

# The Dem Newsletter

## Week 5 - Friday 19 August 2016

### Walking to School Initiative and Road Safety

As we experience more glorious weather I would like to remind all parents about the many benefits of encouraging their children to walk to school. We all know an active lifestyle has many health benefits. For our children additional benefits of walking to school include increased independence and more developed interpersonal skills. There have been four suitable routes jointly determined by both our Student Executive and representatives from the Bicycle Network for students to use when walking to school. The routes, which are an initiative of North Sydney Council, are clearly visible with colourful footpath signage and a starting spot. I have included the map again on page 4 for your convenience. Teachers will be discussing the benefits of walking to school with their students this week.

Where circumstances mean that you must drive your child to school please be aware of the high pedestrian and vehicular traffic around the school.

The school will continue to encourage parking ranger presence in the afternoons and mornings to ensure that dangerous behaviours such as double parking and 3 point turns are discouraged. Please refer to page 3 and review the current driving behaviours being policed at this time.

### Spelling Bee Super Spellers!

Earlier this week 3-6 students took part in the annual Premier's Spelling Bee. Stage finalists competed in the school final, spelling words such as 'kaleidoscope' and 'alcheringa' to make it through to the next level. The audience watched in awe as many of our students demonstrated their skills when delivering perfect spelling of these incredibly difficult words. The winner and runner up from each category will now represent North Sydney Dem at the regional final to be held on Monday 12 September. Congratulations to the finalists and we wish them all the best.



Stage 2 Winner: Achintya (R)  
Stage 2 Runner up: Charley (L)



Stage 3 Winner: Sri Vaishnavi (R)  
Stage 3 Runner Up: Emma (L)

### Interrelate Program for Years 5 & 6

This year, students in Year 5 and 6 will be taking part in the Interrelate program during school hours. This program is designed to meet the NSW PDHPE Syllabus outcomes relating to the beginning of puberty, body changes and friendship issues. Students will be completing two lessons with Interrelate presenters during the next few weeks.

## What's On?

**Book Week: 22-26 August**

### Monday 22 August

Year 1 Excursion to MCA  
(1DH, 1JW & 1SF)

### Tuesday 23 August

Book Week Author Visit -  
Tohby Riddle

### Wednesday 24 August

\* Yr 5 Catholic Scripture  
Excursion to Mary  
McKillop Church  
\* Yr 5/6 Anglican Scripture  
Excursion to St Thomas'  
Church

### Thursday 25 August

\* Zone Field Carnival  
\* Recorder Group perform  
at the Festival of  
Instrumental Music -  
Sydney Opera House

### Friday 26 August

\* Zone Track Carnival  
\* Yr1 Excursion to MCA  
(1LJ & 1TM)  
\* K-2 Disco - 5:00pm

### Monday 29 August

\* Kindergarten Excursion to  
Sydney Aquarium  
\* Book Week Author Visit -  
Gus Gordon

### Tuesday 30 August

Junior Choir Rehearsal -  
Ryde Civic Centre

### Wednesday 31 August

Gifted & Talented  
Information Evening for  
Kindergarten parents

## Book Week Parade Excitement

What a great day for a parade – the playground was a sea of colour, with some excellent costumes depicting students' favourite characters and books. It was nice to see our teachers getting into the parade spirit as well.

Well done Mrs Bennett and Team for making this annual parade another successful Library event! A big thank you to our young photographer of the day too, Tom in Year 6, who took these terrific shots as well as many others.



## NAPLAN Results

A copy of NAPLAN results for students in Year 3 and Year 5 will be sent home with students on Monday. Please advise the classroom teacher should you not receive your copy or if you require an additional copy.

## Semester 2 Schedule of Payments / New Finance System

If you have not received a copy of the Schedule of Payments for Terms 3 and 4 please contact the school office to check your address details on our system. For the changes in payment methods in Term 3 please see page 5. Please be reminded that POP (Parent Online Payments) will not be available until early next Term. Thank you for your understanding while the new system is being put in place.

A detailed description of the items listed on your child/ren's Schedule of Payments can be found on the school website. Should you require financial assistance with regard to the Schedule of Payments, please feel free to email me directly at [myra.janes@det.nsw.edu.au](mailto:myra.janes@det.nsw.edu.au)

## Working Bee – Sunday 21 August

If you like to garden and be outside in the sunshine for a good cause, then come along and join our P&C gardening elves at the working bee this Sunday. Please contact Christina Silk on 0409 604 464 or Carmen Schnegg on 0416 334 175 to RSVP. Morning tea and lunch is included.

## K-2 Disco – Friday 26 August!

It's almost time for our K-2 kids to polish their dancing shoes and to bring the glitter out. Yes it's the K-2 Disco!!!! This is one of the most fun evenings of the year and one that is eagerly anticipated by our youngest members of the school community. Thank you to all of the parents who have volunteered to help out and make this a wonderful event!

## Need a fun night out – Friday 9 September

Step back in time at the North Sydney Dem Retro Disco Night. This evening will be a great event with the live band *Planet Groove* playing hits from the 70's & 80's. You can purchase your \$50 ticket at [www.trybooking.com/209725](http://www.trybooking.com/209725). Please note that this is an event for adults over the age of 18.

## Are you good with numbers? P&C bookkeeper required.

The Dem P&C is looking for a bookkeeper to assist the Treasurer and Committee in general. If you are interested in this position please contact the P&C President, Carmen Schnegg via email on [thedempc@gmail.com](mailto:thedempc@gmail.com) or by phone on 0416 334 175.

**Myra Wearne,**  
**Principal**



## A MESSAGE TO PARENTS FROM NORTH SYDNEY COUNCIL

The North Sydney Local Government Area is very busy and the area around our schools becomes congested at peak drop off and pick up times. North Sydney Council Rangers and Parking Officers, with the assistance of New South Wales Police, will be monitoring parking this year in all our school zones to ensure the areas remain as safe as possible for children.

Below are some useful tips for parents driving and parking in school zones:

1. Drivers should always take extra care in 40km/h school zones, which operate on gazetted school days.
2. Park legally, even if it means walking further to the school gate. Observe all parking signs. They are planned with children's safety in mind.
3. Never double park as it puts children at risk.
4. Model safe and considerate behaviour for your child – they will learn from you.
5. You must not wait in "No Parking" zones for longer than 2 minutes.
6. Always park and turn legally around the school. Avoid dangerous manoeuvres such as U-turns and three-point turns.
7. Avoid parking across the school driveway or the entrance to the school car park. Using your school's drop off and pick up facility will help keep all children as safe as possible during the busiest times of the school day.

For your information, below is a table that sets out most major parking offences in school zones and the penalties that apply for each offence.

SCHOOL ZONE OFFENCE	EXPLANATION	PENALTY AMOUNT*	DEMERIT POINTS
Disobey No Stopping sign	No Stopping means No Stopping. You can't take a phone call or wait for a passenger in these zones, even for just a minute or two. There are no exceptions.	<b>\$319</b>	<b>2</b>
Disobey No Parking sign	You are permitted to park in a No Parking zone for a maximum of 2 minutes and you must remain within 3 metres of your vehicle at all times. These zones are used for parents to pick up children and move away. They should not be considered as places to wait beyond the 2 minute limit.	<b>\$177</b>	<b>2</b>
Stop on/near a children's crossing	You must not stop within 20 metres of the approach to a crossing or 10 metres after a children's crossing	<b>\$425</b>	<b>2</b>
Stop on/near a pedestrian crossing	You must not stop within 20 metres of the approach to a crossing or 10 metres after a pedestrian crossing	<b>\$425</b>	<b>2</b>
Stop in a bus zone	A bus is the only vehicle permitted to stop in a bus zone. No other vehicle is allowed to stop in a bus zone, not even to pick up a passenger.	<b>\$319</b>	<b>2</b>
Stop at/near a bus stop	You must not stop within 20 metres of the approach of a bus stop sign or 10 metres after a bus stop sign.	<b>\$319</b>	<b>2</b>
Double park	It is an offence in school zones to park or stop a vehicle next to a vehicle parked on the side of the road. Other drivers overtake double parked cars, and with obscured vision can fail to see a child.	<b>\$319</b>	<b>2</b>
Stop on path or strip	You must not park on a grass strip or on a footpath.	<b>\$177</b>	<b>2</b>
Stop on or across a driveway	You must not stop on or across a driveway, unless you are picking up or setting down people, in which case you cannot stop for more than 2 minutes.	<b>\$177</b>	<b>2</b>

• Subject to change on July 1 each year

**THINK SAFETY OVER CONVENIENCE WHEN PARKING IN SCHOOL ZONES**





BICYCLE  
NETWORK

# Active Maps

North Sydney Demonstration School

## Paths to school:

Milson Point Path — 1500m

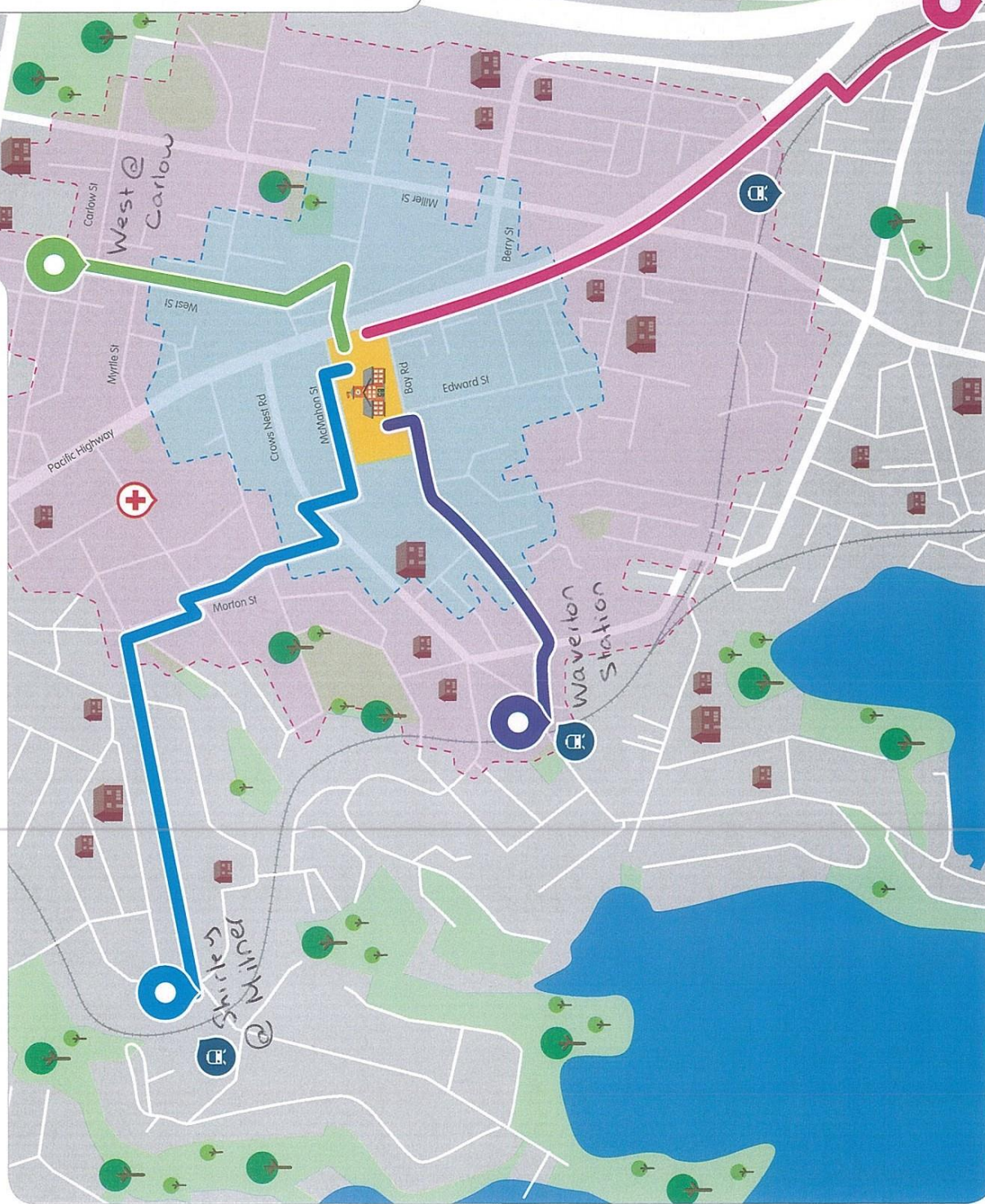
Wollstonecraft Path — 1300m

Eastern Path — 550m

Waverton Path — 600m

10 minute walking zone

5 minute walking zone



RIDE2  
SCHOOL

# SCHOOL NEWS

## Changes to Payment Methods during Term 3

Due to the transition to the new NSW public schools' finance system there will be a financial freeze during the week Monday 29 August to Friday 2 September.

**Please remember the following changes to payment methods in Term 3:**

- Please do not use POP for the remainder of Term 3;
- EFTPOS, Cash and cheque payments will be accepted at the School Office until Friday 26 August;
- No payments can be accepted from Monday 29 August to Friday 2 September;
- From Tuesday 6 September the School can once again accept EFTPOS, cash and cheque payments;
- POP will resume in Term 4 2016.

Thank you for your understanding and patience. If you have any questions please call the school office on 9955 2822.



## Band News



### Dates for Your Diary

- **NSW School Band Festival:** Sunday 28 August - Senior Band only
- **Crows Nest Festival:** Sunday 16 October - Senior & Intermediate Bands
- **Festival of the Arts:** Wednesday 26 October - Senior & Intermediate Bands
- **Junior Band Solo night** – date TBC (likely week 8 or 9 Term 4)
- **End of Year All Bands Concert** – Monday 28 November – all Bands

### Instrument Repairs

Please contact Melissa Lanigan if your child's instrument is hired through the school and requires repairs.

### Enquiries

Band Committee Secretary, Melissa Lanigan [MELISSA.LANIGAN@det.nsw.edu.au](mailto:MELISSA.LANIGAN@det.nsw.edu.au)



# 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.



Our K-2 Fabstar! this week is Ben Lewis from KAW who helped a friend who was hurt to get help from the teacher.

Graeme Ferguson our wonderful GA was also nominated for his work cleaning up the playground!

Our 3-6 Fabstar! this week are Tyrone and Oliver who showed kindness by stopping their game to help a younger student who was injured.





## Library News

# Book Week 2016

**Thank you everyone** for your tremendous efforts to make this year's Book Week Parade such a success!

Yesterday at the parade our favourite and much loved book characters came alive!

Not only did we have Little Red Riding Hood, Tashi, Brian the piranha from *Piranhas Don't Eat Bananas* amongst us, we also witnessed Robin Hood, Harry Potter, Ned Kelly, Hermione Granger, Connor and Alex from *The Land of Stories*, Gandalf, dinosaurs, Princess Leia, Storm Troopers, superheroes and many more standing side by side on such a special occasion enjoying each other's company having fun. What a great way to celebrate our love of reading!

Thank you everyone for your kind Book Week donations totalling over \$480! The amazing student executives collected the money which will be donated to the Indigenous Literacy Foundation to help our remote communities with their literacy projects. What a perfect day!

Don't forget that if your child is aiming to complete this year's **Premier's Reading Challenge (PRC)** please ensure that their reading record is entered on the PRC website by the end of today. **If your child is reading above and beyond please record the extra books read and forward the list to me.** Congratulations on a job well done to our 408 students who have so far completed this year's PRC.

Next Tuesday we welcome our first **Book Week 2016 author: Tohby Riddle.**

Tohby is an award-winning writer, illustrator, cartoonist, designer and sometime editor based in Sydney. He has written and illustrated numerous well-loved picture books (*My Uncle's Donkey*, *The Singing Hat*, *Nobody Owns the Moon* and more); written a novel (published as a young adult book); was the cartoonist for the *Good Weekend* (the Saturday magazine of the *Sydney Morning Herald* and *The Age*) for nearly ten years; and is a former editor of the *The School Magazine*.

Alice Bennett ([alice.bennett3@det.nsw.edu.au](mailto:alice.bennett3@det.nsw.edu.au))  
Teacher Librarian

## P&C News

Come and get  
your hands  
dirty at our  
next Working Bee



**SUNDAY 21 August 9.30am –3.00pm**  
(includes Morning Tea & BBQ Lunch)

Great way to get the whole family involved in looking after their school grounds. If you can only make it for an hour, that's fine. Any time you can spare is greatly appreciated. We'll be:

- Cleaning and weeding the area along McHatton Street and the bottom of the Pacific Playground;
- Cleaning the drains;
- Weeding the area adjacent to River building;
- Weeding the gardens around the Haven;
- Plus more if we have enough people to help!



We will be providing **morning tea** as well as a **BBQ lunch!** Please text us so we know that you are coming:

Christina Silk 0409 604 464

Carmen Schnegg 0416 334 175





## P&C News continued



I would like to say a HUGE THANK YOU to the following parents who very kindly came in to help mark the Spellathon papers last Friday - Megs, Sonya, Denise, Brinda, Nirmala, Emma, Laurens, Vanessa and Adrienne.

Remember : the last day to return Spellathon monies is Friday 26 August 2016!

Carmen

P&C President

NSDS P&C proudly presents the

# K-2 disco

LADY HAY HALL  
FRIDAY 26TH  
AUGUST  
5-7PM

EXTRAS AVAILABLE  
ON THE NIGHT:  
SAUSAGE SIZZLE \$4  
ALL DRINKS \$2  
GLOW STICKS  
\$1 EACH, \$2.50 FOR 3  
\$5 FOR 6

ENTRY \$5, INCLUDES  
SAUSAGE SIZZLE.

THIS IS NOT A DROP AND GO EVENT. PARENTS/CARERS MUST STAY ON THE SCHOOL GROUNDS.

# K-2 disco

COME AND HAVE A GROOVE WITH YOUR MATES!  
PARENTS AND CARERS.  
THIS IS NOT A DROP OFF EVENT. YOU  
MUST STAY ON THE SCHOOL GROUNDS.

## P&C News continued



**PRIZES FOR BEST DRESSED  
MALE & FEMALE, SO GO WILD!**

**Book your tickets now:**

**[www.trybooking.com/209725](http://www.trybooking.com/209725)**

**\$50 tickets available online or at the door on the night**

**\* This is an **Adults Only** event - No children permitted \***

**North Sydney Demonstration School, Lady Hay Hall**

**Friday 9 September 7.30pm - Midnight**

**FREE DRINK ON ARRIVAL!**



## **VOLUNTEERS NEEDED**

**"RETRO NIGHT AT THE DEM" - FRIDAY 9 SEPT 2016  
WE NEED YOUR HELP!**

**Set Up Team, Door Staff, Bar Staff, Bar Staff w/ RSA  
General Event Helpers, Pack Down Team.**

**IT'S EASY AS .... DO RE MI, A B C, 1 2 3 .. CALL US NOW!**

**VAL STAMPER (0416 392 021)  
MARY DATOC (0417 677 893)**



# The Dem Community News

## Dem P&C Bookkeeper required (paid position)

The Dem P&C is looking for a bookkeeper. Please contact the P&C President Carmen via email [thedempc@gmail.com](mailto:thedempc@gmail.com) or phone: 0416 334 175.

## Part Time/ Flexible Accounting Supervisor – position vacant

CABEL Partners is located in North Sydney and is looking for a CA/CPA qualified person with at least 5 years of experience. Email your resume to Anna on [anna@plan2action.com.au](mailto:anna@plan2action.com.au) or call the Managing Partner Phil Browne for more information on 0412 135 402.

## Play cricket this summer with North Sydney Juniors

To register online, please go to:

<http://www.northsydneyjuniors.nsw.cricket.com.au/content.aspx?file=10646|42390r>

Many options available for Boys and Girls aged from 4 to 16 years old. Girls only competitions as well as new Friday night training is also available. For more details see: [www.northsydneycc.com.au](http://www.northsydneycc.com.au)

## North Steyne Nippers registrations are now open

For more information email [nippers@northsteyneslsc.com.au](mailto:nippers@northsteyneslsc.com.au) ; call David Guthrie on 0438 677 423 or Brian Mariotti on 0457 616 993 or go to: [www.northsteyneslsc.com.au](http://www.northsteyneslsc.com.au)

## Brothers Oz Tag (Non contact Rugby League Competition)

Summer Oz Tag for Boys and Girls aged 5 to 15 starts Tuesday 11 October 2016.

For all enquiries please contact Annette Hema on Ph: 0404 610 048 or email:

[brothersoztag@hotmail.com](mailto:brothersoztag@hotmail.com) or visit: [www.brothersoztag.com.au](http://www.brothersoztag.com.au) to register online.

**Northbridge Sailing Club Open Day on Sunday 28 August from 10am to 2pm** Bethwaite Lane (end of Sailors Bay Road), Northbridge. For more information, visit: [www.nsc.asn.au](http://www.nsc.asn.au)

## Sydney Girls High School Open Night: Wednesday 7 September from 4pm to 7pm.

Address: Anzac Parade, Surry hills 2010

Website: [www.sghs.nsw.edu.au](http://www.sghs.nsw.edu.au) Phone: 9331 2336

**Parliament of NSW Family Fun Day on Friday 7 October from 10am to 3pm** Fun activities, sausage sizzle. Enquiries: 9230 2047 or [dps.education@parliament.nsw.edu.gov.au](mailto:dps.education@parliament.nsw.edu.gov.au)

## Sydney Technical High School Information Morning: Thursday 13 October at 9:15am.

Address: 686 Forest Road, Bexley 2207

Website: [www.sths.nsw.edu.au](http://www.sths.nsw.edu.au) Phone: 9587 5899

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

**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>

# The Dem Community News continued

**CatholicCare**  
Diocese of Broken Bay

Presented by:  
CatholicCare Naremburn  
**Triple P**  
Positive Parenting Program

**Crows Nest Centre**  
Connecting Our Community

## Positive Parenting Program

Free seminar, refreshments provided

This program is a lecture style presentation and does not allow for children to attend that are over 6 months and mobile. Childcare is not provided

This program consists of 3 seminars held over 3 weeks designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing. This program is aimed at parents of children aged 0-10 yrs.



### SEMINAR 1

THE POWER OF POSITIVE PARENTING: Tuesday 18th October 6:00pm-7:30pm

### SEMINAR 2

RAISING COMPETENT, CONFIDENT CHILDREN: Tuesday 25th October 6:00pm-7:30pm

### SEMINAR 3

RAISING RESILIENT CHILDREN: Tuesday 1st November 6:00pm-7:30pm

Triple P Seminars address general parenting issues: why children tend to behave in certain ways under certain influences, and what they best respond to; dealing decisively and effectively with behaviours such as aggression, non-co-operation and disobedience; recognising and managing situations that might be much less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Location:  
Crows Nest Centre  
2 Ernest Place  
Crows Nest, 2065

Bookings are essential! To make a booking call CatholicCare on 8425 8700  
Or email: [naremburnfamilyservice@dbb.org.au](mailto:naremburnfamilyservice@dbb.org.au)

\*Please note children are unable to attend and childcare is not provided\*

## ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting:

### North Sydney

Mary Mackillop Place, 7-11 Mount Street

**Monday 22 August**

**8.50am – 2.00pm**

**Tuesday 23 August**

**8.30am – 2.00pm**

**Wednesday 20 July**

**1.00pm – 6.20pm**

**Thursday 21 July**

**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](http://donateblood.com.au)

**Australian Red Cross BLOOD SERVICE**



**OPEN DAY 2016**  
TUESDAY 13 SEPTEMBER 3:30PM TO 5:30PM  
*Empowered to Achieve*

The staff and students of Cammeraygal High School warmly invite you & your family to take a tour of our wonderful new facilities to hear and see student speeches, **music, dance, DRAMA, ART and sport.**

## PARENTS

Has your child's private tutor or coach had a **Working With Children Check?**



- Tutors must have a current WWCC
- Parents must verify the WWCC online
- Got a clearance? You're good to go!

NSW | Children's Guardian | [www.kidsguardian.nsw.gov.au/parentscheckthecheck](http://www.kidsguardian.nsw.gov.au/parentscheckthecheck)



## THE DEM ADVERTISEMENTS

*Advertisements do not indicate endorsement by the school*



### **JUNIOR SUMMER FUTSAL COMPETITION**

*The Willis Recreation & Sports Centre, Castle Cove*

**KICKS OFF - 15 OCTOBER 2016**

**SATURDAYS – Boys, Girls & Mixed Comps U6's-U10's**

**COST - \$175 per player**

**Min.8 players/Max.10 players per team**

**A break between December/January Holidays**

**Trophies & medals to be won for finalists.**

**Referees, Pitch Hire & Insurances all included in cost.**

### **CONTACT**

**Tel: Graeme 0423 140 284 or Lisa 0411 580 891**

**Email: [info@football365.net.au](mailto:info@football365.net.au)**

**Web: [www.football365.net.au](http://www.football365.net.au)**

**REGISTRATIONS TO BE FINALISED BY 30 SEPTEMBER**



## **WEEKLY DRAMA CLASSES**

## **FOR CHILDREN AGED 6-17 YEARS**



Opportunities for all children to develop further self-confidence and personal skills of expression through communication, voice development, movement, creative and imaginative drama, characterisation, mime and improvisation which is fun and engaging for all.



## **Term 4 Program**

**Junior** (6-9 year olds) - Tuesday 3.30-4.30pm

**Intermediate** (10-12 year olds) - Tuesday 4.30-5.30pm

**Senior** (13-17 year olds) - Friday 4.30-5.30pm

**Venue:** The Living and Learning Centre,  
180 Longueville Road, Lane Cove

## **ENROL NOW!**

**[www.cameraygal.com](http://www.cameraygal.com)**

### **Reasons for your child to see a podiatrist:**

- Family history of foot problems
- Uneven wear patterns on your child's shoes
- Tripping or falling
- Toe walking
- Abnormal gait patterns
- Knock knees
- Pigeon toed
- Developmental delays
- Re-current pain in back, hips, knees and feet
- Ingrown toenails
- Hard skin, lumps and bumps
- Warts
- Clumsy gait
- Heel pain

**Come and see Palin Podiatry's Children's Podiatrist  
Rebecca Angus**

Shop 5 /61-63 Alexander Street Crows Nest NSW 2065  
**Phone** (02) 9906 3188 **Email** [admin@palinpodiatry.com.au](mailto:admin@palinpodiatry.com.au)  
**[www.approvedbypalinpodiatry.com.au](http://www.approvedbypalinpodiatry.com.au)**



**PALIN PODIATRY  
Children's Feet**

*Advertisements do not indicate endorsement by the school*

# Mad about Science? We are too!

## **Expressions of Interest: Fizzics Science Clubs North Sydney Demonstration School Term 4, 2016!**

Learn how to experiment and find answers to real-world questions with fun, hands-on activities. We'll show students how to create hypotheses, control variables to conduct fair tests, and communicate their results just like real scientists!

Our clubs are designed and run by our team of science educators, based on our 12 years experience of science education in Sydney.



**To register your interest visit: <http://bit.do/FizzicsXXXX>**

When: Tuesday during term, 2.55- 4.00pm from 18<sup>th</sup> October

Who: Students Year 3-6

Where: At school

Cost: \$19 per week

Want more information?

1300 856 828 or

<http://bit.do/fizzics>



**[www.fizzicseducation.com.au](http://www.fizzicseducation.com.au)**



North Sydney Demonstration School is pleased to continue its Seido Juku Karate Program for Term 3, 2016

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](http://www.seidojuku.com.au)



## High Quality Early Learning in North Sydney



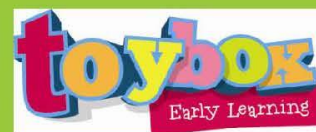
Toybox Early Learning provides an exceptional quality of Care, where children are given the opportunity to learn and develop to their full potential in a fun and supportive environment.

We are big enough to deliver a quality environment with a great team but small enough to ensure each child is cared for as an individual. Our newly refurbished centre is under new management and offers:

- ♥ A small, secure and nurturing environment
- ♥ Secure, online access to your child's portfolio
- ♥ The curriculum delivered is the Early Years Learning Framework
- ♥ Nutritious food prepared by professional caterers
- ♥ Pre-school program & Mandarin lessons for preschoolers
- ♥ Dance classes
- ♥ Secure basement parking for drop-offs and pick-ups
- ♥ Indoor/outdoor play space, for all weather conditions

Spaces are limited, and we are taking enrolments now.

Book a Tour: Inspections are welcomed, please Call 9929 4139 or email [enquiries@toyboxearlylearning.com.au](mailto:enquiries@toyboxearlylearning.com.au)



**Quality Early  
Learning in North  
Sydney**

**Under New  
Management,  
and Vacancies  
Available**

**Small, secure  
and convenient  
long day care**

### **TOYBOX EARLY LEARNING**

Level 1, 75 Miller St  
North Sydney NSW 2060

[www.toyboxearlylearning.com.au](http://www.toyboxearlylearning.com.au)

Ph: 9929 4139  
Em:

[enquiries@toyboxearlylearning.com.au](mailto:enquiries@toyboxearlylearning.com.au)

## THE DEM ADVERTISEMENTS

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### **“Fashion fades, Style is eternal” YSL**

Starting a new job or returning to work can be both exciting and scary, and we need all the confidence we can get!

Being a mum is so time consuming that we occasionally lose focus on ourselves and as a result our (work) wardrobe can suffer. Our lifestyles, bodies and budgets may change but we still want our personality to shine and project the right image in the workplace.

Business of Style can help you reflect your personality through your style and give you that extra confidence with the following services:

#### **Package 1: Grooming Consult & Tips**

Looking perfectly groomed doesn't have to cost much. Nor does it need to take too much of your time. Business of Style can help you achieve the look you're after, without investing significant amounts of time or money.

#### **Package 2: Style evaluation and Personalised Lookbook**

We begin by identifying your own sense and understanding of style, then advise you on what will and will not suit, where best to shop etc....taking into account your personality, coloring, physique, lifestyle and of course, budget. This is not a 'makeover' service, we work with you to enhance and refine your existing style.

#### **Package 3: Wardrobe detox**

How many women have opened their wardrobe and thought “I don't have anything to wear!!” Business of Style will assist you on sorting out your current wardrobe (what to keep, store or donate) and advise you on how to build on it with a list of additional items that will bring it all together and make you feel empowered.

**Don' t hesitate to contact us  
for further information:**

[karine@businessofstyle.com.au](mailto:karine@businessofstyle.com.au)

Tel. 0412314274

[www.businessofstyle.com.au](http://www.businessofstyle.com.au)





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# TENNIS COACHING @ NORTH SYDNEY DEMONSTRATION

**DAYS ON OFFER:** Monday, Tuesday & Thursday

**START DATE:** Mon 25th JULY      **LAST DAY:** Thurs 15th DEC

**CLASS SIZE:** 7 PUPILS PER CLASS

**COST:** \$304 (MON - 19 lessons) \$304 (TUES - 19 lessons)  
\$304 (THURS - 19 lessons)

**WET WEATHER PROGRAM IN PLACE**

Phone 9428 3336 for more information or to book a place in the program. Cheques to be made payable to "River Road Tennis Centre" and these can be handed in at the school office or mailed to 180 River Rd, Lane Cove 2066.

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**TENNIS COACHING @ NORTH SYDNEY DEMONSTRATION SEMESTER TWO**

**NAME OF CHILD:** \_\_\_\_\_ **DAY:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **YEAR AT SCHOOL:** \_\_\_\_\_

**PH:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

ATTACHED IS MY CHEQUE/CREDIT CARD DETAILS (MC/VISA) FOR \$ \_\_\_\_\_

CREDIT CARD NUMBER: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ EXPIRY: \_\_\_\_ / \_\_\_\_

NAME ON CARD: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

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