

The Dem Newsletter

Week 3 – Friday 2 November 2018

Ryde Schools Spectacular

On Monday evening the Junior Choir performed at the Sydney Opera House as part of the Ryde Schools Spectacular. Our choir performed under the theme of 'Hope and Harmony' with 1000 other students from across 23 different schools in the Sydney region. The choir had been rehearsing twice a week, including early mornings, learning a challenging repertoire of 15 songs! They even had to learn and practise several dance moves and sign language for some songs. Their performance on the night was absolutely fantastic and we are so proud of them. Most importantly, all choir members thoroughly enjoyed their experience. Thank you to Mrs Manning for all her hard work in rehearsals with the choir and to Ms Rebecca Rawson for her support at the Opera House on concert night.



End of Year Festival – Save the Date!

This year's Festival will be held on Friday 7 December – mark the date in your calendars! Unfortunately North Sydney Oval is not available this year. The Festival will be held on site at the Dem. If you would like to run a food or activity stall, or wish to volunteer your time, please contact the P&C President at president@thedempc.com.au. We look forward to another fun-filled afternoon/evening of performances, rides and activities. We will keep you updated in the Dem Newsletter.

Please see P&C News on page 11 of this newsletter for all other important information and local community events.

Year 6 Mango Fundraiser

On behalf of the Year 6 cohort, thank you to all who ordered a tray of mangoes in support of this end-of-year fundraiser. Your love of mangoes has resulted in a fantastic donation of over \$1,000 which will be gifted to the Dem from Year 6 – 2018!! Year 6 students will discuss and vote on a farewell gift to be presented to the school at the final assembly on the last day of term. Don't forget to keep your Trybooking receipt handy to collect your mangoes from school on Thursday 22 and Friday 23 November. A special thank you also to the Year 6 mums who helped co-ordinate the mango drive.

What's On?

Monday 5 November

- * Kindy Orientation

Tuesday 6 November

- * Year 2 Incursion

Wednesday 7 November

- * Intermediate Band

Thursday 8 November

- * Senior Band
- * Kindy Orientation

Friday 9 November

- * Junior Band
- * Teeball Training 8:25am
- * Oztag Training 8:25am (was previously on Thursdays, changed to Fridays)
- * Sports in School / PSSA

Sunday 11 November

- * Remembrance Day - Centenary of the Armistice, Student Executive attending.

Monday 12 November

- * Kindy Orientation
- * Applications close for Selective High School 2020

Wednesday 14 November

- * Intermediate Band
- * P&C Meeting, 6:30pm in the Library

Thursday 15 November

- * Senior Band
- * Kindy Orientation

Friday 16 November

- * Junior Band
- * Teeball Training 8:25am
- * Oztag Training 8:25am (was previously on Thursdays, changed to Fridays)
- * Sports in School / PSSA

Year 4 REAPS Project

Year 4 would like to thank everyone who supported their 'Pillow for a Day' initiative as a solution to deal with school bullying.

Over \$600 was raised and will go towards setting up safe chill out zones in classrooms.

Year 4 is very appreciative of your support.



eSafety Forum for parents/carers

The Australian eSafety Commissioner, Julie Inman Grant spoke at an eSafety Forum on Tuesday evening at Monte Sant' Angelo College. The event was hosted by the Federal Member for North Sydney, Mr Trent Zimmerman. The presentation was interesting and informative and I would encourage parents of pre-teens and young teens (10 to 14 years of age) to visit the eSafety website <https://www.esafety.gov.au/> for more information around being aware of current technology trends and parent strategies for dealing with cyberbullying and image-based abuse. There is a Screen Smart Parent Tour that you may find helpful: <https://www.esafety.gov.au/education-resources/iparent> see pages 16 to 18 of this newsletter.

Christmas Card Drawing Competition

If your child is interested in providing a drawing for Mr Zimmerman's annual Christmas Card competition for primary schools, please refer to page 19 of this newsletter for details. An entry form can be collected from your classroom teacher or the school office and will need to be returned to the school by **Tuesday next week**, so we can submit all entries from the Dem together. The theme this year is **'What Christmas means to me'**.

Swim Scheme Program

A second Expression of Interest note was handed out to interested students in Years 2-6 last week. If you would like your child to participate in this program please make sure you return this note on **Monday next week**. A copy can be found on page 8 of this newsletter. The Department of Education's Swim Scheme program focuses on children in Years 2-6 who are not yet confident swimmers and are **unable** to swim 25m unaided. Swim Scheme will only be opened up to other students (i.e. students who are already strong swimmers) if there are spaces available after the 5 November deadline. Swim Scheme will take place for two weeks from Monday 26 November through to Friday 7 December.

Selective High School Applications – Year 7 in 2020

Parents wishing to apply for a Selective High School placement in 2020, must apply online via the NSW Department of Education's Selective High Schools and Opportunity Classes unit by **10pm on Monday 12 November 2018. No late entries will be accepted.** Parents also need to complete and return the 'Intention to Apply' note which was due for return last Friday. For your reference, a copy of the note can be found on page 10. If you have not yet done so, please make sure this note is completed and returned.

Sports Presentation Assembly

This year's Sports Presentation Assembly will be held on Monday 10 December. This assembly is about the best and fairest in class sport, PSSA sports and other general sporting activities. The Dem also recognises a student as Sports Person of the Year for outstanding representative and external sporting achievements. This student is selected by the Sports Committee and Executive based on sporting achievements throughout the year.

In preparation for this event, class teachers and the coaches of our school's representative teams are now considering which students will be receiving whole school awards in individual and team sports as well as determining age champions from each of the school's carnivals based on results.

On a class level there is also an award given to two students from each class. These class sports awards are awarded on a number of criteria. Teachers will consider aspects such as sporting ability, sportsmanship, participation, enthusiasm and encouraging inclusivity.

At the Dem we take pride in listening and acknowledging all students achievements both in and out of school. Sometimes we need help in identifying phenomenal sporting achievements outside of the school's domain. If your child has had success in a sporting field this year and has received either individual or team acclaim and representative honours, which may include Regional, State, National or International representation, we would like to hear about it.

Please email either Mr David Hearnshaw (david.hearnshaw1@det.nsw.edu.au) or Mr Ashley Grimmond (Ashley.grimmond@det.nsw.edu.au) with your child's name, class along with a brief description of their achievements and representative honours. This will allow us to recognise their achievements in correlation with those through the School's and Educational Department's programs and pathways.

Term 4 Grade Newsletters and Semester 2 Reports

Term 4 Grade Newsletters have been uploaded to both the school website and Schoolstream for your reference. Please take the time to read these newsletters to keep you up to date with what your child is doing this Term. Semester 2 reports will be sent home with students on Wednesday 12 December.

AdCom Parent Representatives for 2019

We are looking to recruit two new parent representatives for the Advisory Committee to the University of Sydney (AdCom). Our long term parent representative Mrs Diane Jackson is leaving our Dem family this year due to her daughter moving on to high school. We would like to thank Diane for her support of AdCom over the years and wish her and her family all the best.

For any interested parents, AdCom meets once per term (on a Tuesday after school) and provides a centralised forum for communication and feedback between North Sydney Demonstration School and the University of Sydney. This year the committee consists of Melissa Tracy (rel. Deputy Principal & AdCom Chairperson), Myra Wearne (NSDS Principal), Ashley Grimmond (Dep Principal and Pre-Service teacher coordinator), Dr Jon Callow from the University of Sydney, Rebecca Rawson (Year 5 Team Leader) and Jenny Davies (Year 2 Classroom Teacher), and Diane Jackson.

It is the responsibility of the committee to approve all research that takes place in our school; to organise our annual TeachMeet where schools from the region share their practice; to oversee the Scholarly Reading Group where teachers at the Dem read and discuss new research in Education; and to coordinate the placement of Pre-Service teachers.

If you are interested in being a part of AdCom in 2019, please send an Expression of Interest, via email, to Melissa Tracy (AdCom Chairperson) by Friday 14 December, at melissa.strong1@det.nsw.edu.au

Are you Returning to the Dem in 2019?

This term is an important and busy time when preparations begin for 2019. It is vital that the '*Are you returning to NSDS in 2019*' notes are returned to your child's class teacher. These notes were sent home with every child and were due for return last Friday. **If you are yet to complete a note, please do so urgently.** You will find a copy on page 9 of this newsletter. Having an informed projection of student numbers in 2019 allows us to ensure we have the very best teachers for your child.

Road Safety

Please refer to page 15 of this newsletter for this term's Road Safety Newsletter provided by North Sydney Council. This term's focus is on being safe around buses.

Student Health and Wellbeing

I would like to remind parents & carers that children showing symptoms of an infectious disease should be kept at home until they are confirmed by a doctor to be non-contagious. Thank you to those parents who have quickly informed us of their child's illness. The school can be contacted at nthsyddem-p.school@det.nsw.edu.au. We appreciate your continued cooperation in keeping everyone safe and healthy.

Absences

If your child is absent from school you must inform your child's teacher or the school office on the day. Please email your child's teacher and/or the school office nthsyddem-p.school@det.nsw.edu.au with your child's details and the reason for their absence from school. Please help us by always emailing or calling the school office on 9955 2822 to provide this information.

Do you know someone starting school next year?

Enrolments are open for 2019 at North Sydney Demonstration School. Enrolling now will ensure that children are booked into the school's Orientation Program and that parents are aware of all dates for future information evenings and school tours. **The last school tour for this year will be held on Tuesday 4 December 2018.**

Myra Wearne, Principal

myra.janes@det.nsw.edu.au

SCHOOL NEWS

SRC Colouring and Drawing Competition!

Our 3-6 SRC are holding a colouring and drawing competition to find background designs for our new playground rules posters. We will be choosing 6 designs from students for different areas around the school.

Students can choose their favourite design to colour in, or they can draw their very own. Pages have been supplied to classroom teachers and SRC members. (Max 2 entries per student)

Winners will have their designs printed and posted around the school.

Entries close: Monday 12 November. Please hand all designs to your teacher.

Statement of Account

Term 4 Statement of Account reminders were emailed to parents today Friday 2 November 2018. If you have recently made a payment, thank you for your payment and please ignore the reminder. When paying online (via POP) please check what is still outstanding by calling the Office on 9955 2822. Please keep a note of payments made so that you do not accidentally pay for items twice. Thank you.



Afternoon School Bus to Wollstonecraft Station

School bus route 568w is scheduled to depart North Sydney Dem each weekday afternoon at 3:13pm, passing Brennan Park/Rocklands Road/Shirley Road and terminating at Wollstonecraft Station. While this bus has been running for some time, it is only now appearing in the Opal app. For timetable and routing information please check the Opal app, follow this link:

<https://transport.nsw.info/routes/details/school-buses/568w/26568-W> or call Willoughby Depot: 9941 9215. Many thanks to the thoughtful parent who notified the school.

School Travel

You can update student details (and apply for a new card) online at <https://apps.transport.nsw.gov.au/ssts/>.

If you have any questions or concerns about the **school buses**:

- **665w** (morning) & **664w** (afternoon) call Willoughby Depot: 9941 9215;
- **667w** (afternoon) call North Sydney Depot: 9245 9261;
- **568w** (afternoon) call Willoughby Depot: 9941 9215.



Volunteering at the Dem

Thank you to the wonderful volunteers at the Dem. As part of DoE child protection and security measures, please remember to sign in and out at the school office. The office will also need to have a completed 2018 Volunteer Statutory Declaration or current WWCC on file for you. Thank you for your help!

Late Arrivals and Early Departures

All students who arrive late and/or leave early must be signed in/out by parents at the front office where they will be given an attendance slip to take to the teachers.

Please check your voicemail for a message

If you have received a missed call from the school, please check your voicemail messages so the office will know where to direct your call when you call back.

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 behaviour on the playground last week.



The K-2 Fabstar!s this week are Chloe and Siyona who very responsibly asked a teacher for help as soon as they noticed that another student was upset.



Band News

Dates for Your Diary

Monday December 3: End of Year Band Concert – all bands, North Sydney Leagues Club.

Junior Band Concert

The wonderful Junior Band entertained an audience of excited parents, carers and friends at their concert in the hall last Thursday evening. Through a selection of whole band, small group and solo performances, these dedicated musicians showed the results of almost a year of hard work, under the guidance of their conductor Gemma Reilly. The progress this band has made throughout their first year playing together has been amazing and we can't wait for their final performance of the year, when they will play with the equally fabulous Intermediate and Senior Bands at the end of year All Bands Concert at North Sydney Leagues Club.



Enquiries Any general enquiries regarding band should be directed to Melissa Lanigan (Melissa.lanigan@det.nsw.edu.au)

NORTH SYDNEY DEMONSTRATION SCHOOL BAND APPLICATION



PLEASE COMPLETE YOUR APPLICATION BY
FRIDAY 9 NOVEMBER.

THE FASTEST AND SIMPLEST WAY TO APPLY IS ONLINE:

WWW.DIRECTIONSINMUSIC.COM.AU

OR YOU CAN COMPLETE YOUR DETAILS BELOW AND RETURN TO THE SCHOOL OFFICE

STUDENT FIRST NAME:

STUDENT LAST NAME:

CURRENT ACADEMIC YEAR (2018):

PARENT EMAIL:

PARENT PHONE:

WHILE EVERY EFFORT IS MADE TO ALLOCATE YOUR PREFERRED INSTRUMENT, WE MUST CONSIDER THE BEST INSTRUMENTATION FOR THE ENSEMBLE. WHERE RELEVANT, PRIORITY IS GIVEN IN ORDER OF APPLICATIONS RECEIVED.

INSTRUMENT CHOICE

(PLEASE INDICATE YOUR INSTRUMENT PREFERENCES
BY ADDING A 1, 2 OR 3 BESIDE YOUR CHOICES)

- | | |
|-----------------------------------|-----------------------------------|
| <input type="radio"/> FLUTE | <input type="radio"/> TRUMPET |
| <input type="radio"/> CLARINET | <input type="radio"/> TROMBONE |
| <input type="radio"/> SAXOPHONE | <input type="radio"/> FRENCH HORN |
| <input type="radio"/> BARITONE | <input type="radio"/> EUPHONIUM |
| <input type="radio"/> BASS GUITAR | <input type="radio"/> KEYBOARD |
| <input type="radio"/> PERCUSSION | |

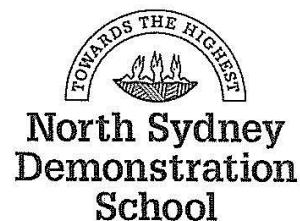
PLEASE ENSURE THAT ALL YOUR INFORMATION IS ACCURATE. THESE
CONTACT DETAILS WILL BE USED TO CONFIRM YOUR POSITION.

music

INSPIRE. CREATE. PERFORM
9662 2211



24 October, 2018



Expression of Interest – Swim Scheme 2018

Dear Parents and Carers,

Students from North Sydney Demonstration School have the opportunity to participate in a learn-to-swim program at North Sydney Pool from **Monday 26th November – Friday 7th December (inclusively)**.

The Department of Education Swimming Scheme has been planned to supplement the Personal Development, Health and Physical Education curriculum undertaken in all classrooms. Students in Years 2 – 6 who have not achieved a satisfactory standard of water safety and survival skills and are unable to confidently swim 25m unaided in deep water are eligible to participate in the school swimming scheme.

It is very important that Expression of Interest notes are returned by Monday 5 November and please note that returning this Expression of Interest does not guarantee your child a position in the program.

Students will travel by bus to and from North Sydney Pool each day. The cost of Swim Scheme will be confirmed once final numbers are received, and will be invoiced to you separately. (Last year, the cost of swim scheme was \$95.) If your child is offered a place in swim scheme payment must be received prior to **Monday 19 November**. If payment is not received by this date then your child's place may be offered to another on the reserve list.

Thank you


Melissa Bourke
Swim Scheme Coordinator


Myra Wearne
Principal

-----✂----- Please detach and return to the office by Monday 5 November, 2018 -----✂-----

North Sydney Demonstration School Expression of Interest to participate in Swim Scheme 2018

My child _____ of class _____ is interested in participating in the Swim Scheme Program for 2018.

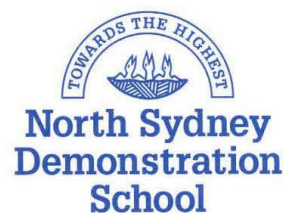
My child is **not able** to swim (unaided):

- ☐ 0-10m
☐ 10-25m

Parent /Carer Signature

Date

15 October 2018



IMPORTANT: PLEASE RETURN THIS NOTE TO SCHOOL BY MONDAY 29 OCTOBER 2018

ARE YOU RETURNING TO NSDS IN 2019?

Dear Parents and Carers,

The first day of school in 2019 for North Sydney Demonstration School students (excluding Year 6 students from 2018 and Kindergarten starters in 2019) is **Wednesday 30 January 2019**.

To ensure that the correct numbers of classes are formed and to ensure that we secure the best quality staff, we are requesting parents/carers complete and return this note to the youngest child's classroom teacher prior to **Monday 29 October 2018**.

If you have more than one child at the Dem, please fill in the details for all children below and have this note **returned with your youngest child**.

Thank you for your assistance.

Myra Wearne
Principal

ALL STUDENTS ARE REQUIRED TO RETURN THIS NOTE, EVEN IF YOU ARE NOT RETURNING TO NSDS IN 2019?

- ☐ My child/ren WILL be returning to North Sydney Demonstration School on 30 January 2019
- ☐ My child/ren WILL be returning to North Sydney Demonstration School in 2019, but will not return till after 30 January 2019.
- ☐ My child/ren WILL NOT be returning to North Sydney Demonstration School in 2019.
- ☐ I am UNSURE if my child/ren will be returning to North Sydney Demonstration School in 2019

<i>Name of Child/Children</i>	<i>Child's Class in 2018</i>	<i>If not returning on 30 January, please indicate: * Anticipated date of return to NSDS, OR * Name of new school if known</i>

Parent Signature: _____

Date: _____

Intention to apply for Year 7 entry to a selective high school in 2020

Dear Parent/Carer

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on **Thursday 14 March 2019**.

If you would like to have your child considered for Year 7 selective high school entry in 2020, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from mid-September 2018 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>. The application website opens at that link on **9 October 2018** and closes on **12 November 2018**. **You must apply before the closing date.**

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 9 October 2018.

You must submit only **ONE** application for each student.

Remember: the tear-off slip below is not an application and the school cannot apply on your behalf.

Yours sincerely

Principal

Cut along the dotted line and return the completed slip below to this school by next Friday.

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL. This is a notice to your primary school only that you **intend** to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE.

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

Intention to apply for Year 7 entry to a selective high school in 2020

Student's name: _____ Class: _____

I intend to apply for selective high school entry in Year 7 in 2020 through the High Performing Students Unit website between 9 October 2018 and 12 November 2018.

Yes ☐

No ☐

Signature of parent/carers: _____ Date: _____

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL. This is a notice to your primary school only that you **intend** to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE.

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>



2018 End of Year Festival: Friday 7 December

With the End of Year Festival only 5 weeks away, we'd like to thank all those parents who have already put up their hand to help out on the night. As they say, many hands make light work, and ultimately these events don't happen unless we have volunteers. So, if you'd like to help out, we'd love to have you involved.

In addition, we're looking for prizes to raffle on the night. If you have (or know) a local business who would like to get involved, or anything else that could be included in a raffle prize list, please contact David at the P&C at president@thedempc.com.au.

Western Harbour Tunnel and Beaches Link Motorway

A **new information night** is being held especially for parents of the Dem and St Mary's schools. Project information, community impacts, and the alternative rail option, will be covered. The venue is the Union Hotel, 271 Pacific Hwy, from 7pm-8pm, **Thursday 8 November, 2018**. It is being hosted on behalf of the Dem P&C and St Mary's P&F. RSVP (free): <https://www.trybooking.com/YZGS>
If you'd like to find out more information please visit: <https://www.stopthetunnel.org/>

Thank you to the Union Hotel for their kind hosting of this event! See <http://www.unionhotel.com.au/> for other events at the Union Hotel.

NSW Curriculum Review

You may have heard that the NSW school curriculum is under review. This is the first comprehensive review since 1989. Consultation is now open until the end of November. To have your say: <https://www.nswcurriculumreview.nesa.nsw.edu.au/>
There are also two roadshows coming up in October. To find details of times/locations and to register: <https://www.nswcurriculumreview.nesa.nsw.edu.au/home/attendRoadShow/landing/rs/attendRoadShow>

P&C MEETINGS

Everyone is welcome to attend our monthly meetings. The next meeting will be on Wednesday 14 November at 6:30pm in the library. If you'd like to add something to the agenda or are unable to make it but would like to have your say, please contact Dave at president@thedempc.com.au, or visit us at <http://www.thedempc.com.au/>

P&C News Cont'd

Adult & Toddler Gardening Club (9am Thursdays)

We will be meeting 9am every Thursday (except rainy mornings) at the front of the school for about an hour. Please join us whenever you can. We'll have a cup of tea or two as well. If you would like to talk to us about your gardening ideas, please feel free to email Lucy Sarto via the P&C website.



LOST PROPERTY

Please check in lost property (near the Uniform Shop in the Pacific Building) for any lost items. Unnamed non-school wear items will be donated to Vinnies periodically. Unnamed school items will be donated to the school second hand shop every Friday so please label items brought to school with your LAST NAME & CLASS.

We need a few volunteers to help with lost property please— more hands make light work – can you spare 15-30 minutes on a Friday or other morning? Please email donovanpippa@gmail.com

UNIFORM SHOP The Uniform Shop sells new and second-hand school uniforms.

Opening hours:

- **Monday** 8.30am – 9.30am;
- **Wednesday and Friday** 8.30am - 9.30am and 2.30pm – 4.00pm.

Email uniform orders to DemUniformShop@gmail.com

See: <http://www.thedempc.com.au/uniform-shop/> for more information.

TUCKSHOP

Hot food can only be ordered through Munch Monitor.

Fruit salad will be available in Term 4 - \$4.

Steps to set-up your Munch Monitor account:

1. Go to: www.munchmonitor.com/Account/Login
2. New users need to register (school ID is “nsds”; school password is munch2060”) Questions- email: info@munchmonitor.com

See: <http://www.thedempc.com.au/tuck-shop/> for more information.

Dem Community News

Spit Swimming Club at Balmoral Baths New members are welcome to join us for Saturday morning races at Balmoral Beach Baths from the end of October until Easter. For more information see: www.spitswimclub.org

Australian Girls Choir – Open Day on Saturday November 3 (Caringbah) to try our fun and inclusive classes and learn more about being part of the AGC!
Ph 1800 338 142 or email headoffice@asagroup.com.au

Australian Red Cross blood donations Make an appointment call: 13 14 95
<https://www.donateblood.com.au/blood-donor-centre/north-sydney-mobile-donor-centre-mary-mackillop-place>

Tackers Learn to Sail Learn to sail at Royal Sydney Yacht Squadron, Peel St, Kirribilli ph 9017 0154 or visit: www.rsys.com.au/tackers

Greenwich Learn to Sail Learn to sail at Greenwich ph 0468 655 228;
email: gsc-training@gsc.org.au or visit: gsc.org.au

JAFFA - Friday afternoons from 3pm-4:45pm, for year 3-6 students, held at St Thomas' Anglican Church. **Free!** For more information: www.st-thomas.org.au/jaffa or email: Jaffa@st-thomas.org.au

Key Assets: Looking for foster carers – please call: 1800 WE CARE or see iwanttofooster.com.au

World Education Program (WEP) Australia is looking for volunteer host families for overseas students arriving in Australia in February 2019. Go to wep.org.au

Typing 4 KIDS Touch-typing: the skill of using the correct finger on the correct key to build muscle memory in the fingers whilst not looking at the keyboard. We can help your child with this life skill from Term 4 Ph: 0415 445 785
info@typing4kids.com.au

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting:

North Sydney

Mary Mackillop Place, 7-11 Mount Street

Monday 05 November	08:45am – 02:00pm
Tuesday 06 November	08:30am – 02:00pm
Wednesday 07 November	08:30am – 02:00pm
Thursday 08 November	01:00pm – 06:30pm
Friday 09 November	08.30am – 01.30pm

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

Dem Community News



AUTISM SUPPORT IN RYDE AREA

The Autism Community Network provides free support during school terms for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings

RYDE SUPPORT GROUP

When: Second Thursday 7.30 to 9.30 pm

Venue: Eastwood Rugby Club -146 – 150 Vimiera Road Eastwood

For more information :

www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036



3 & 4 NOVEMBER • SAT & SUN • 10AM - 4PM

A great day out at Greenwich Village Arts Trail.

Now in its 7th year, there are 25 artists across 21 sites.

Chat to artists, ask questions about their work, and see how they work.

Take the opportunity to buy quality artwork direct from the artist - paintings, sculptures, pottery, children's book illustrations, hand-printed textiles, photos and jewellery.

Cafes, picnic spots & parking available plus a FREE SHUTTLE BUS around Greenwich.

Maps available at Greenwich local shops, FB or www.greenwichvillageartstrail.com.au

SAFETY AROUND SCHOOLS



Term 4 2018



Driving safely near school buses

- By law you must slow down to 40km/h when bus lights flash.
- The 40km/h speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.
- Lights flash on the front and back of a bus when the bus is picking up or setting down school children.
- Flashing bus lights alert other road users that young children may be crossing or about to cross the road.



Helping children on and off the bus safely

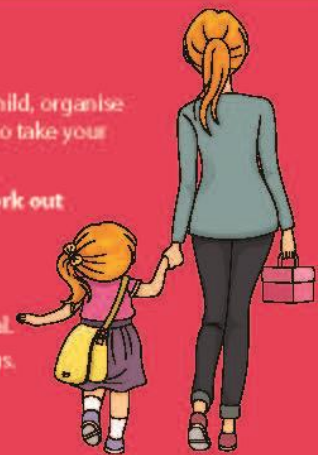
Children are most at risk in the minutes after getting off the bus. Here are some ways you can reduce this risk:

- Always supervise your child until they are at least 10 and hold their hand when walking to and from the bus stop or interchange and when crossing the road.
- When waiting for the bus, hold hands and wait as far back from the passing traffic as possible.
- Always meet your child at the bus stop. Never meet them on the opposite side of the road and call them across.
- Wait until the bus has gone, at least one step back from the edge of the road, then choose a safe place to cross the road. Remember to Stop! Look! Listen! Think!

- If you cannot meet your child, organise for another trusted adult to take your place.

Talk with your child and work out solutions if the following situations arise:

- If you are delayed and cannot meet them as usual.
- If they catch the wrong bus.
- If they get off the bus at the wrong bus stop.



Buses are large, heavy vehicles and can't stop quickly. So, remember:

- Reduce speed to 40km/h when bus lights are flashing.
- Give way to buses.
- Watch out for children crossing.
- Never park in or near a bus stop or bus zone.
- Don't merge too closely in front of buses.



Screen Smart Parent Tour: facts and tips

Social media

Fact: On average, children aged 10 to 14 years have 2 active social media accounts¹

1. Talk regularly with your child about privacy settings on social media. Updating your own privacy settings sets a great example and helps you understand potential safety issues. Be aware of any minimum age requirements.
2. Keep your ears and eyes open. Other parents and the media can be a great source of information when it comes to the latest or most preferred app.
3. Let your child know that you're really interested in how they're connecting with friends. They might be more inclined to talk openly about social media if you talk about what others (their friends and peers) are doing online.

Screen time

Fact: On average, outside of school, 10 to 14 year olds spend 23 hours online per week¹

1. Try to encourage positive screen time, like content that you can view and enjoy together. Discourage anything that is overly aggressive or disrespectful.
2. Negotiate key rules together, such as when screens can be on and when they need to be turned off. Young teens are likely to respond better to rules that they've contributed to and see as being fair and consistent.
3. Agree ahead of time on the rules and strategies to get your child to switch off from the screen. With gaming, think about a timer that signals that game time is nearly over and be clear about the consequences for not switching off.

Personal information

Fact: 12% of 10 to 14 year olds share personal information online²

1. Get your child on side with online privacy by exploring how their personal information can be used now and in the future.
2. If you have your own social media account, think about the types of photos and information you share. Do you post photos of your child that show details of their school, sporting club or other activities? Take the opportunity to review your own habits and model safe online behaviour.
3. Get involved—play along with your child to get a feel for how they are managing their online privacy in the gaming world.

2
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media accounts

23 hrs
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12%
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¹2016 Parental Information Needs and Digital Youth Participation Survey – A nationally representative sample of 2278 children and youth (8–17 years)

²2017 Youth Digital Participation Survey – A nationally representative sample of 3017 children and youth (8 – 17 years). Personal information includes sharing full name, birthday, home address, home phone number, mobile phone number, email address, something that shows their face, something that shows their school uniform, their real age and the name of their school.

Inappropriate content (the nasty stuff! – like violence, offensive or sexually explicit material)

Fact: 9% of 10 to 14 year olds reported being exposed to inappropriate content³

1. Be vigilant, especially if your child is prone to taking risks or is emotionally or psychologically vulnerable.
2. You can use parental controls, filtering software and safe searches (like Google Safe Search) to help block some of the nasty stuff. Remind your child not to open spam email or click on pop-ups.
3. Keep your child connected to trusted friends and family online and offline and discuss the importance of healthy and respectful relationships.

Cyberbullying

Fact: 21% of 10 to 14 year olds reported being socially excluded by others online (one form of cyberbullying)³

1. Young people might not tell their parents about cyberbullying. They may be embarrassed or worried you might overreact, restrict access to devices or make things worse if they speak out. Try to respond calmly. Listen first, then act.
2. Be aware—key signs can include being upset after using devices, changes in personality, a decline in school work and appearing lonely and distressed.
3. Report serious cyberbullying material to the social media service where it happened. You can also [submit a complaint to us](#) if the reported material has not been taken down within 48 hours.

Contact with strangers

Fact: 36% of 10 to 14 year olds said they had talked to strangers online³

1. Help your child understand why it's important to be vigilant about new online 'friends'. Someone who says they are a 12-year-old girl or boy could actually be a 40-year-old man!
2. Encourage your child to tell you or another trusted adult if they feel uncomfortable or worried about online contact with a stranger—there are tools in social media and in online gaming that can help block people.
3. Work with your child to save examples of the messages in case you want to follow up with the police. Taking screenshots is easy, use the print screen (PrtScrn) button on your computer or the Shift-Command-4 function on a Mac. You can also use your phone to take a quick photo of their device with the message.



exposed to
inappropriate
content



socially excluded



talked to
strangers online

³2017 Youth Digital Participation Survey – A nationally representative sample of 3017 children and youth (8 – 17 years).

Help and resources

[Make a cyberbullying complaint](#)

If your child is distressed and needs further help as a result of a negative online experience:

[Kids Helpline:](#) 1800 55 1800

Free online and telephone counselling for children and young people aged 5 to 25 years.

[eHeadspace:](#) 1800 650 890

Free online and telephone counselling for young people aged 12 to 25 years.

[Parentline:](#) 1300 30 1300

Parentline provides help through counselling, information and referral that is tailored to your needs.

For more handy tips see:

[Parent's guide to online safety](#)

For youth driven resources:

[Young & eSafe](#)

Further information on the topics we explored:

[Games, apps and social networking](#)

[Managing screen time](#)

[Protecting personal information](#)

[Inappropriate content](#)

[Cyberbullying](#)

[Contact with strangers](#)

[Online safeguards](#)

Other related topics:

[Online pornography](#)

[Sexting](#)

[Online gaming](#)





Trent Zimmerman MP

FEDERAL MEMBER FOR NORTH SYDNEY
**SCHOOL CHRISTMAS CARD
COMPETITION 2018**

Name: _____

Class: _____

School: _____

The theme for this year's Christmas card is **'What Christmas means to me'**

Draw your Christmas card design in the blank space provided. (25cmx17cm)

Please make sure your entries are handed to your school teacher by **9 November 2018**.

For more information, please contact Trent Zimmerman's Office at (02) 9929 9822

THE DEM ADVERTISEMENTS

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Attention Creative Kids!

Bring out the Picasso in you at our Art sessions on Wednesdays.

Venue: NSDS premises

Days: Wednesday

Time: 3:00 - 5:30 pm

Benefits

- Learning a variety of Art techniques
- Introduction to various Art mediums
- Creative- expression through art
- Especially beneficial for developing fine motor skills
- Developing mindfulness and relaxation



Interested parents call 0410064779

AFTER SCHOOL LEARNING CLUB AT NORTH SYDNEY DEMONSTRATION SCHOOL (NSDS)

"Where learning becomes child's play."

The place where children can come to:

- Complete weekly homework
- Extend their Literacy and Numeracy skills
- Build confidence to sit NAPLAN or ICAS
- Have fun and learn with buddies



Our Offerings:

- Supervision from 3.00 P.M and tutoring from 3.30 P.M to 5.30 P.M.
- Professional teachers assist children to complete their English and Math homework.
- Provide a fun, learning experience to enrich and engage your child.

SPECIALLY FOR KINDERGARTEN

Pick up service from their classroom

The Reading & Number Club

Preparing them for Year 1

Make new friends

Qualified tutors assist your child to:

- Develop confidence
- Communicate better
- Explore their imagination and creativity
- Form new friendships
- Enjoy learning within familiar surroundings

EARLY BIRD DISCOUNT AND SIBLING DISCOUNT AVAILABLE!

For more information, Visit: aslearningclub.wixsite.com/aslc

Email us at: afterschoollearningclub2017@gmail.com

With your child's Name, Year and Contact Details

Call us at 0410064779 (Ms. Nirmala)

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THE DEM ADVERTISEMENTS

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 algorithmics

PROGRAMMING CLUB FOR CHILDREN




North Sydney Demonstration School

Thursday

3.00-4.30 pm

NEW GROUP

Students will learn:

-  Basics of programming;
-  How to solve complicated logical problems;
-  Project management and create their own online games.

Ages: from 7 to 12 years old
Capacity: up to 10 students
Cost: \$35/class (1.5 hours)

Interested?

call (02) 8056 3591
or sign up at au.alg.academy

Your first lesson is free!



Learn Music on the Keyboard at school

Enrol to start Term 4 or
Register Interest for 2019



*Music theory. Learning to play keyboard.
Music games. Introduction to music.*

- 🎵 Convenient at-school venue 🎵
- 🎵 Small group - 45 min weekly lesson 🎵
- 🎵 Competitive rate \$29 per session (incl. GST) 🎵
- 🎵 Limited vacancy! 🎵

Call **9411 3122**
or visit our website to enrol

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



Looking for a creative career in interior design?

Come to our Open Day | Sat 3 Nov | 10am

Explore our studios, build your own sample board and be inspired by our passionate Educators. Find out everything you need to know about studying online or on campus.

Register today - sydneydesignschool.com.au

RTO 91446

Sydney
DesignSchool

Kids' Yoga

Leaves of change Children's yoga

**Term
4**

Yoga classes

15 Elizabeth St, Artarmon

Sundays 21st Oct - 16th Dec

Children aged 4 - 7 years 3:00 - 3:50 pm
Children aged 8 - 12 years 4:00 - 4:50 pm

\$162 for a 9 week term
(All mats & props provided)
Sibling discounts apply

Movement
Mindfulness
Meditation

First class free for new students!

Sundays 21st Oct - 16th Dec

Children aged 4 - 7 years 3:00 - 3:50 pm
Children aged 8 - 12 years 4:00 - 4:50 pm

\$162 for a 9 week term
(All mats & props provided)
Sibling discounts apply

Why kids' yoga?

- Kids' yoga is fun
- improves concentration
- promotes emotional wellbeing
- enhances physical health (balance, strength & flexibility)

Jessica Brown

Bed (ECE) - MINED

Jessica is a Primary School Teacher & Children's Yoga Instructor. She hopes to foster a calmer and more mindful generation of children.

To register please contact
jessica.brown16@live.com.au

facebook.com/leavesofchangechildrensyoga

Advertisements do not indicate endorsement by the school

25% early booking discount on all ASC 3-day camps if booked by Sunday 25 November 2018. After 25 November, siblings always receive a 15% discount and other discounts are available for groups depending on the number of participants. Further information can be found on our website <https://australiansportscamps.com.au> or call: 1300 914 368 or email: admin@australiansportscamps.com.au

BOOK NOW
AUSTRALIANSPORTSCAMPS.COM.AU



LEARN NEW SKILLS AND IMPROVE YOUR GAME! 3 DAY SPORTS CAMPS FOR 6 - 16 YEAR OLD'S

- Experienced coaching panel and guest stars attending.
- Have fun playing and keeping active with your friends.
- Our structured skill development programs run 9am - 3pm daily.
- Meet your sporting idols, learn and be inspired by the best.
- Individual written coaches report reinforces learning.
- Video analysis and coach feedback sessions for fast improvement.
- Coach to participant ratio of 1 : 10 ensures individual attention.
- Careful group selection to maximize enjoyment and results.
- Autographed group photo and certificate of achievement.
- **SEE WEBSITE FOR ASC CAMPS PRICING AND SPECIAL OFFERS**

ASC PARTNER PROGRAMS

- Get active with a new range of partner programs.
- New sports, new programs, new areas.

* Applies only to ASC Camps

SYDNEY
NEW SOUTH WALES

Meet sports idols at our camps. Past stars included Kevin Sheedy, Justin Langer, Ange Postecoglou, Kim Ravaillon and Caitlin Bassett. See the website for more details.

ASC 3-DAY CAMPS

<p>Basketball 9, 10 & 11 January NSW Basketball Camp, Kensington</p> <p>16, 17 & 18 January NSW Basketball Camp, North Ryde</p> <p>Cricket 19, 20 & 21 December NSW Cricket Camp, Daceyville</p> <p>15, 16 & 17 January NSW Cricket Camp, Hunters Hill</p>	<p>Hockey 19, 20 & 21 December NSW Hockey Camp, Daceyville</p> <p>Netball 9, 10 & 11 January NSW Netball Camp, Kensington</p> <p>15, 16 & 17 January NSW Netball Camp, Ryde</p> <p>Soccer 19, 20 & 21 December NSW Soccer Camp, Daceyville</p> <p>16, 17 & 18 January NSW Soccer Camp, North Ryde</p>
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ASC PARTNER PROGRAMS

ASC have teamed up with some amazing and reputable partner companies to offer a wider variety of sports in your area! Duration and pricing for these programs differ depending on the program, please visit our website for all the details and choices!

<p>Golf See Website NSW Golf Program, Northbridge</p> <p>Multi-Sport See Website NSW Multi-Sport Program, Brunswick Heads</p> <p>Speed & Agility 18 January NSW Speed & Agility Super Clinic, North Ryde</p>	<p>Tennis 10, 11, 12, 13 & 14 December NSW Tennis Program, Chatswood</p> <p>17, 18, 19, 20 & 21 December NSW Tennis Program, Chatswood</p> <p>7, 8, 9, 10 & 11 January NSW Tennis Program, Chatswood</p> <p>14, 15, 16, 17 & 18 January NSW Tennis Program, Chatswood</p> <p>21, 22, 23, 24 & 25 January NSW Tennis Program, Chatswood</p>
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NOW OPEN

GO TO ASC.CAMP/BOOKINGS TO BOOK SUMMER CAMPS OR FIND INFORMATION

NOW OPEN

GO TO ASC.CAMP/BOOKINGS TO BOOK SUMMER CAMPS OR FIND INFORMATION

ASC
AUSTRALIAN SPORTS CAMPS
1300 914 368

THE DEM ADVERTISEMENTS

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Would you like your child to learn Spanish?

Parents think that speaking a foreign language is the most crucial skill for their child to develop for the future.

Spanish is the second most commonly spoken language in the world (excluding English)

Tuesdays from 3:10pm to 4:10pm

- 60 minutes classes full of songs, movement, pretend play and games in Spanish
- Support material includes audio files, an audio files support book, and a Student's workbook
- Access to the In Spanish Club Facebook group with activities to support the learning at home
- Term 3 - 2018: \$209 (10 lessons)

Don't miss out on the opportunity to give your child a Gift for Life!

Enrol now:

<http://www.inspanish.com.au/enrolment.html>

For more information, contact Carolina Posadas on 0408 559 300 or carolina.posadas@inspanish.com.au

Guitar & Ukulele Clubs at School

Tuesdays

Guitar Level 1 3:00 - 3:30pm

Guitar Level 2 3:00 - 3:30pm

Ukulele 3:30 - 4:00pm

\$22 (30min Group Lesson)

- Students can perform in an end of year concert
- Guitar & Ukulele packs can be ordered
- Lessons are also available at home www.guitarforall.com.au



Enrol Now!

info@guitarforall.com.au

0401 626 298



Join us on Friday afternoons for Jaffa

Jaffa is a Friday afternoon group for kids in Years 3-6. We meet from 3pm-4:45pm during weeks 1-9 of each school term. We have afternoon snacks, play awesome games, and learn about Jesus from the Bible. About 25 kids and 7 leaders come each week.

To ensure we offer the best possible care at JAFFA all our volunteers are trained appropriately and adhere to the Safe Ministry requirements of the Anglican Diocese.

Getting here

Kids meet Jaffa leaders straight after school to walk over to church together
NSDS: McHatton St gate
Shore: Edward St Prep School gate

Where we meet

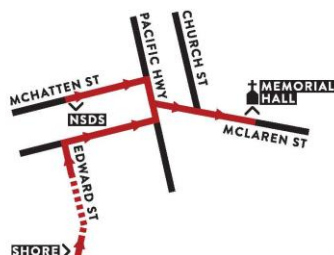
Jaffa meets at St Thomas' Anglican Church in the Memorial Hall on McLaren St
For more information: 8908 4800 OR jaffa@st-thomas.org.au

Cost

Free!

Register at

st-thomas.org.au/jaffa



2/164 Belmore Rd, Randwick 9662 2211 3/76 Anzac Pde, Kensington
www.directionsinmusic.com.au

DIRECTIONS IN music SYDNEY'S LEADING MUSIC SCHOOL
Inspire. Create. Perform



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**SYDNEY SPORTS
MANAGEMENT GROUP**

Enrolment Form

**TENNIS
WORLD**
LANE COVE

TENNIS COACHING PROGRAM – TERM 4 2018

The program is run by professional
tennis coaches from River Road Tennis Centre.

LESSONS ON OFFER

Monday 3:30-4:30pm, Tuesday & Thursday 3:10 – 4:10pm, Friday 7:15 - 8:15am

(Mini bus pick-up and drop off)

Term 4 Dates

Monday 15th October (\$170/10 weeks)/ Tuesday 16th October (\$170/10 weeks)/

Thursday 18th October (\$153/9 weeks) / Friday 19th October (\$153/9 weeks)

School classes are a great way to learn the basics of tennis through the games-based approach. Our complimentary mini bus service is offered for pick-up and drop off for afternoon lessons. Drop off ONLY for morning lessons. The students will be collected from the School on Bay Rd and then returned at McHatton St (near staff carpark) by approximately 8.45am or 4.30pm (4:45pm Monday) for afternoon classes.

***Please fill out our bus policy form attached if you require this service.**

For more information on our School or Hotshots tennis programs and competitions please phone 9428 3336 or alternatively check out our website on www.riverroadtenniscentre.com.au

FILL IN YOUR DETAILS HERE

FIRST NAME: _____ SURNAME: _____

DOB: _____ MOBILE: _____ EMAIL: _____

PREFERRED DAY: _____ ALLERGIES _____

CARD NUMBER _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ EXPIRY DATE _ _ / _ _ _ _

CCV _ _ _ _ CARDHOLDERS NAME: _____

AMOUNT PAID \$ _____ ☐ CASH ☐ CHEQUE ☐ VISA ☐ MASTERCARD

CARDHOLDERS SIGNATURE : _____

www.riverroadtenniscentre.com.au

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