

# The Dem Newsletter

## Week 10 – Friday 5 April 2019

### Finalised Staff Development Days

The finalised Staff Development Day dates for the rest of the year are as follows:

**Term 2** will have two Staff Development Days:

- Monday 29 April (as originally scheduled);
- Friday 5 July (additional day);
- In Term 2, students will return to school on Tuesday 30 April.

**Term 3** will have NO Staff Development Days:

- In Term 3, students will return to school on Monday 22 July.

**Term 4** will have two Staff Development Days that occur at the end of term:

- Thursday 19 & Friday 20 December;
- In Term 4, students will return to school on Monday 14 October.

### Annie - School Musical

Congratulations to the students who were advised this week that they had been selected, via audition, to join the cast of *Annie*. These students attended a rehearsal workshop today and individual roles will be advised late next week. For those who were not successful in the audition process, there is still an opportunity to be drawn via a ballot. Students unsuccessful were given a ballot note to take home. **All notes need to be returned to the school office by 1pm on Tuesday 9 April.** Members of staff and Student Executive will draw the required number of names from the ballot on Tuesday at 2:15pm. Students who did not audition but would still like to go in the ballot, can collect a note from the office.

### Parent/Teacher Meetings

The Parent/Teacher Meeting booking site is now closed.

Meetings will take place next week between **Monday 8 and Thursday 11 April.**

A reminder that the purpose of the Parent/Teacher meeting is to provide you with a brief summary of your child's progress in Term 1 and give you an opportunity to pass on any relevant information that may assist the teacher with your child's development in 2019.

Please contact your child's teacher if you were unable to secure a time for a parent/teacher meeting.

### Early Literacy Workshop

- Do you have a beginning reader in your family?
- Are you looking for ways to help your child as they learn to read, write and spell?
- Would you like to know more about how we teach these skills at North Sydney Dem?

If you answered 'Yes' to any of these questions, you are welcome to come along to our information evening about early literacy next **Thursday, 11 April** starting at 6pm in the McHatton staffroom. This evening would best suit parents and carers of children in Kindergarten and Year 1, but is not limited to these grades. To assist with planning, please advise your attendance to Mrs Fiona Barthram and Mrs Suzi Johnson by emailing [Fiona.barthram@det.nsw.edu.au](mailto:Fiona.barthram@det.nsw.edu.au). Thank you.

## What's On In 2019?

**Monday 8-Thursday 11 April**

\* Parent/Teacher Meetings

**Tuesday 9 April**

\* Year 2 walking excursion to the Coal Loader (2KS, 2ML and 2SB attending)

**Wednesday 10 April**

\* Intermediate Band  
\* Easter Assembly for Protestant + Catholic Scriptures, 9:00 to 10:15am in the Hall  
\* P&C Meeting from 6.30pm in Library

**Thursday 11 April**

\* Senior Band  
\* Year 2 walking excursion to the Coal Loader (2JD, 2SS and 2WF attending)  
\* Early Literacy Workshop, from 6pm in the staffroom

**Friday 12 April**

\* Hot Cross Buns Concert  
\* Whole School Anzac Day acknowledgment ceremony  
\* Last day of Term 1

## What's On In Term 2?

**Monday 29 April**

\* Pupil Free Day

**Tuesday 30 April**

\* Students return to school  
\* Student Executive Leadership Camp - Collaroy

**Wednesday 1 May**

\* Student Executive Leadership Camp - Collaroy

## Cross Country Carnival

On Monday this week, we held our annual Cross Country Carnival. Over 600 runners aged 7 to 13, walked over to St Leonard's Park to participate in the event. Students who were in the 7 years age group ran one lap of the course to introduce them to the cross country event. Please note that this age group does not progress to the Zone Carnival. All other students who participated were competing for the top five positions in their age group to qualify for the school representative team.

Students in all other age groups who finished 1st to 10th will receive a ribbon at our Ribbon Assembly on Monday 20 May. Thank you to all our parent helpers and teachers who made our carnival a success.

## Sydney North Swimming Carnival

Well done to our swimmers who competed at the Sydney North Carnival last week. Our Junior Boys relay team (Dylan, Max, James & Zen) was first in their heat, went on to win the final with a qualifying time of 2.25.06min and will be swimming at the 2019 NSWPSA Swimming Championships next week (11-12 April).

Congratulations to Dylan who has also qualified for State in the following four events:

- 1st place – Junior boys 200m IM (2:54.50min);
- 2nd place - 10yo boys 50m Freestyle (31.58sec);
- 2nd place – Junior boys 50m Backstroke (40.28sec);
- 3rd place – Junior boys 50m Breaststroke (45.52sec).

Dylan was also placed 4th in the 8-10yo boys 50m Butterfly (36.70sec).

Lirra Conybeare-Yamaguchi swam very well in the following events:

- 5th place – Senior girls 200m IM;
- 6th place - Open 100m Freestyle;
- 7th place - 11yo girls 50m Butterfly;
- 8th place - 11yo girls 50 Breaststroke;
- 9th place - 11yo girls 50 Backstroke;
- 11th place - 11yo girls 50 Freestyle.

Our Senior Girls 4x50m Freestyle relay team came in 7th place in the finals with a time of 2:19.74.

We wish the boys the very best at the Championships! The Dem is very proud of you all!



## All Bands Easter 'Hot Cross Buns' Concert

In previous years, the Hot Cross Buns concert has been only for Junior Band. This year we have extended the concert to include our Intermediate and Senior Bands as well. Junior Band members will have the opportunity to watch the other bands first and then showcase their own talents. The concert will take place in the morning during normal band rehearsal time, so all band members need to meet at the Hall at 7:30am next Friday, 12 April for a 7:45am performance. We hope many parents will be able to stay for the performance. For any queries, please contact this year's NSDS Band Coordinator, Mrs Kate Crilly ([kate.crilly@det.nsw.edu.au](mailto:kate.crilly@det.nsw.edu.au))

## ANZAC Day – notice of time change

As ANZAC Day falls during the April School Holidays, we will hold a whole-school ANZAC Day service on Friday 12 April, the last day of term, in remembrance.

**The service will now be held at the Dem School during the school day from 11:25am – 12:45pm.**

I look forward to meeting our Student Executive representatives who will be attending the North Sydney ANZAC Day Dawn Service with me at 5:45am on Thursday 25 April at the North Sydney War Memorial, Ridge Street.

## SRC Term 1 Fundraiser

Thank you to everyone who contributed to last week's SRC Fundraiser. Purple Day was a huge success! Classes worked hard to fill their buckets with donations going to the Epilepsy Action Australia Foundation. The school raised \$2,090!

Well done and congratulations to our winning classes for filling their buckets to the highest level.

The winning classes were 1MM (for K-2) and 3LO (for 3-6).



## School Photos – Dates for your Calendar

School photos will take place in Term 2 on the following dates:

- Photo day is **Monday 6 May** for all class, group and individual photos.
- Sibling photos will take place separately on **Thursday 9 May**.
- A back-up rain date for all photos is **Tuesday 21 May**.

Portrait, class and sibling photos will need to be ordered in advance of the nominated photo day and group photos will be available after photo day. **You can order anytime from now until 6 May, using the following details:**

Website: [www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au) (click on “order photos now”)

School code: X1426VT37N (“First Code”)

Envelopes are not being sent home with each child. Please see the office if you do not have access to the internet.

## NAPLAN Equating Study

North Sydney Dem has also been selected by ACARA (Australian Curriculum, Assessment and Reporting Authority) to participate in the 2019 NAPLAN Equating Study. Equating tests have occurred each year since 2009 and each year a different selection of sampled schools is needed. The sample ensures a diverse range of student backgrounds and abilities is represented. The purpose of the equating study is to enable the results for the 2019 NAPLAN tests to be reported on the same common NAPLAN measurement scales. One Year 3 class and one Year 5 class have been randomly selected to take part in this study. These classes will sit the equating study tests on Friday 3 May, prior to the NAPLAN testing dates. Parents of students in these two classes will receive additional information about their child’s participation. Parents with queries about this study are welcome to email Mrs Amanda Vaga (Deputy Principal) at [Amanda.coroneos@det.nsw.edu.au](mailto:Amanda.coroneos@det.nsw.edu.au)

## NAPLAN

All students in Years 3 and 5 will sit the NAPLAN tests on **Tuesday 14, Wednesday 15 and Thursday 16 May, in Term 2**. In addition to their normal teaching programs teachers in Years 3 and 5 will spend time familiarising students with test conditions and the various types of questions that will be posed in the NAPLAN papers. Please see pages 10-11 of this newsletter for further information.

## Year 5 Opportunity Class placement in 2019

The online application website for Year 5 placement in an opportunity class in 2020 opens on **Tuesday 30 April 2019**. Opportunity classes help gifted and talented students to learn by grouping them with other like-minded students, teaching them in specialised ways and providing educational materials at the appropriate level. If you are a parent interested in applying for this placement program, please refer to the “Intention to apply” note on page 8 of this newsletter. This note was sent home with Year 4 students this week and should be returned to the school by Friday 12 April. **The ‘Intention to Apply’ is for school administration purposes and is not an application. Parents will need to apply online separately. The school cannot apply on your behalf.** The Opportunity Class Placement Test will take place on Wednesday 31 July 2019.

## Student Executive Leadership Camp

The student leaders have been invited to attend the Ryde Primary Principals’ Council Leadership Camp on Tuesday 30 April and Wednesday 2 May. This is an annual event and is a great opportunity for student leaders from various local schools to come together and participate in a range of leadership activities. This is a reminder to parents that Camp occurs on the first two days back at school in Term 2. The camp is scheduled to start at 9:30am on day one and conclude at 3:00pm on day two. Transport to and from the camp venue at Collaroy Centre is to be arranged by parents/carers.

## Important Road Safety REMINDER

The school has been approached by a number of concerned members of the North Sydney community who have witnessed parents walking/running their children across the six lanes of the Pacific Highway. Please keep the children of North Sydney Dem safe by walking them down to the pedestrian lights on the corner of McLaren Street and Pacific Highway, or up to the pedestrian lights at Hazelbank Road and Pacific Highway.

## Competitions for Interested Students

- **The Nan Manefield Young Writers’ Award:** Entries close Friday 12 April.
- **2019 Mosman Youth Awards in Literature:** Entries close Friday 31 May.

**Myra Wearne, Principal**

[myra.janes@det.nsw.edu.au](mailto:myra.janes@det.nsw.edu.au)

# SCHOOL NEWS

## Lost Property – volunteer/s needed please

Do you have an hour a week to return lost property to children's classrooms? Flexible times to suit you and/or a friend. We will show you how it is done.

Contact Pippa: 0424 380 122 or Teresa 0404 087 907

**Vomiting students:** To avoid spread of infection, please keep students who have vomited or had diarrhoea home for at least 24 hours after vomiting and/or diarrhoea stops. See pages 9-10 or <https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/family-wellbeing/too-sick-to-go-to-school>

## Hindu Scripture

If you would like your child to participate in Hindu scripture, please email our Scripture/Ethics Coordinator, Ms Fiona Barthram, at [fiona.barthram@det.nsw.edu.au](mailto:fiona.barthram@det.nsw.edu.au).

## Statement of Account reminders were emailed Friday 29 March.

Before paying online (via POP) please check what is still outstanding on your account. You can click on the 'Make a payment for (your child's name)' link from a school account email or call the Office on 9955 2822. Please keep a note of payments made so that you do not accidentally pay for items twice. Thank you.

## School Travel

**Students using their Student Opal Card must tap on at the start and tap off at the end of each trip as a condition of use of their card.**

You can update student details (and apply for a new card) online at <https://apps.transport.nsw.gov.au/ssts/> or see <https://www.opal.com.au/en/about-opal/opal-for-school-students>



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/>

## Spare clothes for school

Please make sure your child (particularly in K to 2) has a spare pair of underpants and a pair of shorts in a plastic bag in their school bag each day. Students can borrow outer clothes if necessary on a wash and return basis, but for hygiene reasons we cannot re-use underwear. If your child has to be given a brand new pair of underpants to wear and keep a charge of \$2.00 will be added to your account.



# 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 Zara, Ashley and Emily in Year 2. They stayed behind in library when everyone had left to help Ms Williams clean up!

Great job, girls!



## Woolworths Earn & Learn is back for 2019 – 1 May to 25 June

Last time we did this our amazing families raised over 50,000 stickers!!

We have registered to participate in the Woolworths Earn & Learn program. Through this program we will be able to acquire new educational resources for our school – and all we need you to do is remember to ask for the stickers especially if you use the self-check-out at Woolworths. In 2017 the school was able to purchase new science resources dealing with the solar system, chemistry and simple machines with the points we earned. These are a great addition to our learning resources for students.

From Wednesday 1 May to Tuesday 25 June 2019, when you shop at Woolworths you can collect one Woolworths Earn & Learn Sticker for every \$10 spent. You can place the stickers or completed Sticker Sheets in the Collection Box in front of school office or at your local Woolworths. Please make sure that our school name is noted on the sheets. **Let's see if we can beat 50,000 this time.**

Thank you for your support!!



# Band News

## Band Dates to Remember:

- Friday 12 April 7:30am Hot Cross Buns Concert in the School Hall;
- 13 and 14 June: Band Camp in Collaroy.

## Band Rehearsals - 7:45am in the Hall:

- Senior Band: Thursday;
- Intermediate Band: Wednesday;
- Junior Band: Friday.

## Hot Cross Buns Concert

The Easter Hot Cross Buns Concert will be held in the school hall before school on Friday 12 April. Students from all bands should arrive at 7:30am to set up for a 7:45am performance. We are excited to include our Intermediate and Senior Bands in this year's concert. We look forward to seeing you there!

Students need to wear their band t-shirt for all performances and ensure they bring their instrument and music.

## Band Camp

This year's band camp will be held in Collaroy on 13 and 14 June. More information will be provided early in Term 2. A deposit fee has been included on your statement of account.

**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](mailto:kate.crilly@det.nsw.edu.au)



## Easter Concert



Dear band parents and carers,

We invite you to attend our very first performance of the year! 'The Great Hot Cross Buns Festival', will take place on **Friday 12th April at 7:45am**. The band students and their conductors, Ms Reilly and Mr West, are very excited about this opportunity to demonstrate their progress this term. ***Students should arrive to set up the hall at the earlier time of 7:30am, with the performance to commence at 7:45am.***

In previous years, the Hot Cross Buns concert has been only for Junior Band. This year we invite our Intermediate and Senior Bands to join us as well. Junior Band members will have the opportunity to watch the other bands first and then showcase their own talents.

We look forward to seeing many parents and carers there, despite the early hour!

Kate Crilly

NSDS Band Coordinator

([kate.crilly@det.nsw.edu.au](mailto:kate.crilly@det.nsw.edu.au))

# NSW Premier's Reading Challenge 2019

Over 470 Dem students have already started the Premier's Reading Challenge in 2019! Last year we celebrated 529 students completing the challenge. North Sydney Demonstration Public School has participated in the Premier's Reading Challenge for many years. During this time students have been able to read a selection of quality literature. It is not a competition. The challenge encourages students to read for pleasure while being exposed to a wide variety of books in order to foster a lifelong love of reading.

We urge all students K-6 to participate in the challenge. During library lessons students will be encouraged to borrow PRC books.

**K-2 students** will need to read or have a parent read to them a total of 30 books.

**3-6 students** will need to independently read 20 books.

See the instructions below regarding how your child can logon to the NSW PRC website at home and enter in their books.

## How do students log in to the NSW Premier's Reading Challenge website?

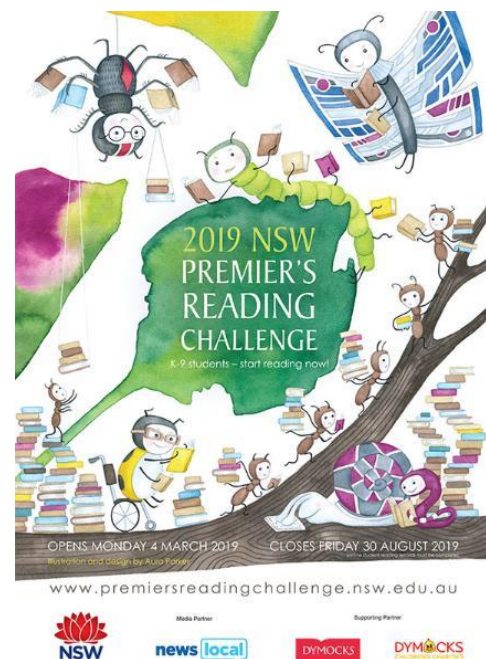
1. Click this link <https://online.det.nsw.edu.au/prc/home.html> it will redirect you to the NSW Premier's Reading Challenge home page.
2. On the PRC website homepage, click on Logon on the menu to login.
3. It will take you to the NSW Department of Education portal login page. Students will need to enter in their username and password here. Your child's teacher can provide user name and password if unknown.
4. Once logged on the page will state 'Personal Reading Record for ...(student's name)...'
5. Click on Student Reading Records (enter book) and you can start adding books.

TIP: If you enter the PRC ID number and press 'add' all the book details will appear. PRC ID numbers can be found on the last page of the book.

The library is open every morning from 8:30-8:55am and after school 2:55-3:15pm. If you need any assistance logging on please pop in and visit. Your child can also visit us at lunch time and our library monitors will help your child enter books. The library is open for K-2 second half play lunch Monday, Wednesday and Friday and 3-6 can visit the library second half play lunch Tuesday and Thursday.

The Premier's Reading Challenge has an exciting new feature that allows students to select a genre they enjoy and will offer a list of books to add to their wish list. Students in 3-6 will be exploring this new PRC experience during their library lessons. Happy Reading!

Mrs Kylie Milostic – [kylie.milostic@det.nsw.edu.au](mailto:kylie.milostic@det.nsw.edu.au)





## Intention to apply for Year 5 entry to an opportunity class in 2020

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3 April 2019

Dear Parent/Carer,



Opportunity classes cater for academically gifted and talented 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 opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. The Opportunity Class Placement Test will be held on **Wednesday 31 July 2019**.

If you would like to have your child considered for Year 5 opportunity class entry in 2020, you need to apply soon. You will 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 **Tuesday 30 April 2019** at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

The application website opens on **Tuesday 30 April 2019** and closes on **Friday 17 May 2019**. You must apply by the due 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 Team for assistance after **30 April 2019**.

You must submit only ONE application for each student.

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

Yours sincerely,

Myra Wearne  
Principal

**Cut along the dotted line and return the completed slip below by Friday 12 April 2019.**

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. 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 DEPARTMENT'S WEBSITE:**

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

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## Intention to apply for Year 5 entry to an opportunity class in 2020

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

I intend to apply for opportunity class placement in 2020. Yes ☐ No ☐

I understand that I need to register and then apply through the department's website. Yes ☐ No ☐

If Yes, either:

I have internet access and will be applying online ☐

**OR**

I do not have internet access and will use the public library to complete the application ☐

Signature of parent/carers: \_\_\_\_\_ Date: \_\_\_\_\_





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

Unit 20, 14-16 Stanton Road  
Seven Hills, NSW 2147  
ABN: 47 083 674 613

E [enquiries@theschoolphotographer.com.au](mailto:enquiries@theschoolphotographer.com.au)  
P 02 9674 9824  
F 02 8602 5399



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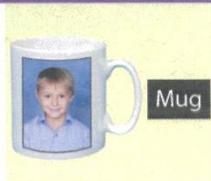
**GROUP ONLY**

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\*All image sizes are approximate.

North Sydney Demonstration School



# NAPLAN on paper – information for parents and carers

**NAPLAN**  
NATIONAL ASSESSMENT PROGRAM  
Literacy and Numeracy

**2019**

## Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life.

Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

## What is assessed?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

See example NAPLAN questions at [nap.edu.au](http://nap.edu.au)

## How can I help my child prepare?

Help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply try their best. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

NAPLAN is about assessing learning progress in literacy and numeracy.

## Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN assessment.

Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. You should first discuss the use of any disability adjustments for your child with your child's teacher.

A formal exemption may be granted for a student with disability that severely limits their capacity to participate in the assessment, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your local test administration authority can give you more information on special provisions or the process required to gain a formal exemption.

## Will my child sit NAPLAN on paper or online?

In 2019, your child will sit NAPLAN paper tests.

However, children in other schools across Australia will sit the NAPLAN online tests this year. Federal, state and territory education ministers have agreed that all schools will move online by 2020. State and territory education authorities will determine when their schools move online.

As students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the test online or on paper, results for both formats can be reported on the same NAPLAN assessment scale. To find out more about NAPLAN Online, visit [nap.edu.au](http://nap.edu.au)

## What if my child is absent from school on assessment days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 17 May 2019.

## NAPLAN 2019 timetable

	<b>Tuesday 14 May</b>	<b>Wednesday 15 May</b>	<b>Thursday 16 May</b>
<b>Year 3</b>	language conventions 45 minutes ..... writing 40 minutes	reading 45 minutes	numeracy 45 minutes
<b>Year 5</b>	language conventions 45 minutes ..... writing 40 minutes	reading 50 minutes	numeracy 50 minutes
<b>Year 7</b>	language conventions 45 minutes ..... writing 40 minutes	reading 65 minutes	numeracy 65 minutes
<b>Year 9</b>	language conventions 45 minutes ..... writing 40 minutes	reading 65 minutes	numeracy 65 minutes

## How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each test. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not receive a report, you should contact your child's school.

## How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to better identify students who would benefit from greater challenges or extra support.
- Schools use results to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at [myschool.edu.au](https://myschool.edu.au)

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](https://nap.edu.au/TAA)
- visit [nap.edu.au](https://nap.edu.au)

For information about how personal information for NAPLAN is handled by ACARA, please visit [nap.edu.au/naplanprivacy](https://nap.edu.au/naplanprivacy)



We will be discussing school funding proposals at the **next P&C meeting on Wednesday 10 April at 6:30pm** in the school library. If you're interested in having a say about how we can assist the school to help your kids, come along!

Please see more information about the P&C on the P&C website: [www.thedempc.com.au](http://www.thedempc.com.au). If you have any questions, please contact me at [president@thedempc.com.au](mailto: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](mailto: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](http://www.munchmonitor.com/Account/Login)

2. New users need to register

(school ID is "nsds"; school password is munch2060")

Munch Monitor questions email: [info@munchmonitor.com](mailto:info@munchmonitor.com)

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



# Dem Community News

Come and have fun at the Gore Hill Oval **AFL School Holiday Camp** these schools holidays! Register here: <http://aflnswact.com.au/aflschoolholidayclinics/>

**Scoliosis Australia** recommends that girls in Years 5 and 7 self-assess for scoliosis (spinal curvature). Visit [www.scoliosis-australia.org](http://www.scoliosis-australia.org) for more information.

**Kidman Centre UTS** has just opened a new clinic in Crows Nest (119 Willoughby Road), and is an ideal first stop for children, young people and their families in need of psychological support. Bookings can be made directly by calling (02) 9514 4077 or emailing [kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au)

**Free Online Counselling Services in Japanese!** The certified counsellor will support any Japanese parents who want to get support with parenting in Japanese. Feel free to contact [crystalchildrenhelp@gmail.com](mailto:crystalchildrenhelp@gmail.com) or see website: <https://1437277.site123.me/>

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

**Key Assets:** Looking for foster carers call: 1800 WE CARE or see [iwanttofooster.com.au](http://iwanttofooster.com.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](http://www.st-thomas.org.au/jaffa) or email: [Jaffa@st-thomas.org.au](mailto:Jaffa@st-thomas.org.au)

**Volunteer Host Families needed** for overseas students arriving in Australia in 2019

- Student Exchange Australia New Zealand  
[www.studentexchange.org.au](http://www.studentexchange.org.au)
- World Education Program (WEP) Australia [wep.org.au](http://wep.org.au)



## OPEN MORNINGS

9:15 AM - 10:40 AM



The North Sydney Boys community invites you to Open Mornings.

Join us to discover how we deliver excellence and innovation in boys' education. Our students and school leaders look forward to welcoming you to the school and sharing with you what makes North Sydney Boys so unique.

The 2019 Open Morning dates are:

28 March	1 August
23 May	12 September
20 June	

Open Mornings commence promptly at 9:15am and conclude at 10:40am  
RSVP - Please email the school to register your attendance



CORNER OF FALCON AND MILLER STREETS, CROWS NEST  
PHONE: 9955 4748  
EMAIL: [info@nshs.nsw.edu.au](mailto:info@nshs.nsw.edu.au)  
[school@nshs.nsw.edu.au](mailto:school@nshs.nsw.edu.au)

Parking is the responsibility of the parent. The school is not responsible for any loss or damage to vehicles. Please use common sense and follow the instructions of the school staff.



## **AUDITIONS**

### **Year 7 and Year 11 2020**

#### **Dance, Drama and Music Selection Procedures**

Newtown High School of the Performing Arts provides specialist education at the highest level to students having outstanding potential and/or achievement in, and commitment to, Dance, Drama or Music.

Students currently in Year 6 or Year 10 2019 enrolled in public or non-government schools who are seeking entrance into Year 7 or Year 11 in 2020 at Newtown High School of the Performing Arts, must participate in audition workshops in Dance, Drama or Music.

Auditions will be held between Monday 24<sup>th</sup> June to Thursday 4<sup>th</sup> July 2019.

To be eligible to apply, candidates must be Australian Citizens or holders of a visa granting permanent resident status in Australia on the day of their audition.

To register for an audition, please complete the online application form located on our website:  
**[www.nhspace.nsw.edu.au](http://www.nhspace.nsw.edu.au)**

Closing date for registration is 1<sup>st</sup> May 2019.

Yours sincerely

Peter Shields  
Relieving Principal  
12 February 2019

#### **Conditions:**

Each audition is assessed on its own merits. The examiner's decision is final and no appeal can be made except on procedure. Information on individual student's performance in their audition will not be given. The purpose of the auditions is for the school to select the top students as assessed by the examiners. These are the conditions under which students and parents/carers must agree to when applying to audition.



## Autumn School Holiday Activities

### Check out our school holiday activities for primary school students

Get an interactive presentation on the new \$50 banknote and discover banknote security features.

Explore the Museum with a treasure map and learn about the history of Australia.

#### Autumn Session Times

Sessions for Kindergarten – Year 2

Monday, 15 April, 10.00 am – 11.30 am

Wednesday, 17 April, 10.00 am – 11.30 am

Sessions for Year 3 – Year 6

Monday, 15 April, 1.00 pm – 2.30 pm

Wednesday, 17 April, 1.00 pm – 2.30 pm



**Cost: FREE** (bookings essential)  
**Bookings can be made online**  
**via the Museum Website**  
[www.museum.rba.gov.au/events](http://www.museum.rba.gov.au/events)

For more information or assistance with online bookings please contact the Reserve Bank of Australia Museum.

Email: [museum@rba.gov.au](mailto:museum@rba.gov.au)

Phone: (02) 9551 9743

Ground Floor, 65 Martin Place  
Sydney NSW 2000



RESERVE BANK OF AUSTRALIA

## VARIETY EASTER FUN DAY



Come enjoy a free day of fun, music and entertainment for the whole family at the Variety Easter Fun Day, as part of the Sydney Family Show.

Packed with activities and entertainment for kids of all abilities, performances from Rachel Coopes and Teo Gebert from Play School and a special appearance from Big Ted, the Variety Easter Fun Day promises to deliver outrageous fun during the School Holidays.

**Tuesday 16th April**  
**10am - 2.30pm**

**The Showring, Entertainment Quarter, 122 Lang Road, Moore Park**

**Free entry and special ride pass offer for the Variety community**

For more details, check [variety.org.au/nsw/event/variety-easter-fun-day/](http://variety.org.au/nsw/event/variety-easter-fun-day/)



Musical  
Picnic



Easter  
Egg  
Hunt

*Variety believes all kids deserve a fair go so we support kids who are sick, disadvantaged or have special needs.*



N O R T H   S Y D N E Y



C O U N C I L

address 200 Miller Street North Sydney NSW 2060  
all correspondence General Manager North Sydney Council  
PO Box 12 North Sydney NSW 2059  
DX10587

telephone (02) 9936 8100  
facsimile (02) 9936 8177  
email [council@northsydney.nsw.gov.au](mailto:council@northsydney.nsw.gov.au)  
internet [www.northsydney.nsw.gov.au](http://www.northsydney.nsw.gov.au)  
ABN 32 353 260 317

## NOTICE OF PARKING CHANGES

### MCHATTON STREET

The North Sydney Traffic Committee under Traffic Delegation Authority has approved the following changes in McHatton Street, North Sydney

- **THAT** one car space on the southern side of McHatton St, be converted to "2-minute parking 8:30am-9:30am and 2:30pm-3:30 pm Mon-Fri". Therefore, a person with a mobility permit can park up to half an hour and is also considered sufficient for drop off /pick up for other users.

It is expected that these changes will occur shortly, within the next three weeks.

For further information, please contact Council on 9936 8100 or email [council@northsydney.nsw.gov.au](mailto:council@northsydney.nsw.gov.au). Council appreciates your co-operation in this matter.

Yours faithfully

Iman Mohammadi  
TRAFFIC AND TRANSPORT ENGINEER  
22 February 2019





## THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school

**TENNIS  
WORLD**  
LANE COVE

### Upcoming Activities @ Lane Cove Tennis and Golf

LANE COVE  
**GOLF**  
COURSE



#### Tennis Camps @ River Road Tennis

**Camp 1 - Monday 15 - Friday 18 April 2019**

**Camp 2 - Tuesday 23, Wednesday 24,  
Friday 26 and Monday 29 April 2019**

Ask us about our FREE Bus Pickup and Return,  
before care and after care options to have you  
covered these school holidays.

Optional excursions also available!



#### Lane Cove Junior Golf Camp

**Camp 1 - Monday 15 - Friday 18 April 2019**

**Camp 2 - Tuesday 23, Wednesday 24,  
Friday 26 and Monday 29 April 2019**

Our Camps cover all aspects of Golf including;  
full swing, chipping, pitching, putting, bunkers,  
on course play, rules and etiquette.

Suitable for ages 7+ years and all equipment  
is provided.



#### Term 2 Enrolments

**Enrolments NOW OPEN!**

Get a head start with your Tennis in Term 2!

School programs are available with a  
complimentary bus pickup and return.

Ask us about our Hot Shots squads program for  
additional program information.

Contact us today for more information!

**Lane Cove Tennis and Golf**

180 River Road, Lane Cove NSW 2066 | T: 9428 3336 | W: [www.riverroadtenniscentre.com.au](http://www.riverroadtenniscentre.com.au) | E: [riverroadtennis@ozemail.com.au](mailto:riverroadtennis@ozemail.com.au)

## Could your child's resilience do with a top-up?

Join us on Mondays and Wednesdays in Term  
2 in our popular, play-based Resilience  
Workshops!

**Mondays | 3.30 - 4.30 | K-3**  
**Wednesdays | 3.30 - 4.30 | K-3**

In Term 2 we will be helping build children's  
confidence. We'll meet your children at 2.55  
and supervise them until 3.30

### Give your children valuable life skills

Your investment includes one, 60-minute  
workshop per week, a 1-hour parent briefing and  
support materials throughout the term

We also run 1-day Resilience Camps in the  
school holidays and child and parent  
coaching!

Book online at:  
[www.resilienceinkids.com.au/bookworkshops](http://www.resilienceinkids.com.au/bookworkshops)

[www.resilienceinkids.com.au](http://www.resilienceinkids.com.au)  
[hello@resilienceinkids.com.au](mailto:hello@resilienceinkids.com.au)  
0406 776 800

PosterMyWall.com



**RESILIENCE  
IN KIDS**



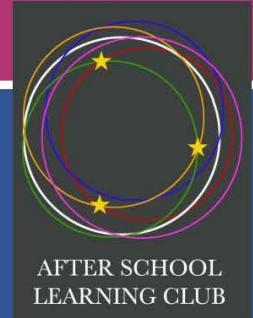
Advertisements do not indicate endorsement by the school

## THE DEM ADVERTISEMENTS

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### 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:

- Available on Monday, Tuesdays and Wednesdays.
- Supervision from 3.00 P.M and tutoring from 3.30 P.M to 5.30 P.M.
- Professional teachers/tutors 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

For more information, Visit: [aslearningclub.wixsite.com/aslc](https://aslearningclub.wixsite.com/aslc)

Email us at: [afterschoollearningclub2017@gmail.com](mailto:afterschoollearningclub2017@gmail.com)

With your child's Name, Year and Contact Details

Call us at 0410064779 (Ms. Nirmala)



# THE DEM ADVERTISEMENTS

*Advertisements do not indicate endorsement by the school*

## HOLIDAY ART PROGRAM @ START **3hr @ \$60** Inclusive of all materials

**15–18 April & 23, 24 & 26 April**



Classes are for Primary school enrolled children 5-13 years

Book online at:

[www.startartschool.com](http://www.startartschool.com)



email [startartschool@outlook.com](mailto:startartschool@outlook.com) or call Vivienne on 0421 711 178

WEEK 1	15 – 19 April	11am - 2.00pm	Maximum 8 children
MONDAY	Autumn Woodland Animals – watercolour & ink on paper		
TUESDAY	Animal faces – air dry clay & acrylic paint		
WEDNESDAY	Decorative Rainbow Trees – mixed media & acrylic on canvas		
THURSDAY	Toucans & Other Magnificent Birds – collage on canvas		
FRIDAY	<b>PUBLIC HOLIDAY - GOOD FRIDAY</b>		
			
WEEK 2	22 – 26 April	11am - 2.00pm	Maximum 8 children
MONDAY	<b>PUBLIC HOLIDAY – EASTER MONDAY</b>		
TUESDAY	Cute & Cuddly Creatures – sculpt, decorate & paint moving cardboard cutouts		
WEDNESDAY	Butterflies Silhouettes on Colourful Backgrounds – block printing on paper		
THURSDAY	<b>PUBLIC HOLIDAY – ANZAC DAY</b>		
FRIDAY	Autumn Monochromatic Self Portraits – acrylic on canvas		
			

*Advertisements do not indicate endorsement by the school*

## THE DEM ADVERTISEMENTS

*Advertisements do not indicate endorsement by the school*



**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](mailto:info@centrestageacademy.com.au)  
[www.centrestageacademy.com.au](http://www.centrestageacademy.com.au)  
Phone: 1300 322 243

**ENROLLING NOW FOR 2019!**

algorithmics

## PROGRAMMING CLUB FOR CHILDREN

North Sydney Demonstration School

Monday

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 8 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](http://au.alg.academy)

Your first lesson is free!



*Advertisements do not indicate endorsement by the school*





# **JUNIOR TENNIS & SPORTS CAMPS**

## **APRIL 2019**

### **AGES 5-17 YEARS**

Drop off available from 8:30am. After camp care from  
3:30-6pm – all centres – \$10 per hour

**CAMP 1:** 15-18 APRIL 2019 • 4 DAYS

**CAMP 2:** 23-26 APRIL 2019 • 3 DAYS (EXCLUDING 25 APRIL)

**Willis Park • Green/Orange/Red Ball  
Talus St • Top Gun/Green/Orange/Red Ball**

**YELLOW BALL/TOP GUN – Talus St, St Leonards • \$200 SINGLES PRIZE MONEY**

**ALL LEVELS • 9:30am – 3:30pm • Registration from 8.30am**

**COST: \$75 per day • \$275 / 4 day camp • \$225 / 3 day camp**

Transport from Willis Park to Talus St, St Leonards available for Top Gun Camp



For 5 to 8 year olds. Within a fun, safe,  
team environment – developing:

- movement
- co-ordination
- reaction times
- decision making
- social skills
- fitness

**WILLIS PARK 325a Eastern Valley Way, Castle Cove • ST LEONARDS Talus St**

**P 9901 3144 E lovendeuce@netspace.net.au www.lovendeuce.com.au**



## THE DEM ADVERTISEMENTS

*Advertisements do not indicate endorsement by the school*



# CAMPS!

13 - 29 APRIL  
[WWW.TINKERTANK.ROCKS](http://WWW.TINKERTANK.ROCKS)

DO YOU HAVE A CHILD WHO...



- ⑧ feels they're not good enough?
- ⑧ is worried about school/study?
- ⑧ refuses to do as they are asked?
- ⑧ has difficulty managing emotions?
- ⑧ is anxious about social situations?

### The Kidman Centre

The Kidman Centre, UTS, is a welcoming first stop for children and families in need of psychological support.

.....

We specialise in the emotional health of children and have been helping families in the northern Sydney region for 30+ years.

[tkc.uts.edu.au](http://tkc.uts.edu.au)

Turning to a professional who is experienced in dealing with children can be a turning point for many, but knowing where to start on the help-seeking path can sometimes be daunting.

Our experts are here to help.

.....

Contact us for an appointment  
(Crows Nest or Randwick)

☎ 02 9514 4077

✉ [kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au)

medicare  
rebates  
available

*Advertisements do not indicate endorsement by the school*

# THE DEM ADVERTISEMENTS

*Advertisements do not indicate endorsement by the school*



## 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](http://www.ridge26.com.au) for photos and further info.



My French School is offering French classes in Crows Nest. Our classes are designed for your child to learn French in an enjoyable and friendly environment. Whilst being exposed to French language your child will also discover French culture with a range of stimulating, engaging and fun activities.

My French school offers courses for French & English speakers.



## HANDWRITING WORKSHOPS

### TERM 1 HOLIDAYS



## Run by Paediatric Occupational Therapists Kindergarten – Year 6

All levels of handwriting are welcome. Children will be grouped according to what year they are in.

We cover many areas including promoting a functional pencil grasp, hand and finger strength, movement and dexterity, legibility (print and cursive), processing speed, fluency, content of writing, punctuation, letter sizing, spatial organisation, line placement, bi lateral integration skills, directionality and posture. We will also trial seating and writing tools to further assist your child if necessary.

### When:

Monday 15<sup>th</sup> – Thursday 18<sup>th</sup> April  
9am – 1030am OR 230pm – 4pm  
Tuesday 23<sup>rd</sup> – Friday 26<sup>th</sup> April:  
9am – 1030am OR 230pm – 4pm

### Location:

Kids First OT Clinic:  
Suite 405/251 Oxford St  
Bondi Junction  
(Parking available at Westfield)

### Cost:

\$300 or \$260 (family rate) Claimable through  
Private Health funds.

To register contact us on:

1300 850 418 OR [info@kidsfirstot.com.au](mailto:info@kidsfirstot.com.au)

Register by 1<sup>st</sup> April

Limited spaces available.

## FRENCH HOLIDAY CAMPS!

**Tuesday the 16<sup>th</sup> & Thursday the 18<sup>th</sup> of April**

with excursions & show at the Art Gallery of NSW & The Sydney Opera House.

Please follow this link : <https://www.myfrenchschool.com.au/holiday-camps-2019>

## FRENCH AFTER SCHOOL CARE with FRENCH CLASSES

(North Dem pick up at 3pm)

Museum tours in French for Kids

French Choir

French yoga for kids

French Art History...

Please contact Delphine on 0459 837 415

Or [coucou@myfrenchschool.com.au](mailto:coucou@myfrenchschool.com.au)

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

*Advertisements do not indicate endorsement by the school*



## THE DEM ADVERTISEMENTS

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<https://www.thespeechschool.com.au/>



### Public Speaking Tuition for Years 3-6

**THAT'S FUN!**



**Starting MONDAY afternoons**  
**North Sydney Demonstration School**  
**from Term 2 2019**

<https://www.thespeechschool.com.au/>  
**for details and bookings**



### 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

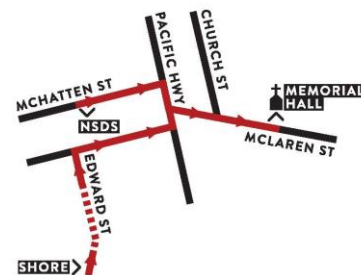
Jaffa meets at St Thomas' Anglican Church in the Memorial Hall on McLaren St  
 For more information: 8908 4800 OR [jaffa@st-thomas.org.au](mailto:jaffa@st-thomas.org.au)

### Cost

Free!

### Register at

[st-thomas.org.au/jaffa](http://st-thomas.org.au/jaffa)



**GALLERY 307**  
**ART SCHOOL**

**2019 Autumn**  
**Holiday Program**

**Week 1 15 - 18 April • Week 2 23 - 26 April**



Visit our website for program information and bookings  
[www.gallery307artschool.com.au](http://www.gallery307artschool.com.au)

307 Sailors Bay Road, Northbridge NSW 2063

Phone: (02) 9958 1298

Email: [info@gallery307artschool.com.au](mailto:info@gallery307artschool.com.au)

2/164 Belmore Rd, Randwick 9662 2211 3/76 Anzac Pde, Kensington  
[www.directionsinmusic.com.au](http://www.directionsinmusic.com.au)

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

**Private Music Lessons - All Instruments**

**Babies & Toddlers**

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

**Specialist Masterclasses & Workshops - Jazz, Rock & More!**

**Inspired Leadership**

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

**Creative Teaching**

Advertisements do not indicate endorsement by the school



## THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school



RTO 91446

### Embrace your love of interiors and get creative

Interior Decoration Workshop | 16-17 April

The perfect taster course for enthusiasts considering a future in interior decoration. Be immersed in our world of interiors and create a scheme for a space in your own home.

Register today - [sydneydesignschool.com.au](http://sydneydesignschool.com.au)

/ 02 9437 1902  
/ 2/40 Oxley Street, St Leonards

Sydney DesignSchool



**ASC**  
AUSTRALIAN SPORTS CAMPS  
AUSTRALIAN ASSOCIATION OF SPORTS CAMPS

### Book Now for Autumn!

High quality sports program for 6 – 16-year olds delivered by expert coaches and guest appearances.

- AFL • Basketball • Netball
- Rugby • and many more!

Website: [asc.camp/school](http://asc.camp/school)  
Call: 1300 914 368

Email: [admin@australiansportscamps.com.au](mailto:admin@australiansportscamps.com.au)



### Could you be a foster carer?

We want to work with you to make a positive and lasting difference to the lives of children in your community. As a Key Assets foster carer, we'll provide you with 24/7 support, a dedicated social worker and on-going training.

1800 WE CARE  
[iwanttofooster.com.au](http://iwanttofooster.com.au)

 **keyassets**  
THE CHILDREN'S SERVICES PROVIDER



## KIDS LEARN TO SAIL HOLIDAY CAMPS

The Royal Sydney Yacht Squadron Learn to Sail holiday camps are open to 8 - 12 yr olds keen to have a fun time and learn to sail on Sydney Harbour.

The Squadron offers learn to sail courses that cater for all abilities. All boats and sailing equipment are provided by the Squadron.

**CAMP DATES:**  
15 - 18 APRIL 9:00AM - 3:30PM

For more information and bookings contact the Royal Sydney Yacht Squadron 9017 0154 or visit [www.rsys.com.au/tackers](http://www.rsys.com.au/tackers)



Royal Sydney  
Yacht Squadron  
33 Peel St  
Kirribilli

Advertisements do not indicate endorsement by the school





# TOO BUSY FOR THE GYM?

EXPERIENCE AN INCREDIBLY EFFECTIVE WORKOUT IN JUST 20 MINS ONCE A WEEK!

- ▶ Lose fat & tone up
- ▶ Reduce cellulite
- ▶ Build muscle & strength
- ▶ Low impact on joints

Looking for a fitness program that fits into your busy life without taking it over?  
With SpeedFit you'll keep fit & still have time left for people & things that make you happy.

## What is SpeedFit?

SpeedFit is a smart combination of personal training & EMS (electro muscle stimulation), giving your muscles a deeper, more effective workout in a fraction of the time.

Body fat is reduced, weight is shed & muscles are gently defined as your physical strength & endurance improve with every session

SpeedFit is low-impact, low exertion & can be tailored to suit any level of fitness.

FOR A LIMITED TIME, ENJOY A FREE TRIAL AT SPEEDFIT NORTH SYDNEY WHICH INCLUDES:

- 1 x SpeedFit induction
- 1 x SpeedFit training session
- Free garment hire
- Pre-workout vitamin drink & Post-workout protein shake



Want to know more? Watch our videos or visit [www.speedfit.com.au](http://www.speedfit.com.au)

**TRY SPEEDFIT FOR FREE!**  
*Redeem your free trial session*

Call (02) 8459 7430 or email  
[northsydney@speedfit.com.au](mailto:northsydney@speedfit.com.au) to redeem your offer!

[WWW.SPEEDFIT.COM.AU](http://WWW.SPEEDFIT.COM.AU)

**SPEEDFIT**  
THE SMARTER WORKOUT ▶