

The Dem Newsletter

Week 1 – Friday 1 February 2019

Welcome back to school!

I hope you have enjoyed the holiday break and that your children are ready for a great year of learning and growing together. This year we have 897 children currently in attendance across 35 classes. We are particularly excited to welcome the 153 new kindergarten students who will start on Monday. A special welcome also to our many new families starting at the DEM this year. We hope that you have had a great start to the year and we look forward to supporting you and your child through their educational journey. Welcome to Bryony Herborn who is joining the DEM staff as Deputy Principal in 2019 along with Ashley Grimmond and Amanda Vaga. Ashley Grimmond is currently on long service leave and will return to the DEM in Term 2.

Physical Activity and Wellbeing Program - NEW

In 2019 North Sydney Demonstration School have engaged *Sport in Schools Australia* to assist us with the delivery of two important programs. The programs are:

- Personalised learning for high achievement; and
- Physical Activity and Wellbeing for students.

Throughout the year, your child will participate in 120 minutes per fortnight of specialised instruction in the areas of: athletics, gymnastics, fundamental movement skills, dance, wellbeing and sports development led by fully trained Physical Education teachers. This program will ensure that all students achieve their mandated 120 minutes per week of school based physical activity and that important physical skills are developed.

During the time that your child is engaging in these lessons, their teacher will be participating in 120 minutes of professional learning in the areas of digital technologies, English, maths, wellbeing and science. The focus of this professional learning will be to ensure that your child's teacher has the relevant skills and the required time to deliver quality instruction in the areas most pertinent to your child's success.

The Physical Activity and Wellbeing Program will appear as a cost of \$45 on each term's Statement of Account. The program is significantly subsidised out of the school's quality teaching, literacy and numeracy funds.

Thank you for supporting the school in ensuring that we provide high quality instruction for your child in all areas of the curriculum.

Packing your child's lunch

In 2019 children will eat their lunch at 10:55am inside the classroom before heading outside to play at 11:05am. Please ensure that a healthy lunch is packed and that your child's lunchbox is free of nut products, lollies and chocolate.

All children will require an additional power break snack to be packed for crunch-n-sip at 1:25pm. If you have a child in kindergarten please practice opening and closing lunch boxes and any tricky packaging over the weekend. Of course we will be there to help them out as well.

What's On In 2019?

Monday 4 February

- * Kindergarten students start
- * Uniform Shop is open 8:30am to 9:30am and 2:30pm to 4pm

Friday 8 February

- * Years 3 & 4 Aboriginal Incursion

Monday 11 February

- * Meet the Teacher evenings for Kindy and Year 1

Tuesday 12 February

- * Meet the Teacher evenings for Years 2 & 3

Wednesday 13 February

- * Intermediate Band Rehearsals commence
- * Meet the Teacher evenings for Years 4, 5 & 6

Thursday 14 February

- * Senior Band Rehearsals commence

Tuesday 19 February

- * Swimming Carnival

Wednesday 20 February

- * Intermediate Band
- * Scripture classes will commence for 2019
- * First P&C Meeting for 2019 - in the Library from 6:30pm - all welcome

Thursday 21 February

- * Senior Band Rehearsal

Friday 22 February

- * Junior Band Rehearsals commence
- * Anti-Bullying incursion for Kindy to Year 3

New Bell Times in 2019

To allow more peer mentoring and whole school programs in 2019, all students will adhere to one playground timetable. The times are as follows:

Lunch eating time	10:55am - 11:05am
Play Lunch	11:05am - 11:25am
Crunch-n-sip	1:25pm - 1:35pm
Power Break	1:35pm - 2:15pm

Students will eat lunch at 10:55am – 11:05am with a 20min play till 11:25am and they will then have a crunch-n-sip snack at 1:25pm – 1:35pm with an extended play time till 2:15pm.

Students in K-2 will continue to play in separate playgrounds from students in Years 3-6. The exception to this rule is students wishing to play in the Bay Road Playground. This playground has been zoned a shared playground where students will be supported by staff in engaging in appropriate peer mentoring activities. Please see a copy of the new bell times on page 3 of this newsletter.

Tuckshop and Lunch orders

With these changes to break times, the Tuckshop has become a much busier place in the mornings. All lunches must be prepared before 10:55am. Please note that orders for hot food **MUST** be made online prior to 8:25am. This allows for maximum preparation time. Order on-line through Munch Monitor at www.munchmonitor.com or use a paper bag lunch order (for non-hot items). Paper bag lunch orders are collected in the classroom at the beginning of the school day and delivered to the tuckshop. The Tuckshop will still be open for small snack purchases at both break times.

We are so grateful for our Tuckshop staff who do a fantastic job keeping everyone fed on time, however many hands make light work, so if you have some free time to assist on these busy mornings, please visit Craig and Karen at the Tuckshop and introduce yourself.

Meet the teacher night – Save the Date!

Meet the Teacher Nights will be held on 11, 12 & 13 February (see What's On column). Prior to this evening it is important that you read your child's Grade Newsletter. These newsletters will be uploaded to the website on Friday 8 February and may answer many questions you may have or could inspire new questions. Please note that **Meet the Teacher Night** is an informal event and is not intended to be an opportunity for you to discuss your child and their needs. Such information is very important to us and therefore needs to be conveyed in a 1:1 meeting between you and your child's teacher. Your child's teacher will have their diary with them on the night and can make an appointment for you to meet at a more convenient time.

Myra Wearne, Principal

myra.janes@det.nsw.edu.au

2019 Bell Times:

K-6	BELL TIMES ARE IN RED
CLASSES START	LINES 8:55
EATING TIME	START 10:55 FINISH 11:05
PLAYLUNCH	START 11:05 FINISH 11:25
CRUNCH-N-SIP (EATING)	START 1:25 FINISH 1:35
1ST HALF POWERBREAK	START 1:35 FINISH 1:55
2ND HALF POWERBREAK	START 1:55 FINISH 2:15
HOME TIME	2:55

SCHOOL NEWS

Band News

Welcome back to another wonderful band year at the Dem!

Music Tutorials:

Directions in Music instrument tutorials will be start from Monday 11 February (Week 3) on your booked day/time. If you haven't booked a lesson yet, please get in touch with Directions in Music on 9662 2211 to book an available time.

Band rehearsals:

- Senior Band rehearsals will commence on Thursday 14 February (Week 3);
- Intermediate Band rehearsals will commence on Wednesday 13 Feb (Week 3);
- Junior Band rehearsals will commence on Friday 22 February (Week 4).

Band Club (for Senior Band members only) will commence on Tuesday 12 February at 1:35pm (First Half Powerbreak) in the Music Room.

Please remember to bring your instrument, your music and a pencil to all rehearsals and lessons!

Rehearsal or Tutorial enquiries: Contact Directions in Music on 9662 2211

General band enquiries: Any general enquiries regarding band should be directed to Ms Kate Crilly: kate.crilly@det.nsw.edu.au

School Stream

If you would like to see school stream alerts etc. on your computer instead of your smart phone please go to: <https://nsps.myschoolstream.net/?style=embed>

If you would like to see school stream alerts etc. on your smart phone please go to the school website: <http://www.nthsyddem-p.schools.nsw.edu.au/news/welcome-to-school-stream>

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.

For timetable and routing information please check the Opal app or follow this link: <https://transportnsw.info/routes/details/school-buses/>





On behalf of the North Sydney Dem P&C Association (P&C), I'd like to welcome you to the start of what I'm sure will be a great school year here at North Sydney Dem.

For those that haven't heard of the P&C, our role is to help support the school, and provide opportunities to strengthen the links between the school and the wider community. To that end we get involved in a range of activities - from fundraising (e.g. election day BBQs) to those just for the kids (e.g. the always amazing K-2 disco). We also play a role in supporting the school community on issues of importance - one relevant to all of us is the growth in population in the area and what that means for the school.

Importantly, the P&C is yours. Anyone can help out, and anyone can become a member. Our first meeting will be held on Wednesday, February 20 at 6:30pm in the school library. Keep an eye on the noticeboards, and newsletters for more information.

If you'd like more information on the P&C - check out www.thedempc.com.au, and if you've got any questions, please contact me at president@thedempc.com.au.

UNIFORM SHOP The Uniform Shop sells new and second-hand school uniforms.
Regular opening hours during School Term:

- **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.

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

Current Munch Monitor users: remember to change your child's class to their 2019 class via the student profile in Munch Monitor.

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

2019 Tuckshop menu is on the next page for your information.

NSDS TUCKSHOP MENU

Healthier Options

Your tuckshop follows the government guidelines for healthy tuckshops

Hot food must be ordered online using the Munch Monitor website.

www.munchmonitor.com – User name: nsds – password: munch2060

Cut off time for online orders is 9am.

Super Sandwiches

Vegemite	\$2.50
Cheese	\$2.50
Cheese & Vegemite	\$3.00
Cheese & tomato	\$3.00
Egg	\$3.20
Baked beans	\$3.20
Tuna	\$3.20
Salad	\$3.60
Salad with cheese	\$4.30
Salad with ham	\$4.30
Salad with chicken	\$4.30
Ham	\$3.30
Ham & cheese	\$3.80
Ham, cheese & tomato	\$4.00
Roast chicken	\$4.00
Roast chick, lettuce & mayo	\$4.20

Salads

Garden Salad	\$4.10
Lettuce, tomato, carrot, cucumber with mayo	

Chicken Salad	\$4.60
Garden salad with chicken and mayo	

Egg Salad	\$4.60
Garden salad / hard-boiled egg / mayo	

Cheese Salad	\$4.60
Garden salad with cheese and mayo	

Tuna Salad	\$4.60
Garden salad with tuna and mayo	

Extras for sandwich/salad – 50c each
 • lettuce • carrot • cucumber • mayo
 • tomato • cheese •

Drinks

Plain milk (300ml)	\$1.40
Flavoured milk (250ml)	\$1.80
Chocolate, Strawberry	
Just Juice -	\$1.80
Apple & blackcurrant, Orange,	
Paradise Punch	
Water (400ml)	\$1.60

2019

PRICE LIST

Wacky Wraps

Chicken	\$4.60
Chicken, tomato, lettuce, mayo	
Ham	\$4.60
Ham, tomato, lettuce, cucumber	
Tuna	\$4.60
Tuna, tomato, lettuce, cucumber	
Cheese	\$4.60
Cheese, tomato, lettuce, cucumber	
Hawaiian	\$4.60
Chicken, tomato, lettuce, pineapple	

Daily Specials

TUESDAY	Whole baked potato - \$4.60 Cheese + one topping - chicken, ham, tuna, corn, baked beans
WEDNESDAY	Once a week Meat pie \$4.10 Mini pie \$1.00 Sausage roll \$4.10 Chicken \$4.10 Strips Tomato sauce 30c
THURSDAY & FRIDAY	Sushi - \$4.00 vegetarian cooked tuna terivaki chicken

Hot Food

Pizza - Hawaiian	\$4.10
Pizza - Margarita	\$4.10
Mac & cheese	\$4.60
Lasagne (beef)	\$4.60
Lasagne (veg)	\$4.60
Spaghetti Bolognese	\$4.60
Potato bake	\$4.60
Hot cheese roll	\$2.90
.....with tomato	\$3.30
.....with ham or chicken	\$3.30
Fried rice	\$4.60
Spinach & ricotta roll	\$4.10
Hard-boiled egg	\$1.00
Corn on the cob	\$1.00

Healthy Choice Snacks

Apple	80c
Carrot sticks	70c
Cucumber sticks	70c
Cherry tomatoes	90c
Mixed bag (incl. above 3)	\$1.20
Frozen fruit	20c
Banana Bread	\$1.50

Other Snacks

Crackers	5c
Jelly cup	50c
Cheese melt (recess only)	50c
Arnotts biscuit (pack of 2)	50c
Popcorn	50c
Sea salt chips	\$1.40
Ovalteenies	\$1.30

Frozen Fun

Frozen fruit	20c
Fruit tube	50c
Calippo	\$1.00
Icy pole	\$1.40
Paddle pop	\$1.60
Frosty Fruit	\$1.70
Bulla frozen yoghurt	\$1.60
Twisted frozen yoghurt	\$2.00
Vanilla ice cream tub	\$1.00
Sorbet	\$2.50

BEFORE & AFTER SCHOOL ACTIVITIES 2019 at the Dem

Monday	Seido Karate - Leigh/Ino 0411 821 531 VIP Music (Keyboard) - Urszula 9411 3122 Russian - Elena 9229 7347 Homework Club - Nirmala 0410 064 779
Tuesday	Centre Stage Dance -Helena 1300 322 243 Guitar and ukulele - Matthew 0401 626 298 Homework Club - Nirmala 0410 064 779 Algorithmics - Mike 0432 250 928 Portuguese - Lucia 0414 690 568
Wednesday	Centre Stage Dance - Helena 1300 322 243 Seido Karate - Leigh/Ino 0411 821 531 Chinese - Mr Zhang 0425 242 696 Homework Club - Nirmala 0410 064 779 Resilience workshop - Susie 0406 776 800
Thursday	Simon Freeman Drama - Simon 0405 529 285 Piano - John 9481 9514 Chinese - Mr Zhang 0425 242 696 Music Lessons and String Ensemble - David 0403 931 843 Algorithmics - Mike 0432 250 928
Friday	Seido Karate- Leigh/Ino 0411 821 531
Saturday	Seido Karate-Leigh/Ino 0411 821 531 Russian - Elena 9229 7347
Sunday	Little Kicker Soccer - Cesar 0433 676 355
Everyday	Directions in Music- 9662 2211
Needing expressions of interest:	
French - Delphine 0420 242 974	
Spanish - Carolina 0408 559 300	
Typing 4 Kids - Judy 0415 455 785	

URL to activity website:

Seido Juku Karate Australia - <https://seidojuku.com.au/>

VIP Music - <http://www.learnmusicatschool.com.au/>

Russian (Ruslingvo Incorporated) - <https://www.russkayashkola.com.au/>

Centre Stage Dance Academy -
<http://www.centrestageacademy.com.au/>

Guitar 4 All - <https://guitarforall.com.au/>

Algorithmics - <http://au.alg.academy/>

Portuguese (Association for Brazilian Bilingual Children's Development Inc.) - <https://www.abcd.org.au/>

Chinese (Datong Chinese School) -
<http://www.datong.com.au/desktop.asp>

Resilience in Kids - <https://www.resilienceinkids.com.au/>

Little Kickers - <https://www.littlekickers.com.au/>

Directions in Music - <https://directionsinmusic.com.au/>

Dem Community News

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>

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 iwanttofoster.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

THE DEM ADVERTISEMENTS

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FREESTYLE & DRAMA &

DRAMA HELPS CHILDREN TO BUILD
SELF-CONFIDENCE AND
SELF-AWARENESS THROUGH
CREATIVE EXERCISES AND
IMAGINATIVE IDEAS.
IT ALSO HELPS TO
DEVELOP LIFE SKILLS
AND IS FUN!!!!!!!!!!!!!!!!!!!!!!

SIMON FREESTONE(Ba, GradCertMAP)
IS A TRAINED ACTOR AND CLOWN
AND HAS
25 YEARS EXPERIENCE
AS A PERFORMER AND TEACHER

FROM 7/2/19 > JUNIOR & SENIOR
CLASSES - THURSDAYS AFTER
SCHOOL IN THE SCHOOL HALL. FREE
TRIAL CLASS. PH:0405529285
EMAIL: SIMONFREESTONE@HOTMAIL.COM

PIANO LESSONS

Neutral Bay

Gina Smith

Bachelor of Music Performance
Postgraduate Diploma in Music Performance

Tutors students of all ages
AMEB and ABRSM preparation
All levels and all ages welcome!

First Lesson is Free!

For further details please contact:

0431 643 752

ginasmithpiano@gmail.com

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LOCAL OFFICE SPACE FOR LEASE
LEVEL 5, 26 RIDGE ST, NORTH SYDNEY

We are a multi disciplinary health practice, however the office suites would support a range of different business. Incredibly close to school and would support a family friendly work/life balance.


- 1 to 5 day lease options
- Beautifully styled office suites
- Individually controlled A/C temperature controls
- High Speed Internet
- Available furnished or unfurnished
- Waiting room available for client visits
- Kitchenette and coffee/tea facilities
- Reception staff and basic reception services
- Would suit established practice or start ups
- For all costs please call Melissa Hughes on **0417 411 110** or **9002 1340**
Or visit our website www.ridge26.com.au for photos and further info.

Taking 2019 Term 1 Enrollments Now!



Evolution Performance Centre

 info@evolutionpc.com.au

 0433 124 068

Level 1

11-15 Falcon Street

Crows Nest

**\$100 off term fees with
Active Kids Voucher**



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in spanish

Learn Spanish, a gift for life

Spanish classes on Tuesdays from 3:15pm to 4:15pm

Term 1 - 2019: \$220 (10 lessons)

Get \$100 OFF We are a Creative Kids provider!

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

More info: carolina.posadas@inspanish.com.au

Create something great
Claim your \$100 Creative Kids voucher today

service.nsw.gov.au



centre stage
academy



Celebrating 13 years of quality dance tuition run by Centre Stage Academy in the Dem School Hall

Tuesdays (starting 05/02/19)
3:00pm-4:00pm Jazz (Kindy & Yr 1)
4:00pm-4:45pm Tap (Yrs 5-6)
4:45pm-5:45pm Jazz (Yrs 5-6)
5:45pm-6:30pm Hip Hop (Yrs 5-6)

Wednesdays (starting 06/02/19)
3:00pm-3:45pm Tap (Yrs 2-4)
3:45pm-4:45pm Jazz (Yrs 2-4)
4:45pm-5:30pm Hip Hop (Yrs 2-4)

Students can be dropped off/picked up from Demcare from 3:45pm onward. Kindy students can be picked up from their classrooms at 2:55pm.

Classes are aimed at building strong dance technique & culminate in a spectacular end-of-year concert

FREE TRIAL CLASSES AVAILABLE
27 & 28 Nov 2018 and 5 & 6 Feb 2019
Email: info@centrestageacademy.com.au
www.centrestageacademy.com.au
Phone: 1300 322 243

ENROLLING NOW
FOR 2019!

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algorithmics

PROGRAMMING CLUB FOR CHILDREN

North Sydney Demonstration School

Thursday

3.00-4.30 pm

Students will learn:

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

Ages: from 7 to 11 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

*Great songs! Musical activities!
Cool music knowledge!*



- ♪ Convenient at-school venue ♪
- ♪ Small group - 45 min weekly lesson ♪
- ♪ Competitive rate - \$29 per session (GST Incl.) ♪
- ♪ Instrument not required initially ♪

To enrol, please call 9411 3122 or visit
www.learnmusicatschool.com.au

Limited vacancy!

Violin Incl. Piano (VIP) Music est. 1984 www.learnmusicatschool.com.au

SEIDO JUKU KARATE AUSTRALIA

\$60 NEW STUDENT GIFT PACK

Back to School Special Offer!

First-time members who mention this offer will receive a free uniform, belt and patches when they join our program!

This offer is valid through 28th February 2019. This offer is not redeemable for cash and cannot be combined with other offers. Contact Leigh

at frontdesk@seidojuku.com.au or call **0411-821-531**.

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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

Private Music Lessons - All Instruments

Babies & Toddlers

Inspired Leadership

After School Glee Club - Sing, Dance & Make New Friends!

Specialist Masterclasses & Workshops - Jazz, Rock & More!

Our Brains are Wired 4 Sound - Music Creates the Spark!

Creative Teaching



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

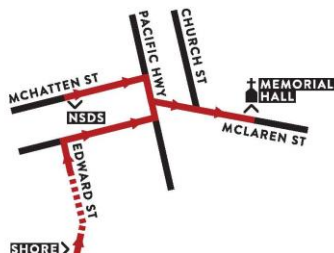
For more information: 8908 4800 OR jaffa@st-thomas.org.au

Cost

Free!

Register at

st-thomas.org.au/jaffa



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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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