

The Dem Newsletter

Week 1 - Friday 29 April 2016

Welcome back

I hope that everyone enjoyed a safe and happy holiday. We are looking forward to a productive and enjoyable term of learning with your children.

Term 2 Leadership Camp

On Wednesday and Thursday our 10 Student Executives attended a two day Regional Leadership Camp with Prefects, Captains and Executives from 25 schools across the Northern Sydney region. These two days were a great opportunity for our school leaders to meet other student leaders and to share ideas about leadership within and across schools. I am looking forward to hearing more about their camp experience next week.

Anzac Ceremony

Today the school community paid tribute to all of service men and women who lost their lives in military and peacekeeping operations across the world. A short assembly was held that included a reading of the Anthony Hill text 'Soldier Boy', a musical performance by our senior choir who sang 'The Spirit of the Anzac' and a reading of the poem 'In Flanders Field'. Thank you to our Year 6 students who did a wonderful job of leading this assembly and to Mrs Sundic who prepared our students so well.



Executive Contacts

This Term the following changes will occur in the schools executive structure. These changes are part of our succession planning in preparation for Mrs Laetitia Cross (Deputy Principal) and Mrs Diane Lynam (Assistant Principal) going on maternity leave in Term 3. Please always contact your child's class room teacher in the first instance if you have any queries, concerns or ideas.

The following people are also available to support you and your child:

- Anamaree Williams, Kindergarten Team Leader (anamaree.williams@det.nsw.edu.au)
- Lisa Jardin, Year 1 Team Leader and Assistant Principal K-2 (Rel.) (lisa.jardin@det.nsw.edu.au)
- Jemma Thomas, Year 2 Team Leader (jemma.thomas4@det.nsw.edu.au)
- Andrea Watts, Year 3 Team Leader (andrea.watts2@det.nsw.edu.au)
- Diane Lynam, Year 4 Team Leader and Assistant Principal (diane.milicevic@det.nsw.edu.au)
- Melissa Tracy, Year 5 & Year 6 Team Leader and Assistant Principal (Rel.) (melissa.strong1@det.nsw.edu.au)
- Amanda Vaga, K-2 Assistant Principal (amanda.coroneos@det.nsw.edu.au)
- Sophie Honeybourne, K-2 Assistant Principal (sophie.j.honeybourne@det.nsw.edu.au)
- Laetitia Cross, K-2 Deputy Principal (laetitia.kilpatrick@det.nsw.edu.au)
- Ashley Grimmond, 3-6 Deputy Principal (ashley.grimmond@det.nsw.edu.au)
- Myra Wearne, K-6 Principal (myra.janes@det.nsw.edu.au)

Myra Wearne
Principal

What's On?

Thursday 5 May

Yr 4 Excursion to Sydney Observatory (4DL & 4GH)

Friday 6 May

PSSA Sport commences - AFL (Yrs 3-4) and Netball & Soccer (Yrs 5-6)

Tuesday 10 May

NAPLAN Testing (Yrs 3 & 5) - Language Conventions, and Writing

Wednesday 11 May

*NAPLAN Testing (Yrs 3 & 5) - Reading
*P&C Meeting - 6:30pm in School Library

Thursday 12 May

*NAPLAN Testing (Yrs 3 & 5) - Numeracy
*Yr4 Excursion to Sydney Observatory (4CP & 4RR)

Friday 13 May

PSSA Sport

Tuesday 17 May

*Yr 2 Excursion to Circular Quay
*ICAS testing - Digital Technologies

Wednesday 18 May

Yrs 5/6 Incursion - 'Gold'

Friday 20 May

PSSA Sport

Monday 23 May

Yr 3 Excursion to Sydney Observatory

SCHOOL NEWS

News from the Tuckshop ...

Term 2 Monday special is Soup and a roll for \$4.00



Band News

Date for Your Diary: Band Camp: June 9-10, Senior and Intermediate Bands

Rehearsals always start in Week 1 of Term!

Parents please note, band practice is always on in week 1 of each Term. The conductors prepare for and attend rehearsal from week 1 and practice is less effective if there are significantly reduced numbers.

NSDS Band Shirt Orders

All band members are required to purchase a band shirt as part of the uniform for performances and concerts.

The shirts are priced at \$25 each.

(If payment assistance is required, please contact the Principal as soon as possible at: MYRA.JANES@det.nsw.edu.au)

Polo shirt sizes available: 8, 10, 12, 14.

To order and pay for a band shirt, please access the following links:

<https://www.trybooking.com/KYPD>

OR

<http://www.trybooking.com/192377>

Once purchased through Trybooking, shirts will either be available at band practice or delivered to your child's classroom.

If you have any questions regarding purchasing band shirts please contact Melissa Lanigan (melissa.lanigan@det.nsw.edu.au)

Band News continued

Band Camp, 9-10 June, 2016, Sydney Academy of Sport, Narrabeen

This year, Band Camp for Intermediate and Senior band students will be held at the Sydney Academy of Sport, Narrabeen. This Centre requires all students to complete a **Medical and Consent Form** prior to attending camp.

The information required about your child includes:

- medical conditions
- food related allergies / special diets
- medication
- emergency contact details
- media consent.

The form is available on-line and is easy to complete. Once you submit the form, the information is sent to the Centre so that staff can prepare for your child's attendance.

Please complete the Medical and Consent form at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

It is vital that you enter the following details:

- Booking number: **480074**
- Booking start date: **9/6/2016**
- Booking venue: **Sydney Academy of Sport and Recreation**

The information is required by **19/5/2016** at the latest, however, it is recommended that you attend to this over the holidays to ensure that the needs of all students attending are known and catered for.

Additional information and permission notes for camp will be issued early in Term 2.

Enquiries

Any enquiries regarding the Band Programme should be directed to Melissa Lanigan (melissa.lanigan@det.nsw.edu.au)



Library News

Dear Parents and carers please note the following privacy statement regarding this year's Premier's Reading Challenge:

Two conditions of entering the Challenge are that students may receive a certificate and their name may appear on the Gold or Platinum Honour Roll. Certificates have the student's name and school printed on them. The Honour Roll lists student names in the PRC website only. Names are listed in alphabetical order (not by school) and no other identifying features are included.

Students who do not wish to receive a certificate or have their name published on the Gold or Platinum Honour Roll (or whose parents/carers do not wish them to) should not register for the Challenge. These students may take part in the Challenge unofficially - they may use the PRC booklists and can seek recognition in their school community - but they cannot add any books to an online Student Reading Record.

If you have any queries regarding this, please let me know.

Keep reading!

Mrs Alice Bennett , Teacher Librarian

The Dem Community News

KU Grandstand Preschool provides educational care and support for children aged between 3 and 6 years of age. We provide a high quality play based learning environment for preschool aged children. Preschool provides a great opportunity for children to become familiar with many school routines and expectations in an age appropriate environment prior to commencing kindergarten. If you want to know more or wish to secure a place - we currently have a few vacancies please email us on ku.grandstand@ku.com.au or call us on 9955 7118.

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>

North Shore AFL Family Fun Day, Gore Hill Oval, on Saturday April 30. 11am to 5pm. Sports activities for 3 to 12 year olds, live music, face painting, food and entertainment. Main game at 2:30pm: North Shore and Western Suburbs. For more information visit northshorefc.com.au

Northbridge Rotary fireworks spectacular at Northbridge Oval, Sailors Bay Rd, on Saturday May 7. Gates open at 4pm for entertainment and food with an amazing fireworks display at 7pm. Admission will be \$25 per family (two adults plus two children) or \$10 adults, \$5 children (five to 15 years). For more information call Peter McNair, 0415 242 628.

Become a WEP host family in 2016! WEP Australia is looking for volunteer host families now! For more info: <https://wep.org.au/host/>

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - 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 (9/5 -6/6, 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 (17/5, 24/5 & 31/5, 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 (2/6, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Brookvale 5 wks (10/5 - 7/6, 6.30-9.00pm), Chatswood 5 wks (18/5 - 15/6, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood (12/5, 19/5 & 26/5, 3 wks/2.5hrs each, 7.00-9.30pm)

Helping Your 3-6 Year Old Child with Anxiety

Series of 2 workshops for parents to assist with young children showing signs of anxiety
Hornsby 10/5 & 24/5, Chatswood 7/6 & 21/6 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (14/6, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (11/5, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 8877 5152 (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 |
| ★ Dealing with Teen's Back Chat | ★ Grand Parenting |
| ★ Resilient Kids | |

Enquiries: Child & Adolescent Parenting 8877 5152

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



Health
Northern Sydney
Local Health District



2016 NSW Premier's Reading Challenge

K-9 students - start reading now!

OPENS 7 MARCH CLOSES 19 AUGUST
Online Student Reading Records must be complete.



Media Partner
news local

Supporting Partner
DYMACKS

Technology Partner
Microsoft

Innovation Partners
accenture

avanade

Go4Fun
Healthy • Active • Happy • Kids

"It's so wonderful to have my active, happy, motivated and confident 10 year old boy back."
Go4Fun Parent.



A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.

North Narrabeen

Tuesdays
4.30pm-6.30pm
Starts 26th April 2016

Pittwater Sports Centre
1525 Pittwater Rd
North Narrabeen

Hornsby

Tuesdays
4.30pm-6.30pm
Starts 26th April 2016

Hornsby PCYC
Performing Arts Centre
22 Waitara Ave,
Waitara

Ryde

Wednesdays
4.15pm-6.15pm
Starts 27th April 2016

Ryde Aquatic Leisure Centre
504 Victoria Rd, Ryde
(Enter from Karen Moras Dr)

REGISTER NOW **FREECALL 1800 780 900** OR **GO4FUN.COM.AU**



Health
Northern Sydney
Local Health District

mosman Youth awards in literature 2016

a competition
in prose and poetry
for young writers

Entries Close 31/5/16
Winners Announced 31/8/16

Enquiries: Barry O'Keefe Library 9978 4091
605 Military Road | Mosman NSW 2088
www.mosman.nsw.gov.au/library

Entry forms available at Barry O'Keefe Library
or visit mosman.nsw.gov.au/library/teens

MOSMAN
Library Service

**Mosman
COUNCIL**

Cash prizes
totalling more than
\$2000 to be won!

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting:

North Sydney

Mary Mackillop Place, 7-11 Mount Street

Tuesday 17 May	8.50am – 2.00pm
Wednesday 18 May	8.30am – 2.00pm
Thursday 19 May	1.00pm – 6.20pm
Friday 20 May	8.30am – 1.30pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate
Eat! Have a good sized breakfast or lunch
Please bring photo I.D. with you

To make an appointment call 13 14 95
or visit donateblood.com.au

**Australian Red Cross
BLOOD SERVICE**

THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school



**CODE RANGERS**
KIDS IN CHARGE OF TECHNOLOGY

Learn about computers and coding in a fun, social setting

When:	Mondays 3:15 - 4:30, starting 2 May 2016 - years 3/4 Wednesdays 3:15 - 4:30, starting 4 May 2016 - years 5/6
Where:	The Dem, Computer Room (meet at the tuck shop after the bell)
Cost:	\$270 for 9 weeks
Who:	Anyone wanting to learn how to be a digital creator and create the next angry birds or minecraft! We create games and animations using scratch and other coding languages
We provide:	Great tutors, with 1 per 8 students, and all equipment. Bring afternoon tea and your great ideas

Register: www.coderangers.com.au/classes
Questions? Call Nicola 0419 497 317

 www.facebook.com/coderangersAU  [@coderangersAU](https://twitter.com/coderangersAU)

S Cherry - Voice & Singing Lessons

We Assess the Voice to develop a Powerful, Strain free, Confident & Functional Voice that can extend to all Music Genres & Styles + Presentation / Auditions.

Contact S Cherry: Multi Award winning Singer / Song writer / Composer and Voice & Singing Teacher.

Tel: 02 896 47458 / **Mob:** 0406 457 474

Email: vocal.teacher11@gmail.com **Website:** www.musicteacher.com.au/s-cherry



Point You Fit Kids Children's Fitness & Wellbeing K-6

- Learn about functional exercise, core strength, and the major muscles & bones.
- Fun & Supportive environment.
- Exercises, games & stretching.
- Run by a qualified personal trainer passionate about children's health & fitness.

Time: 4-5pm Thursdays (Camberay) or Fridays (Mosman)

Location: Thursdays at Cammeray Scout Hall or Fridays at St Luke's Church, Mosman
New Term Starts Now! **First session free then \$15 per class (payment by Term)

Email: pointyoufit@hotmail.com or call: Deb Baruah 0449 851 230



Advertisements do not indicate endorsement by the school

THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school



ENROL NOW!

HAN QU
HAnQu, Chinese Language School

A place to LEARN, a place for FUN!
教学宗旨——寓教于乐!
**You learn not only CHINESE,
but also CULTURE!**
你学到的不仅是中文, 还有中国文化!

网址/WEB: www.hanqu.org 电话号码/TEL: 0466625678



OPEN DAY

Saturday 18 June 2016
10am - 12pm

Always loved interiors? Then join us for our Open Day and see what it's like to work as an Interior Decorator and Designer and turn your passion into an exciting career.
VET FEE-HELP available.

Register at sydneydesignschool.com.au

/ 02 9437 1902
/ info@sydneydesignschool.com.au

Sydney Design School

TENNIS & GOLF COACHING

DURING TERM 2, TENNIS & GOLF LESSONS
ARE ON OFFER FOR STUDENTS AT YOUR SCHOOL.

A COMPLIMENTARY BUS SERVICE WILL RUN BEFORE AND AFTER THE
LESSON BETWEEN THE SCHOOL AND THE TENNIS CENTRE/GOLF COURSE.

FOR MORE INFORMATION CALL THE PROSHOP ON 9428 3336

OR VISIT www.riverroadtenniscentre.com.au

CALL US FOR A FREE TRIAL LESSON



Advertisements do not indicate endorsement by the school

« JUNIOR BASKETBALL IN LANE COVE

LEARN TO PLAY PROGRAMS

We specialize in teaching kids the correct techniques and fundamentals of Basketball.

Our Learn to Play program is aimed at kids 5-12 years with little or no Basketball experience who want to learn or improve their game, get fit and have FUN!

**CLASSES RUN SATURDAY
AFTERNOONS IN LANE COVE**



More info please email play@cityhoops.com.au

CITY HOOPS
www.cityhoops.com.au

THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school

Learn music on the keyboard *at school*

GREAT SONGS MUSICAL FUN MUSIC THEORY

**Lessons at North Sydney Dem School
every Monday after school**

♪ K - 6 welcome ♪

♪ 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.)

♪ Limited vacancy! ♪

Call 9411 3122 or visit our website to enrol



Enrol now for immediate start

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



Penny Kidd
Qualified Instructor RYT
500 hours

YOGA FOR 8-12 year olds

@ Mantra Studios

1 Holtermann Street, Crows Nest

TERM 2, 2016

Commences Monday 2nd May

Mondays & Thursday: ages 8-12

Classes: 4:15pm for 1 hour

Term fees: \$150 (9 sessions)

Siblings discount: 10%

Parents' yoga class held simultaneously in adjacent
room at studio.

SPECIAL PRICE: \$15 per class

Contact: Penny 0411 519 419
penelope.s.kidd@gmail.com

Contact: For more information, contact
Mari-Louise Yule at:
marilouise.yule@gmail.com
04 0444 5211
www.mydoterra.com/vchange

dōTERRA
Wellness Advocate

Some tips for you to try at home with pure therapeutic grade essential oils: -

- Use a clean damp cloth with 2 drops of peppermint oil and two drops of tea tree oil to sanitise and refresh smelly lunch satchels
- Diffuse 3-4 drops of lavender essential oil and 3-4 drops of peppermint essential oil to boost your child's focus and concentration when he/she is doing homework
- Add 3-4 drops of wild orange oil to a damp cloth to cleanse and purify surfaces. It will also leave a wonderful fragrance that will uplift your mood and increase energy levels

Advertisements do not indicate endorsement by the school

THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school



POSTURE
CONFIDENCE
DANCE
FITNESS
FLEXIBILITY

Classes at Mosman Masonic Hall
42 – 44 Spit Road Mosman
www.mosmanphysie.com
physie @mosmanphysie.com
0422 122 330



"I would teach children music, physics, and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to learning."
- PLATO

STRING PROGRAM @ NSDS 2016

STRING ENSEMBLE

For year 3-6 students learning violin, viola, cello & bass
Rehearsals will take place on Monday mornings before school

VIOLIN & CELLO LESSONS

Two of North Shore Music Academy's experienced teachers will offer private violin and cello tuition at school one afternoon a week

ENROL NOW: To find out more about the program email Caroline at info@musiclessons悉尼.com.au or go to www.musiclessons悉尼.com.au

Advertisements do not indicate endorsement by the school