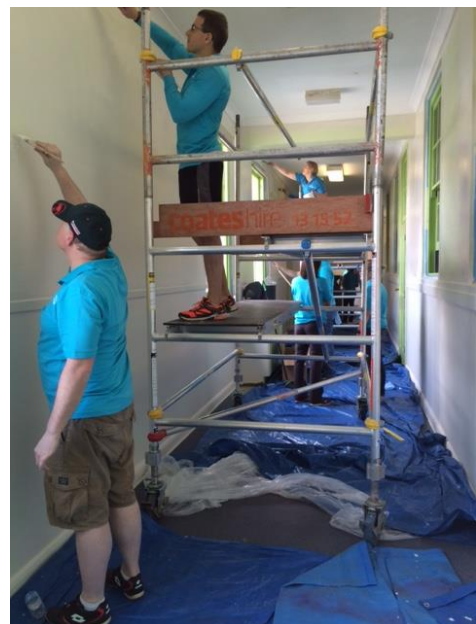
We are all excited about the 400 new books ready to read



Year 1 were ecstatic about the freshening up of their sandpit!



Year 6 are very excited about returning in Term 4 to a newly painted corridor!



SCHOOL NEWS

Musical Up-Date

We are getting ever closer to the date for our *The Little Mermaid* Musical Production and our performers and backstage crew are busily rehearsing and creating! Permission notes for the production will go home with students next term and tickets will go on sale online, early in Term 4.



Please look out for regular updates in The Dem Newsletter, on the school website and in notes going home with students.

Thank you very much for all of the volunteers who have given their time to assist with building sets and props and creating costumes.

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

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



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 Years 3-6 Fabstar!s for this week are Romir, Shivarn, Jason and Ethan in Year 6 who invited Bailey in Year 2 to play handball with them.

P&C NEWS

Today, Friday 18 September FREE movie in Hall: Asterix & Obelix

Starting at 5pm until approximately 6:30pm.
Sausage sizzle: \$4 for a sausage in a roll.





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**

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

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

The Dem Community News

The Australian Red Cross will be at Mary Mackillop Place, 7-11 Mount Street, North Sydney from Tuesday 22 to Friday 25 September. To make an appointment to donate urgently needed blood, or for more information, please visit www.donateblood.com.au or call 13 14 95. 1 in 3 Australians will need blood, but only 1 in 30 donates. Donated blood helps cancer patients, people with blood disorders, mothers-to-be and newborn babies, as well as trauma and surgical patients.

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 including current course descriptions and Term brochure.
- 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) Competition for girls and boys aged 5 to 16 starts Tuesday 13 October 2015 at Tunks Park Cammeray. Enquiries please phone: 0404 610 048, email: brothersoztag@hotmail.com or visit our website: www.brothersoztag.com.au to register.

Northbridge Sailing Club: join our small club with a big community! Only a few spots left in our learn-to-sail course in the first week of the September holidays: September 21 to 25 (Monday through Friday). See <http://nsc.asn.au/sailing-school/> or email training@nsc.asn.au

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

Sydney Olympic Park Holiday Programme: visit www.kidsinthepark.com.au or email info@sydneyolympicpark.com.au for more information.

Play Cricket with North Sydney District Cricket Club for more information or to register online go to www.northsydneycc.com.au Enquiries: email northsydneyin2cricket@inet.net.au or call Karl Riseborough 0412 572 937 (boys) or Jenny Riseborough 0438 446 008 (girls).

Free Family Fun Day at the Parliament of NSW: Friday 2 October 10am to 3pm.

Experience Parliament through a range of free family-friendly fun and educational activities. See the Parliament website: www.parliament.nsw.gov.au/prod/parlment/events.nsf/v3listevents and the Parliament's Facebook page: www.facebook.com/parliamentnsw or call 9230 2047.

Homestay Families wanted:

- Kaplan International English School www.kaplaninternational.com or call 8268 4931.
- WEP Student Hosting www.wep.org.au or call 1300 884 733.
- Student Exchange Australia New Zealand www.studentexchange.org.au or call 9997 0700.
- VSOceania www.vsoceania.com or call 9889 4366.






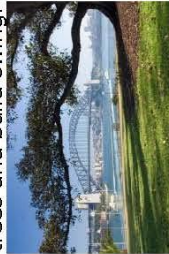


Glenaeon OOSH – Holiday Care Program

121 Edinburgh Road, Castlecrag, & 5a Glenroy Ave, Middle Cove, NSW 2068

Monday 21st Sept to Friday 2nd Oct 2015

THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school

	Mon 21 st Sept	Tue 22 nd Sept	Wed 23 rd Sept	Thurs 24 th Sept	Fri 25 th Sept
C A S T L E C R A G	Fabric Art Day Choose tie-dye, fabric painting, and decoration.  Seniors: develop own design & use various media to create unique clothing. (T-shirt provided) \$10 extra charge	Fun of the Fair Side-show alley! Fairground games, challenges and delicious treats!  Senior Program: Take on the target challenge with paint ball! \$5 extra charge	Pottery Workshop Seniors: Learn to 'throw' clay & use a Potter's Wheel to make your own creation.  Juniors: Learn hand modeling techniques. (May be an opportunity to use potter's wheel) \$10 extra charge	Beach & Bush Day Travel by bus for a day of adventure by the water. Explore the bush & discover old forts. Learn about life on the reef  Senior Program: Learn or practice snorkel skills, and cook the BBQ! (Fully Supervised) \$20 extra charge	Pizza & Wheels day Bring your wheels, rip sticks, skate boards, scooters and join us in our wheeltastic day. Make delicious GIANT pizza!!  Must bring helmets
	Mon 28 th Sept	Tue 29 th Sept	Wed 30 th Sept	Thurs 1 st Oct	Fri 2 nd Oct
C H E C K E A C H D A Y	Lotions & Potions Make natural and delicious smelling recipes & beautiful concoctions to take home!  \$5 extra charge CASTLECrag	Rock Climbing Learn or improve your rock-climbing skills on rock wall. Fully supervised/belayed. Senior & Junior Program.  \$20 Extra charge MIDDLE COVE	Sydney Harbour Mystery Hunt Travel by bus to the city. Uncover the clues in historical sites and find the key to the treasure! Picnic amongst the giant trees and build swing!  \$10 Extra charge CASTLECrag (Departs 9:30am returns 4pm)	Bush Skills & Campfire Lots of fun learning bush craft skills and build cubbies & teepees.  Senior Program: Make a GIANT POTATO ROCKET!! CASTLECrag	Awesome Craft  A super creative day of painting, clay, sculpture, felting and more! Seniors: May use pottery wheel CASTLECrag

Friends: – PLEASE DO invite your friends from other schools. All are welcome!! Cost: from \$65 /day Hours: 8:30am to 5:30pm
 More Details & Enrolment at: www.glenaeonoosh.com.au Email Forms to: childcareservice@hotmail.com Glenaeon VAC Flyer Sept15

Advertisements do not indicate endorsement by the school

THE DEM ADVERTISEMENTS

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RIVER ROAD TENNIS AND GOLF HOLIDAY CAMPS

CAMP 1: MONDAY 21ST SEPT - FRIDAY 25TH SEPT

CAMP 2: MONDAY 28TH SEPT - FRIDAY 2ND OCT

**TENNIS, GOLF, ICE-SKATING, TRAMPOLINING, MOVIES,
TEN-PIN BOWLING, SWIMMING & MULTISPORTS.**

FOR MORE INFORMATION GO TO www.riverroadtenniscentre.com.au

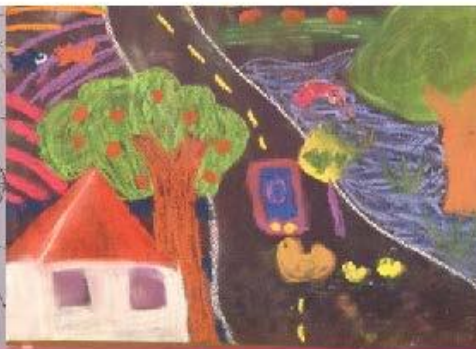
OR CALL 9428 3336



**NORTHBRIDGE
SCHOOL OF
VISUAL ARTS**

Children, Teens & Adults Holiday Program

21 - 25 Sept : 28 Sept - 2 Oct 2015



**Please visit our website
www.nsva.com.au for
program information**

**For bookings please call
9958 1298 or email
judy@nsva.com.au**

**Venue: 307 Sailors Bay Rd, Northbridge
(near roundabout)**

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EXPRESSION SOUND



EXPRESS YOURSELF THROUGH MUSIC

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We pride ourselves in helping to realise your child's full potential through music. We have an expert team of professionals who have extensive experience working with children with special needs.

Contact Iani Sujono to discuss your child's needs.

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North Ryde NSW 2113

☎ 0416 288 917

✉ info@soundexpression.com.au

SOUNDEXPRESSION.COM.AU

THE DEM ADVERTISEMENTS

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This advertisement for Curves Crows Nest features a pink background. On the left, a circular graphic contains the text: "We have raised over \$1.65m since 2006. Help us to raise another \$100,000 in 2015." To the right of this, text reads: "We're celebrating 10 years of helping Cancer Council provide vital education, research and support services for those affected by women's cancers." On the right side, a woman in a purple Curves t-shirt is shown. A large circular graphic next to her says "ONLY \$10* to Join Curves" and "ALL DONATED TO CANCER COUNCIL'S PINK RIBBON." At the bottom right, it says "Proudly supporting" with logos for Cancer Council and Pink Ribbon.

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>

INTERIOR DECORATION MASTERCLASS

29 Sept & 1 Oct

Thinking about redecorating a space in your home but don't know where to start? Then join us for our 2 day intensive Interior Decoration Master Class and create the perfect scheme.

/ Contact us - 9437 1902
/ sydneydesignschool.com.au

**Sydney
DesignSchool**



This advertisement for Clement Art School features a colorful grid background. At the top, it says "Well established Children art school since 1993" and "Clement Art School". In the center is a circular illustration of a child and two kangaroos sitting around a table with a teapot. Text on the left side of the grid includes "Epping, Hornsby, Chatswood, Burwood, Hurstville, Eastwood, Parramatta, Killara, Central, Castle Hill" and "email: clementartschool@hotmail.com". On the right side, it says "Tel: 0414435388". At the bottom right, there is a red arrow pointing to the website "www.clementart.com.au".

Well established Children art school since 1993

Clement Art School

Epping, Hornsby, Chatswood, Burwood, Hurstville, Eastwood, Parramatta, Killara, Central, Castle Hill

email: clementartschool@hotmail.com

Tel: 0414435388

www.clementart.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

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



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)

QUOTE: CHT4 FOR A 10% DISCOUNT

***VALID TERM 4, 2015 ONLY**

For more details email us at:
info@cityhoops.com.au or
visit: www.cityhoops.com.au





Look good feel great!

Look and feel your best with this exclusive special from the DMK Skin Revision Clinic – available to NSDS parents only!

20% OFF

any treatment at the DMK Skin Revision Clinic for appointments between 9am – 2pm weekdays, until September 30th.

Services Available

- Wrinkle revision and age management treatments
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- Skin needling
- Low Level Laser
- Peels
- Body treatments, cellulite revision and weight loss programs
- Skin treatments for pigmentation, acne scarring, stretch marks and Rosacea
- Eyelash tinting and eyebrow design
- Waxing
- Spray tanning

Relax and let us take care of you!

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.dannemking.com.au

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1 DAY ONLY: FILM-MAKING & DRAMA HOLIDAY WORKSHOP



DRAMA GAMES, CREATIVE STORYTELLING & FILM-MAKING

**THURSDAY 24 SEPTEMBER FROM 10AM TO 4PM
IN THE DEM SCHOOL HALL**

BEFORE & AFTER WORKSHOP CARE AVAILABLE

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EMAIL: SIMONFREESTONE@HOTMAIL.COM

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Suitable for ages 9-15
Group Bookings available
Classes held every school holiday
Book early to avoid disappointment

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HOLIDAY WORKSHOPS

(It's Educational! but, shhh ... don't tell the kids! They think it's Fun 😊)

Crows Nest : BRICKS 4 KIDZ Creativity Centre, 385 Pacific Hwy, Crows Nest

21 Sept	Junior Robotics 101	28 - 29 Sept	EV3 Advanced Robotics 101
22 Sept	Pocket Brick Monsters	30 Sept	Spinning Ninja (Half day)
23 Sept	Super Hero Academy	30 Sept	Chi Challenge (Half day)
24 Sept	Amusement Park Mayhem	1 - 2 Oct	EV3 Advanced Robotics 201
25 Sept	Junior Robotics 201		

Mosman : The Barn, 1st Mosman Scout Hall, Avenue Rd, Mosman Bay

28 - 29 Sept	Space Adventures	1 Oct	Chi Challenge (Half day)
30 Sept	Minion Madness	2 Oct	Brick City

1 Oct Spinning Ninja (Half day)

Cost

Two day workshop \$180, incl GST

One day workshop \$90, incl GST

Half day workshop \$45, incl GST

- * Our full day workshops run from 9am - 4pm. Each child will receive a BRICKS 4 KIDZ® stainless steel drink bottle.
- * Our half day workshops run for three hours. Each child will receive a BRICKS 4 KIDZ keyring and wristband.
- * Please note that food is not provided. Please provide nut-free morning and afternoon snacks and lunch for your child to enjoy during every day of the program.
- * Give us a **SHOUT!** Email sydney-ins@bricks4kidz.com or call 0499 000 395



BOOK NOW!

Visit our site for details

Bricks4KidzAustralia.com.au/
Sydney-LNS