

The Dem Newsletter

Week 2 - Friday 6 May 2016

Sporting Stars at The DEM!

Michelle Yang (Year 4) has qualified to compete in the US Kids Golf World Championships at Pinehurst North Carolina in August this year having won three consecutive tournaments this year. What an amazing achievement for someone who only picked up golf clubs one year ago. Well done Michelle!

Luka Gwozdecky (Year 6) was selected in late March 2016 to the Sydney North PSSA Soccer Team and will be competing in the State Championships from 31 May - 2 June 2016 at Valentines Sports Park Glenwood NSW. Luka successfully trialled through about 5 rounds of a very demanding and progressively more difficult selection process against the best young soccer players from the Sydney North region comprising 166 public schools in 12 school zones which cover all the area of Northern and North Western Metropolitan Sydney and the entire Central Coast region. Congratulations Luka, this is quite an achievement.

NAPLAN 2016

Next week students in Years Three and Five will complete national assessments in literacy and numeracy. These assessments provide information to schools about what students can achieve in an exam environment. This information is often very helpful to teachers and schools in determining how student learning and student achievement can be supported.

Students will be assessed on their understanding and use of language conventions (spelling, punctuation and grammar) on Tuesday morning. Reading and Numeracy will be assessed on Wednesday and Thursday mornings respectively.

If your child is in Years 3 or 5 they will need to arrive at school on time to ensure that they do not miss important instructions prior to sitting the test. Please also ensure that your child has had a good night's sleep and a healthy breakfast prior to coming to school. Parents will receive the results of these assessments from mid-August to mid-September.

OC Applications for Year 4 students only

OC applications are open NOW and close on Friday 13 May 2016. All applications must be made online by going to the following website:

www.schools.nsw.edu.au/ocplacement

All students seeking Year 5 opportunity class placement in 2017 will be required to take the Opportunity Class Placement Test on Wednesday 27 July 2016 (parents will be informed of the time and place for the test closer to the time).

New School Finance System

North Sydney Demonstration School will transition to the new NSW Public schools finance system and a new bank account on 5 September 2016. This means that there will be changes to the way parent or carer payments are made after this date. Please continue to read the school newsletters so that you are aware of these changes when they occur.

Myra Wearne
Principal

What's On?

Friday 6 May
PSSA cancelled

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 commences - AFL (Yrs 3-4) - Netball & Soccer (Yrs 5-6)
*Last day for on-line submission of OC applications (Yr4 students only)

Tuesday 17 May
* Yr 2 Excursion to Circular Quay
* ICAS testing - Digital Technologies

Wednesday 18 May
Yrs 5/6 - 'Gold' Drama Incursion

Friday 20 May
PSSA Sport

Monday 23 May
*Yr 3 Excursion to Sydney Observatory
*Ribbon Assembly (Yr2-6)

SCHOOL NEWS

Cases of Whooping Cough at the Dem

There have been a few reported cases of whooping cough at the Dem. Please visit NSW Health website below to find out more:

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Identify-Protect-Prevent.aspx>

Tuck Shop news...

Soup is available on Mondays during the cooler months of the year...

Soup and Bread roll: \$4.00

We need a volunteer/helper on Tuesday mornings – if anyone is interested in helping out for an hour or so please drop by the Tuck Shop and let us know.

Karen, Craig and Kristina



Schedule of Payments

The Term 2 Schedule of Payments will be mailed out next week. Please notify the School Office ASAP if there have been any address or phone number changes so that our system can be updated. Proof of new address is needed please for address changes.

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.**

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.



Jo and Marlo from Kindergarten are our K-2 Fabstar!s this week. Jo saw Marlo fall over so Jo stopped what she was doing to help Marlo.

George, Rehan, Max, Cameron and Ben in Year 6 are our Years 3-6 Fabstar!s this week. These boys comforted a younger student who was upset and found him a game to play.

Wonderful examples of caring for your fellow students!



Band News



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

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.

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. **Please complete the Academy of Sport compulsory Medical and Consent form online by Thursday 19 May 2016:**

<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** to ensure that the needs of all students attending are known and catered for.

School permission notes for Band Camp have been sent out this week and need to be returned to the school by Monday 16 May 2016. A copy can be found on the website on the Notes and forms page: <http://www.nthsyddem-p.schools.nsw.edu.au/notes-and-forms>

Enquiries

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



Library News



National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a quality picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country.

This year NSS takes place on Wednesday 25 May and the book to be shared is *I Got This Hat* written by Jol and Kate Temple and illustrated by Jon Foye. To help to celebrate this special event students are invited to come wearing a hat of their choice.

Lookout for further information from our Library leading up to NSS on 25 May.

Mrs Alice Bennett , Teacher Librarian

P&C News

The next P&C meeting will be held next Wednesday 11 May 2016 at 6:30pm in the Library. Everyone welcome. If you have any questions please email

TheDemPC@gmail.com



Free Positive Parenting Program

(Group Triple P)

Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns.

Triple P helps you to:

- Promote your child's development & communication skills
- Manage your child's behaviour & emotions
- Build a good relationship with your child
- Build up your child's resilience and confidence

Space is limited to 15 adults (who have children aged 5-9 years old). Childcare facilities are not available. Register by Wed 18 May 2016.

This course will be delivered over four Mondays:

Dates: 23 & 30 May and 6 & 20 June 2016
(attendance at all 4 Mondays required)

Time: 9.15am – 11:30am

Venue: The McHatton Computer Lab,
North Sydney Demonstration School

For more information, please contact Isabella Kim at tae.kim70@det.nsw.edu.au

Numbers are limited to 15 – Registration is essential!

If you would like to participate, please register at the Dem School Office by Wednesday 18 May 2016.

The Dem Community News

The Australian Bureau of Statistics (ABS) is now seeking motivated and community minded Field Officers to work on the 2016 Census. Link to Field Officer position information:

www.abs.gov.au/careers

Census website: <http://www.abs.gov.au/census>

Administration Assistant – Part Time (The Grail Centre, 22 McHatton St., North Sydney)

Seeking a part time (6-9 hours per wk) admin assistant - dates/times negotiable. Sound admin skills, proficiency with MS-Office, self-starter. For more details, see

<http://www.grailaustralia.org.au/uncategorized/we-need-an-administration-assistant/>

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>

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/>

Australian Youth Orchestra applications for 2017 will be open from 30 May to 17 June 2016. Orchestral musicians that are interested in auditioning for our training and pathway programs can call 9356 1400 or visit: www.ayo.com.au

Finding it difficult to cope but don't know where to turn?

Call the **South Eastern and Northern Sydney Family Referral Service** on **1800 066 757**.



- We can help you find useful services in your local area
- You can speak to us by telephone, you can visit our offices, we can meet you in your home or somewhere convenient for you
- We link young people, children and families to culturally sensitive services wherever possible
- We provide free interpreters

For more information contact us on:

Phone: 1800 066 757

Email: sensfamilyreferral@barnardos.org.au

www.familyreferralservice.com.au

We can link you with services to help with:

- Domestic violence
- Drug and alcohol issues
- Financial assistance
- Counselling and mediation
- Child and Parenting programs
- Youth support
- Housing and accommodation
- Mental health support and any other services you may need

Feel like parenting isn't working?

Talk to a professional
Counsellor for tips to make
life easier

Call **1300 1300 52**

or visit our web site at

www.ParentLine.org.au



9am to 9pm weekdays
4pm to 9pm weekends



familiesnsw
supporting families to raise children



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
LibraryService

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

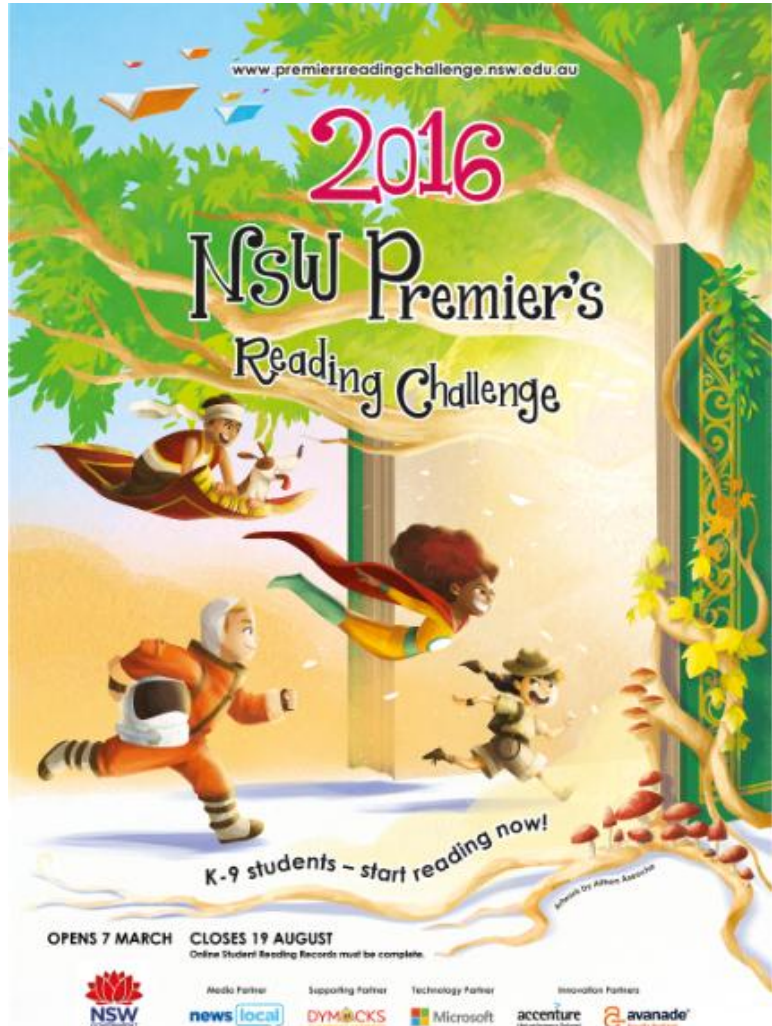
Please bring photo I.D. with you

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

 Australian Red Cross
BLOOD SERVICE






www.premiersreadingchallenge.nsw.edu.au

2016 NSW Premier's Reading Challenge



K-9 students – start reading now!

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

Media Partner:  news local
Supporting Partner: 
Technology Partner: 
Innovation Partners:  

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
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Older Sibling - New Baby
- ★ Dealing with Teen's Back Chat
- ★ Resilient Kids
- ★ Transition to School
- ★ Transition to High School
- ★ Triple P Seminar Series 1-12 yrs & Teens
- ★ Communicating with Kids
- ★ Grand Parenting

Enquiries: Child & Adolescent Parenting 8877 5152
www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District



THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school

ENROL NOW!

 **汉趣中文学校**
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



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Mobile Guitar Lessons to Your Home!
Qualified Experienced Convenient Safe



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3 LESSONS FOR \$99

Private & Group lesson available: 7-9am, 3-7pm
Acoustic / Classical / Electric / Bass / Ukulele

Contact : Matthew Larnar
0401 626 298
www.guitar-for-all.com
E-mail : info@guitar-for-all.com

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



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« 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

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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



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
DesignSchool**

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



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



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THE DEM ADVERTISEMENTS

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LOOK LIKE A PROFESSIONAL PLAYING SPORT

Winter sports season is just around the corner. So there's no better time than now to protect your teeth with a customised mouthguard while you're playing your favourite sports; especially those that are high contact.

What is a mouthguard?

A mouthguard is an oral device worn around the teeth. Since standard

mouthguards can be uncomfortable and rarely fit an individual's mouth, the best type is a custom fitted mouthguard that is tailor fit to suit around your teeth.

Why are they so important?

Mouthguards aim to increase prevention and decrease the effects of injury to a person's teeth and oral cavity. So whether you're going to occupy the field during rugby season this year, or you're a gymnast, it is strongly recommended that you consider wearing a customised mouthguard. Speak to our dentists for more information about custom fit mouthguards.

	Dr Stuart Evans Dr Cigdem Kipel	Dr Ben Hargreave Ms Harriet Honner (Hygienist)	Opening Hours
			Mon 8am - 6pm
			Tue 8am - 6pm
			Wed 8am - 6pm
			Thu 8am - 9pm*
			Fri 8am - 5pm
	North Sydney Dental Practice 2nd Floor 83 Mount Street North Sydney NSW 2060		
	T 02 9922 1476 E reception@nsdp.com.au W www.northsydneydentalpractice.com.au		*Thurs 6-9pm by appointment

"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@musiclessonsnydney.com.au or go to www.musiclessonsnydney.com.au

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