

The Dem Newsletter

Week 10 – Friday 5 July 2019

What a busy last week of term at the DEM it's been!

SRC Fundraiser – Beanie Day!

Today, our SRCs organised 'Beanie Day', a fundraiser in support of the Dem's two World Vision sponsor children - Kana from Kenya and Selam from Ethiopia. Funds raised will go to help provide these children with better standards of living. We look forward to advising the amount of funds raised in the next Dem Newsletter.



Pocket City Farm ECO Excursion

On Tuesday our 3-6 Eco Ambassadors visited Pocket City Farm in Camperdown. They did a tour through the working farm and were treated to freshly picked delicious snow peas. They learned about pollinators including birds, mammals and insects and the seasonality of different varieties of fruit and vegetables in Australia. Lastly, they mixed clay, soil, seeds and water to make earth balls that when placed in our school garden will attract pollinators. A wonderful day was had by all! Thanks to North Sydney Council for facilitating this excursion and to Ms Felicity Morgan & Ms Courtney Barrett for attending with the students.



SRC Art Initiative

Our SRC have also been busy this term organising an art initiative. Students wanted to revamp some of the display boards in the school's common areas. The SRC asked students who love art to create a fantasy themed piece and donate it to the school. Lots of amazing artworks were received and we cannot wait to display these in the McHatton building, ready for next term. Well done to all our budding artists!



What's On In Term 2/3 2019?

Thursday 4 July

* All bands Term 2 concert arrive 5:45pm for 6pm start in the Hall

Friday 5 July

- * Pupil Free day
- * The uniform shop will be open from 8:30am to 9:30am
- * P&C Working Bee commences

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Monday 22 July

- * FIRST DAY OF TERM 3
- * Healthy Harold program commences

Tuesday 23 July

- * Whole school NAIDOC incursion commences

Wednesday 24 July

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

Friday 26 July

* PSSA recommences

Wednesday 31 July

- * OC Placement Test for registered Yr 4 students
- * Wellbeing workshop for parents/carers, 5:30pm in the McHatton Staffroom
- * Recorder Group concert at Sydney Opera House

Thursday 1 August

* School Tour from 9:15am -
meet in the office foyer

**Thursday 1 August and
Friday 2 August**

- * Year 3 Camp at the Outdoor Education Centre, Morisset
- * Year 4 to Camp at Great Aussie Bush camp, Kincumber

Senior Band Club Outdoor Rehearsal

The band club provided students with a musical treat when they rehearsed outside on the playground on Tuesday. This term has been very full for all our band members, particularly those who attended camp earlier this term. We've seen some big improvements since the camp and the morning rehearsals for all bands have been sounding great. We are all looking forward to tonight's Mid-Year concert.

A huge thank you to all the parents and carers who support our school band members, and a special thanks to Mick Elderfield from Directions in Music who instigated the band club and gives up his time each week to rehearse with students.



Anti-bullying Incursion – Brainstorm Productions

Yesterday, students in Year 4-6 participated in 'The Protectors' program focusing on Bullying, eSafety and Resilience. The students were engaged by Serena and Leo who showed them how to use their 'protect tools' to stop, breathe and be assertive, as well as how to stand up for themselves and others in a positive way.

Please see page 10 of this newsletter for information on resources developed by the Government.



Cyber Safety and the NSW Police

Continuing with the message of anti-bullying and cyber-safety, students in Years 5 & 6 were visited by Senior Constable Dennis Goodwin, a local Police Youth Liaison Officer, today. Topics discussed were appropriate use of social media, safe and respectful online interactions, cyberbullying and where to go for help. Senior Constable Goodwin also shared some useful websites, such as the Kids Helpline (<https://kidshelpline.com.au/>) and the eSafety Commissioner (<https://www.esafety.gov.au/>). We hope students take these important messages with them into this coming holiday period.

Visiting Academic from Israel

This week visiting academic Dr Yoad Eliaz from Tel Aviv, Israel, enjoyed a brief school tour and morning tea with some of our SRC and Student Executives.

Dr Eliaz spends a lot of his time researching education in his home country and likes to visit schools overseas when he is travelling. He enjoyed seeing and hearing about the embedded values of cultural diversity and the real world problem-based learning taking place in all grades at the Dem.



Dr Eliaz was also particularly impressed by the evident high engagement of students and teachers with quality learning programs in all classrooms even though the holidays were about to start!

Upcoming Events at the Dem!

P&C Working Bee - Painting of the McHatton Toilets - Friday 5, Saturday 6 & Sunday 7 July

The P&C will be holding a working bee to repaint the McHatton toilet block and repair all the school's toilet blocks. All toilet blocks will receive new door locks, signage, soap dispensers and hand dryers. If you are able to volunteer some time over the next three days to begin the painting process, it would be very much appreciated. Please contact Nicole Smith for more information or to volunteer. Nicole can be contacted via mob (0403 921 971) or email (niksmith@gmail.com). Please also see pages 14-15 of this newsletter for further details.

This much needed work is being carried out as an initiative of the P&C and supported by the school. Due to the unknown timeframe of the expected building upgrade of the whole school, this project has come about as a result of parent feedback.

Life Education Program with Healthy Harold – commences Monday 22 July

The Healthy Harold van will be arriving at the Dem next term from Monday 22 July to Thursday 8 August. All students will participate in grade based programs that focus on different areas of health and wellbeing. An information note can be found on page 5 of this newsletter.

NAIDOC-Themed Learning Incursion – commences Tuesday 23 July

NAIDOC Week celebrations are held across Australia each July as a shared celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander people. The week is officially held from 7 to 14 July (during the school holidays) so we will be celebrating NAIDOC Week early in Term 3. Students will spend time in their classrooms learning about the significance of Aboriginal history and culture in our local urban context. All students will also participate in a virtual reality workshop, where the Pamagirri Aboriginal group transport students into a full 360-degree view of a Far North Queensland rainforest. The workshop also includes interactive educational games about bush tucker and hunting, as well as an incredible CGI video about the Dreamtime.

Student Wellbeing Workshop for Parents and Carers

On **Wednesday 31 July**, next term, there will be a workshop available for parents/carers which will be focused on student wellbeing. Please see page 4 of this newsletter for more information. If you are interested in attending, please respond via email to Mrs Bryony Herborn (bryony.heath1@det.nsw.edu.au)

Islamic Scripture

In Term 3, we will be able to offer Islamic scripture at the Dem. If you are interested in your child participating in this scripture group, please contact Ms Fiona Barthram (Scripture & Ethics Coordinator) via email at Fiona.barthram@det.nsw.edu.au or complete the form found on page 8 of this newsletter.

Education Week at the Dem!

Next term during the week commencing **5 August**, the Dem is looking forward to celebrating Education Week. On **Monday 5 August** at 9:30am, all parents, grandparents and carers are invited to attend our open classroom celebration. During this session, carers can enjoy learning side by side with their child or hear first-hand about their child's learning successes in 2019.

Track Carnival

The new date for the Track Carnival is confirmed for Monday 19 August, with a backup rain date of Monday 26 August.

Power Upgrade – July School Holidays

Please note that public works related to the major power upgrade on site at the Dem will continue through the July school holidays. We apologise for any inconvenience these works may be causing to our school community. **Please note that the school will be closed with NO ACCESS throughout the holiday period.**

Nationally Consistent Collection of Data (NCCD) on School Students with Disability

Since 2015 all schools in Australia (government, independent and Catholic) have participated in a process of data collection for students with a disability. This data collection is a legislated requirement and all data is strictly de-identified to protect confidentiality. The meaning of the word disability for the purposes of the data collection process is derived from the Disability Discrimination Act 1992 and has a broad meaning. It includes, for example, the presence in the body of organisms causing disease or illness and also the existence of a disorder or malfunction that results in a person learning differently.

The purpose of collecting this information is to ensure that all stakeholders have a clear picture of the number and level of adjustments that are required so that students with a health care need or disability can fully participate in education. Ultimately, this information will provide us with a very clear understanding of what support teachers and schools need to ensure all children are successful. Our school is now in the process of finalising the collection of this data. If you are interested in further information please refer to the flyer on pages 11-13 of this newsletter or email Mrs Bryony Herborn at Bryony.heath1@det.nsw.edu.au

We wish everyone a happy and safe holiday period and look forward to seeing students back and refreshed on Monday 22 July.

Myra Wearne, Principal

myra.janes@det.nsw.edu.au

Student Wellbeing Workshop for Parents and Carers

Week 2 Term 3 2019 – Wed 31 July

5.30-6.30pm

Parents and Carers are invited to a two-part workshop focused on student wellbeing at North Sydney Demonstration School. Part one will be sharing our current school initiatives around student wellbeing. Part two will be looking at the Emotion Coaching model that can be applied at home and school to support children with their social and emotional development and set limits on behaviour.

Part One:

- **Student Wellbeing at North Sydney Demonstration School**
 - Overview of our priorities for student wellbeing (Strategic Direction and Milestones)
 - What does it look like in practice? (examples from the classroom and playground)

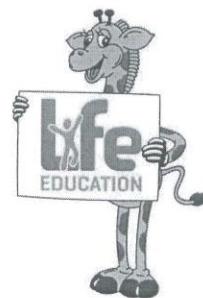
Part Two:

- **Emotion Coaching – a practical introduction for parents and carers**
 - Emotional Intelligence
 - The 5 steps of Emotion Coaching
 - Discussion, handouts, practical strategies and resources

Interested in attending?

Please email Bryony Herborn (Relieving Deputy Principal) bryony.heath1@det.nsw.edu.au to RSVP if you are planning to attend so that we have an indication of numbers.

NORTH SYDNEY DEMONSTRATION SCHOOL
Incursion Permission Note
Life Education NSW Healthy Harold Program



2 July 2019

Dear Parent/Caregiver,

Life Education NSW will be visiting our school from Monday 22 July through to Thursday 8 August. The chosen programs that will be taught to each grade are listed below for your information. These programs address many of the components and objectives within the NSW PDHPE curriculum.

The Life Education mobile facility will be parked behind the Pacific Building and classes will visit the Educators on a scheduled timetable. Teachers will remain with their classes during the lessons.

The cost of this incursion will be included on the Term Three Statement of Account.

**My Body Matters
(Kindy)**

This module focuses on things children can do to keep themselves health including:

- The importance of personal hygiene
- Choosing foods for a healthy balanced diet
- Benefits of physical activity and sleep
- Ways to keep safe at home, school and in the community

**Ready, Steady Go
(Year 1)**

This fun, engage narrative provides opportunities to discover:

- Benefits of physical activity
- Safety strategies in different environments
- How our body reacts in new situations
- What our body needs to be healthy including a nutritious diet, water and sleep

**Safety Rules
(Year 2)**

This module helps children to problem solve and focuses on:

- Recognising safe and unsafe environments
- How to care for others
- Behaviours that maintain friendships
- Places and people who we can go to for help

**BCyberwise
(Years 3 & 4)**

This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline:

- Responsible and respectful behaviour when using communication technology
- Skills for building positive relationships with friends
- Keeping personal information safe online
- Strategies to deal with bullying and cyberbullying
- Exploring the role of bystanders.

**Relate Respect Connect
(Years 5 & 6)**

This module focuses on building positive, safe and respectful relationships:

- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships
- Strategies to help maintain positive online and offline relationships
- Strategies to respond to unsafe or disrespectful situations online and offline
- The importance of relationships to our own and others wellbeing

If you have any questions or concerns about any of the modules above, please contact either Bryony Herborn (DP for K-2) on bryony.heath@det.nsw.edu.au or Amanda Vaga (DP for 3-6) on Amanda.coroneos@det.nsw.edu.au

Thank you,

Myra Wearne, Principal

SCHOOL NEWS

K-2 Games Club requesting donations of games please

Do you have any games, puzzles, card games or other old games that you don't need at home anymore? Donations happily accepted in 2SB and KSB for the Dem K-2 Games Club.

Woolworths Earn & Learn – Thank You

We have collected 35,700 stickers for the Dem and over 32,000 stickers for Arndell Special School. Thank you! Final count to be confirmed in the next newsletter.

School Travel

Please remember that School Opal Cards are for use during school term for travel between home and school.

School Opal Cards should not be used in the school holidays.

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/>

Term 2 Statements of Account reminders

Term 2 Statement of Account reminders were emailed on Friday 21 June 2019. 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. Thanks.

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.



This week's 3-6 FabStar! is Madeleine in Year 5. She displayed kindness and respect towards others when she willingly helped a younger student pick up food that was dropped without being asked. Way to go Madeleine!

Band News

All Bands Festival – Sunday 25 August – please confirm participation

Senior Band have been entered to perform at the Australian School Band Festival, being held on Sunday 25 August at THE KINGS SCHOOL, North Parramatta, and students will be required to be there from 9.00am - 10.15am. To ensure our best performance, it is essential that we have the majority of band members in attendance. Please complete the short form at <http://tiny.cc/NSDSband> to confirm your child's participation.

Band Rehearsals – 7:45am in the Hall restarting from Week 1 Term 3

Thank you for helping students to get to rehearsals on time in the morning. All rehearsals begin at 7:45am and it is important that students arrive to set up and warm up prior to playing.

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

Please ensure that your child brings their instrument, music and a pencil and is on time to set up.

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

ISLAMIC SCRIPTURE AT NSDS



We are pleased to advise that Islamic scripture classes are available from Term 3, 2019 for interested students. Classes will run concurrently with our other scripture and ethics groups.

The scripture teacher is a volunteer through the Islamic Special Religious Educations Council.

If you would like your child/children to attend Islamic scripture, please return the slip below, or email the Scripture/Ethics coordinator; fiona.barthram@det.nsw.edu.au

I would like my child _____ of class _____

to participate in Islamic Scripture Classes in 2019.

Parent signature _____ date _____

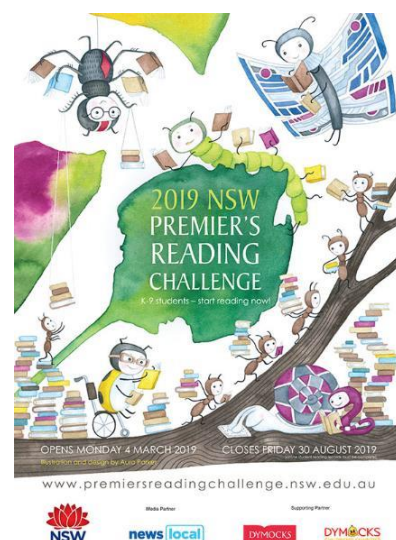
NSW Premier's Reading Challenge 2019

Just over 665 students have started entering their Premier's Reading Challenge books online. Congratulations to the 232 students that have completed the challenge

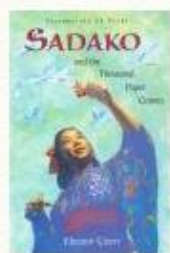
We inspire all students K-6 to participate in the challenge. During library lessons students will be encouraged to borrow PRC books.

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.



The PRC Sharing Space



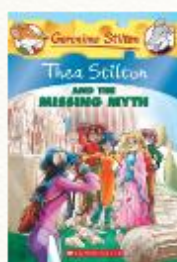
338 : Sadako and the thousand paper cranes by Coerr, Eleanor

In the aftermath of the bombing of Hiroshima, Sadako's dying wish is to make one thousand paper cranes in accordance with the Japanese legend that says that the gods will grant the maker's wish to be well again.

Topics / Asia-Pacific literature / 7-9 booklist

Hi my name is Jasmine, I am completing the 5-6 PRC. I am a little behind at the moment but I am really excited about completing the PRC because I love reading. My favourite book is 'Sadako and the Thousand Paper Cranes'.

My name Gwen and I am going to triple the PRC. I have been reading K-2 books from our school library and my local library. My favourite book so far is 'Thea Stilton and the Missing Myth'.



16228 : Thea Stilton and the missing myth by Stilton, Geronimo

While on vacation in Greece, the Thea Sisters make friends with a company of actors who are rehearsing for a play that's about to open. When an actress sprains her ankle, Colette ends up standing in for her. But suddenly, right before the performance, the lead actor goes missing.

3-4 booklist

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.

Happy Reading!

Mrs Kylie Milostic – kylie.milostic@det.nsw.edu.au



PRIME MINISTER

MINISTER FOR EDUCATION

Dear parents, carers and the school community,

Keeping our children safe is a shared responsibility. Schools, governments at all levels, the Australian community and, first and foremost, parents take this obligation seriously.

As parents, we know that it can be challenging to raise children today in a world where risks to safety can appear not only on the street but online. And it is not always easy to navigate when the online world can have real world physical and mental health impacts.

That is why our Government has developed resources to empower parents (and schools) to protect children and prepare them to be resilient, responsible and respectful adults:

- www.esafety.gov.au – resources that promote online safety including tackling image-based abuse and a complaints service for young Australians who experience serious cyberbullying.
- www.studentwellbeinghub.edu.au – support for students, parents and teachers to create a learning environment that promotes student wellbeing and the development of respectful relationships.

You can also visit www.bullyingnoway.gov.au for education and advice for kids, parents and schools on how to combat and respond to bullying.

Whatever age your kids, it is never too late to make changes to improve their welfare. With the fresh start that a new school year brings we encourage you to use these resources for practical advice on keeping your family safe and well through the year.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Scott Morrison'.

SCOTT MORRISON

A handwritten signature in blue ink, appearing to read 'Dan Tehan'.

DAN TEHAN

FACT SHEET FOR PARENTS, GUARDIANS AND CARERS

WHAT IS THE NCCD?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) takes place every year.

The NCCD is a collection that counts:

- the number of school students receiving an adjustment or 'help' due to disability
- the level of adjustment they are receiving to access education on the same basis as other students.

Students are counted in the NCCD if they receive ongoing adjustments at school due to disability. This 'help' allows them to access education on the same basis as a child without disability. The NCCD uses the definition of disability in the [Disability Discrimination Act 1992](#).

Schools provide this information to education authorities.

Go to *What is a reasonable adjustment?* below to learn about adjustments.

WHY IS THIS DATA BEING COLLECTED?

All schools in Australia must collect information about students with disability.

The NCCD:

- ensures that the information collected is transparent, consistent and reliable
- provides better information that improves understanding of students with disability
- allows parents, guardians, carers, teachers, principals, education authorities and government to better support students with disability.

Student with disability loading

Funding from the Australian Government for students with disability is based on the NCCD through the student with disability loading.

Students with disability who are counted in the top three levels of the NCCD (extensive, substantial and supplementary) attract the loading. Funding is based on a per-student amount at each of the three levels of additional support. The amount of the loading reflects the level of support students with disability need to participate fully in school, with higher funding for those who need higher levels of support.

Australian Government recurrent school funding is provided as a lump sum to school authorities including state and territory governments, which can then distribute the funding to their member schools according to their own needs-based arrangements.

The Government expects schools and school systems to consider their funding from all sources (ie Australian Government, state and territory and private) and prioritise their spending to meet the educational needs of all of their students, including students with disability. This can include payment of professional learning for staff and building inclusive cultures in schools.

WHAT ARE THE BENEFITS OF THE NCCD FOR STUDENTS?

The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disability at school.

The NCCD encourages schools to review their learning and support systems and processes. This helps schools to continually improve education outcomes for all students.

WHAT MUST SCHOOLS DO FOR STUDENTS WITH DISABILITY?

All students have the right to a quality learning experience at school.

Students with disability must be able to take part in education without discrimination and on the same basis as other students. To ensure this, schools must make reasonable adjustments if needed for students with disability. Educators, students, parents, guardians, carers and others (eg health professionals) must work together to ensure that students with disability can take part in education.

The *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005* describe schools' responsibilities.

WHAT IS A REASONABLE ADJUSTMENT?

An adjustment is an action to help a student with disability take part in education on the same basis as other students.

Adjustments can be made across the whole school (eg ramps into school buildings). They can be in the classroom (eg adapting teaching methods). They can also be for individual student need (eg providing personal care support).

The school assesses the needs of each student with disability. The school provides adjustments in consultation with the student and/or their parents, guardians and carers.

Schools must make reasonable adjustments if needed. The Disability Standards for Education 2005 define 'reasonable adjustment' as an adjustment that balances the interests of all parties affected.

WHO IS INCLUDED IN THE NCCD?

The definition of disability for the NCCD is based on the broad definition under the *Disability Discrimination Act 1992*.

The following students are examples of those who may be included in the NCCD if they need monitoring and adjustments:

- students with learning difficulties (such as dyslexia)
- students with chronic health conditions (such as epilepsy or diabetes).

WHO COLLECTS INFORMATION FOR THE NCCD?

Schools identify which students will be counted in the NCCD. They base their decisions on the following:

- adjustments provided for the student (after consultation with the student and/or their parents, guardians and carers)
- the school team's observations and professional judgements
- any medical or other professional diagnoses
- other relevant information.

School principals must ensure that information for the NCCD is accurate.

WHAT INFORMATION IS COLLECTED?

A student is counted in the NCCD if they receive reasonable adjustments at school due to disability.

Each year, schools collect the following information about the student, including:

- their year of schooling
- the level of adjustment received
- the broad type of disability.

For students who have more than one disability, the school uses professional judgement to choose one category of disability. They choose the category that most affects the student's access to education and for which adjustments are being provided.

A high level summary of the NCCD data is available to all Australian state and territory governments to improve policies and programs for students with disability.

HOW IS THIS DATA USED?

The NCCD data informs funding and work by schools and sectors. It ensures that support for students with disability becomes routine in the day-to-day practice of schools. The NCCD also supports students in the following ways.

- The NCCD helps schools better understand their legislative obligations and the Disability Standards for Education 2005.
- Schools focus on the individual adjustments that support students with disability. This encourages them to reflect on students' needs and to better support students.
- The NCCD facilitates a collaborative and coordinated approach to supporting students with disability. It also encourages improvements in school documentation.
- The NCCD improves communication about students' needs between schools, parents, guardians, carers and the community.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) annually publishes high-level, non-identifying NCCD data.

WHEN DOES THE NCCD TAKE PLACE?

The NCCD takes place in August each year.

IS THE NCCD COMPULSORY?

Yes. All schools must collect and submit information each year for the NCCD. This is detailed in the *Australian Education Regulation 2013*. For more information, ask your school principal or the relevant education authority.

HOW IS STUDENTS' PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students is an essential part of the NCCD.

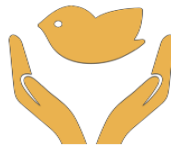
Data is collected within each school. Personal details, such as student names or student identifiers, are not provided to federal education authorities. Learn more about privacy in the [Public information notice](#).

FURTHER INFORMATION

Contact your school if you have questions about the NCCD. You can also visit the [NCCD Portal](#).

There is also a free [e-learning resource](#) about the *Disability Discrimination Act 1992* and Disability Standards for Education 2005.

This document must be attributed as *Fact sheet for parents, guardians and carers*.



Thank you for helping with the Special Painting Working Bee whenever you can - Friday 5 to Sunday 7 July!

Please email Nicole Smith (niksmith@gmail.com) to confirm when you can help (if you have not contacted her already) so that she can co-ordinate the project effectively.

Nicole plans to be at the Dem from 8:30am to 5:00pm each day but feel free to come whenever you can make it as volunteers are coming at various times and staying however long they can. Despite the rain forecast the working bee will be going ahead.

General schedule:

- Friday 5 July: preparation, scraping, cleaning, patching, sanding;
- Saturday 6 July: preparation, sanding, cleaning, masking, painting roof, undercoat walls;
- Sunday 7 July: preparation, masking, painting walls, windows, doors, clean up, packing away gear.

Wear / Bring:

Please wear covered flat shoes, a long sleeve shirt, long pants and bring a cap. Bring along a water bottle and your preferred snacks. There will be disposable gloves, safety glasses and paper masks available. Please feel free to bring your own if you have them. Bring thicker gardening gloves if you are helping with sanding.

Food / Water:

Drinks will be provided. Lunch will be organised on the day - please indicate on the sign on sheet if you will be joining us for lunch at 12noon. Also note any dietary requirements. Some snacks will be available throughout the day.

Safety:

Please sign in each day. When you first arrive, Nicole will take you through a safety briefing before you commence. Wear the safety gear provided for the job you are undertaking at the time. There will be chemical and paint fumes so it is important that you take care of yourself and if at any stage you feel unwell, let me or someone else know immediately. Take regular breaks and keep hydrated.

Equipment:

Please leave any loan equipment at the front office, make sure it is labelled properly so we can return it.

Still needed: portable lights.

If you have any questions at all, please contact Nicole on 0403 921 971.

Please see the flyer on the next page.

Happy Holidays!

North Sydney Demonstration School

WORKING BEE

Painting the McHatton toilet block



Friday 5 July (Preparation)
Saturday 6 July (Preparation)
Sunday 7 July (Painting)

Volunteers Needed to assist with a special painting working bee to help freshen up the McHatton toilet block.

The Dem School and P&C have been working together on a special project to update the toilet facilities after receiving feedback from students and parents. All toilet blocks in the school will be fitted with new locks, signage, soap dispensers and dryers. The initial focus for painting will be on McHatton toilet block as it needs a bit more immediate attention to make them more welcoming for students and easier to maintain. To keep funding directed towards students and learning we are calling for volunteers that could help by donating their time to help prepare and paint or loan tools / materials. The very fabulous Dulux have very kindly donated the paint for the project. The painting needs to be done over a weekend, preferably over school holidays to reduce any issues for children with respiratory conditions. Can you spare a few hours on any of these days? Could you donate your time on the Friday as part of a corporate volunteer program through your work?

Please get in touch if you can help out. Contact / Coordinator: Nicole Smith, niksmith@gmail.com or 0403 921 971.

On behalf of the P&C I'd like to wish you and your family an enjoyable and safe holiday period, and we'll see you back for Term 3 on Monday 22 July 2019.

Our next P&C meeting is on Wednesday 24 July at 6:30pm in the school library. If you have any P&C questions, please contact me at president@thedempc.com.au

LOST PROPERTY

Please check Lost Property (located in the Pacific Building near the Uniform Shop) for any items you may be missing.

UNIFORM SHOP

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

Regular opening hours during School Term:

Monday 8.30am – 9.30am;

Tuesday 8.30am – 9.30am;

Wednesday 8.30am – 9.30am;

Friday 8.30am – 9.30am and 2.30pm – 4pm**.

****Note:** Uniform Shop is open in the morning only on Friday July 5 (student free day)

The Uniform shop will reopen as usual on Monday 22 July for the beginning of Term 3 2019

Email uniform orders to DemUniformShop@gmail.com

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

TUCKSHOP

Friday 5 July is the student free day – Tuckshop is closed.

The Tuckshop will re-open on Monday 22 July (first day back for students and teachers in Term 3).

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”)

Munch Monitor questions email:

info@munchmonitor.com

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

Dem Community News

Andy Griffiths on tour. Wednesday 24 July 2019 at 4:30pm at the Concourse, 409 Victoria Ave Chatswood NSW 2067 - see: <https://theconcourse.com.au/the-117-storey-treehouse/>

CatholicCare Family Centres parenting programs for Term 3 are free or low cost. This includes; Women's Wellbeing Support Group, Tuning into Kids, 1-2-3Magic, Keeping Kids in Mind and Dads Infant Massage. To find out more contact intakefs@catholiccaredbb.org.au or call us on 8425 8700

Junior Science Academy at Macquarie University: exciting science programs for K-6 students during school holidays. See mq.edu.au/about/holidays

Catholic Care Naremburn Family Centre - Women's Wellbeing Support Group - T3

Through activities including arts and craft, cooking, yoga, mindfulness and music the group will provide a space for women to explore self-care, managing emotions, exploring relationships and building strong support networks.

Bookings Essential Phone: (02) 8425 8700

Kids First OT holiday handwriting workshop for K to 6: great for students having difficulty with any part of handwriting. Groups are small (4-6 children) so our Paediatric OT's can provide one on one assistance. Please call our Director, Sarah Hickey, for dates and pricing on 1300 850418.

Are You A Parent of a Child Aged 2 to 12?

The Parenting and Family Support Centre at the University of Queensland is conducting research into parents' opinions about parenting and parenting programs. If you have a child between 2 and 12 years, we would love to hear your views on parenting and the services that are available to you as a parent. You will need to complete a short survey. To find out more or to participate please visit <https://exp.psy.uq.edu.au/parenting>



Australian Red Cross blood donations.

Call 13 14 95 or visit: <https://www.donateblood.com.au/donate>

Oral Health Services for children under 18 years. General dental treatment is free at NSW Public Dental Health Clinics contact 1300 732 503

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

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

- Student Exchange Australia New Zealand www.studentexchange.org.au
- World Education Program (WEP) Australia wep.org.au

JULY 2019 SCHOOL HOLIDAY ACTIVITIES

WORKSHOP CATEGORIES:

- GYMNASTICS
- BASKETBALL
- FOOTBALL/SOCCER
- BOXING
- LASER TAG*
- NINJA WARRIOR
- DANCE
- COOKING
- SCREEN PRINTING
- STREET ART
- TIE DYE
- BUILDING BLOCKS

WORKSHOPS INCLUDE FULLY QUALIFIED
TEACHERS/COACHES & ALL EQUIPMENT

* LASER TAG BOOKINGS REQUIRE A MINIMUM NUMBER OF 20 CHILDREN TO
BOOK OTHERWISE HIGHER FEES MAY APPLY.

2HRS OF NON-STOP FUN FOR YOUR VACATION CARE KIDS!

Book & Pay by June 21 ... pay only
\$10 per child per workshop.
Minimum of 8 kids per booking.

Bookings/payments made after June 21 will be
charged \$15 per child per workshop.

ADDRESS:

PCYC CITY OF SYDNEY
Cnr Cathedral and Riley Streets,
Woolloomooloo

CONTACT:

PH: 02 9360 5835
E: cityofsydney@pcycnsw.org.au

BOOK NOW!



★ CREATIVE KIDS ★
★ VOUCHERS ★
ACCEPTED HERE

Winter School Holiday Activities



Check out our school holiday activities for primary school students

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Sessions for Kindergarten – Year 2
Monday 8th July, 10.00am – 11.30am
Wednesday 10th July, 10.00am – 11.30am
Friday 12th July, 10.00am – 11.30am

Sessions for Year 3 – Year 6
Monday 8th July, 1.00pm – 2.30pm
Wednesday 10th July, 1.00pm – 2.30pm
Friday 12th July, 1.00pm – 2.30pm



Cost: Free

Registrations of interest are now open.
To register your child please visit the
Museum Website
www.museum.rba.gov.au/events

Important Information:

Offers for attendance to School Holiday sessions
will be sent 5-10 business days out from the event.
As this is a highly subscribed event we cannot
guarantee all registrations will be offered a place
for this school holiday period.

Email: museum@rba.gov.au
Phone: (02) 9551 9743
Ground Floor, 65 Martin Place
Sydney NSW 2000

TUNE IN HGS 201.9



Hornsby Gang Show: 120 local Scouts and Guides
on stage in a musical variety show!

Barker College, Leslie Theatre: 91 Pacific Hwy, Hornsby

Tickets: Adult \$25, Child (under 16years) \$15,
Concession \$20, Family (2 adult & 2 children) \$70
Plus booking fee

SHOW DATES 2019

5	July	Friday	8pm
6	July	Saturday	2pm & 8pm
7	July	Sunday	3pm
10	July	Wednesday	8pm
12	July	Friday	8pm
13	July	Saturday	2pm & 8pm



BOOKINGS: WWW.GANGSHOW.COM



RESERVE BANK OF AUSTRALIA

SCHOOL HOLIDAY FUN SEA CREATURES INTERACTIVE DISPLAY

Enjoy holding and touching a large range of marine animals,
whilst the Marine Biologist presents interesting facts.

Where: Lower ground, opposite PetStock
When: Monday 8 to Wednesday 10 July 2019
Time: 11am – 2pm

ARTARMON
homeHQ

1 Frederick St, Artarmon

homehq.com.au



THE DEM ADVERTISEMENTS

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Jeff Bradstreet, MD, says: "Traditional medical thinking presumes the disorder (Autism) is lifelong and not reversible. Typically, parents are told to 'cope with it' and offered no hope. Yet the combination of behavioural and biomedical intervention clearly improves, sometimes dramatically, many children with Autism."

Does your child struggle to concentrate in class? Smart but poor grades? Might your child have ADHD, ADD or autism?

The most common response to a child with ADHD is to medicate. But may there be another way? Attention Deficit Disorder (ADHD) is the most commonly diagnosed neuro-biological disorder in children – affecting behaviour and development.

Natural, Drug Free and Affective help is available

Naturopathic Biomedical treatment assesses possible underlying causes of why your child may suffer ADHD, autism or behavioural challenges by looking at toxicity levels, digestive health, nutritional status, methylation, immunity and the microbiome.

Naturopathic treatment may work to remove the causes, unlocking the brain so your child can learn and develop.



Tiaan holds a Bachelor of Health Science, specialising in Naturopathic Medicine. Additionally, she holds a certificate in Nutrition for Autism and ADHD and a Certificate in Paediatrics. Tiaan has a strong background specialising in thyroid disorders, reproductive health, digestive health, children with thyroiditis and autism, and working with pathology and evidence-based practice.

Improvement is possible in many children

FOUNDATIONS FOR BUILDING A HEALTHY BRAIN STARTS IN CHILDHOOD

Childhood is a time of immense social and intellectual development. Ensuring healthy brain and nervous system development in this vital stage of life can set the stage for healthy cognitive function, memory and learning well into adulthood.

Issues with brain function and learning during childhood can lead to long-term social, psychological and behavioural problems. If your child suffers from learning, behavioural and developmental issues such as ADHD, or is on the autism spectrum, Tiaan Bennett can help.

CONTACT  1204/83 MOUNT STREET, NORTH SYDNEY, NSW, 2060

 0467094918

 TIAANBENNETT@GMAIL.COM

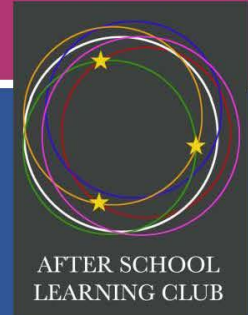
 WWW.NOURISHMENATUROPATHY.COM.AU

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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

Email us at: afterschoollearningclub2017@gmail.com

With your child's Name, Year and Contact Details

Call us at 0410064779 (Ms. Nirmala)

THE DEM ADVERTISEMENTS

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**TENNIS
WORLD**
LANE COVE

Upcoming Activities @ Lane Cove Tennis and Golf

LANE COVE
GOLF
COURSE



Tennis Camps @ River Road Tennis

Camp 1 - 1-5 July | Camp 2 - 8-12 July

Camp 3 - 15-19 July | Camp 4 - 22 July

Ask us about our FREE Bus Pickup and Return as well as Before Care and After Care options to have you covered these school holidays.

Check out our NEW Brick4Kidz Lego Excursion

Contact us today for more information!



Golf Coaching

Camp 1 - 8-12 July 2019

Camp 2 - 15-19 July 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.

Before and After Care is also available.



Term 3 Enrolments

Enrolments NOW OPEN!

Get a head start with your Tennis in Term 3!

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 | E: riverroadtennis@ozemail.com.au

Could your child's resilience do with a boost?

BOOK NOW into our fun and play-based Term 3 after school Resilience Workshops!

Mondays | 3.30-4.30 | K-Y3

Wednesdays | 3.30-4.30 | K-Y3

Onsite at North Sydney Demonstration School!

Social and emotional skills for everyday children experiencing everyday challenges

BOOK NOW into our July Holiday Camps!
Camberay, Neutral Bay, Roseville, Wheeler Heights, Lilyfield

Calm Camps, Friendship Camps, Confidence Camps and Resilience Bootcamps
For ages 5-8 and 9-12

Give your child important life skills

www.resilienceinkids.com.au
hello@resilienceinkids.com.au
0406 776 800



**RESILIENCE
IN KIDS**



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MOVE AWARE PILATES, YOGA & BARRE

@Braman Park, King Street, Waverley



My name is NAOMI, I'm passionate about teaching Yoga, Pilates and Barre in particular the positive effects it brings to Mind and Body!
"Join me outdoors to see & feel the difference" Privates available, Google my Business Mums/Dads and Bubs /kids are welcome. "\$7 intro class"

All classes (1 hour) during school term.

Beginners to intermediate, for all ages and abilities.

STYLE	DAY	TIME	COST	
Yoga	Monday	9.15am	\$15	Text to confirm your spot
Pilates	Wednesday	9.15 am	\$15	
Yoga*	Thursday	9.30am	\$15	
Pilates	Friday	9.15 am	\$15	
Yoga	Saturday	7.30 am	\$15	
4 classes = \$55 / 10 classes = \$140			Min. 4 /class	

NAOMI LIDDLE 0412 40 40 33

STUDIO CLASSES				
Barre Moves*	Thursday	10am	\$20	Cardio
North Sydney	Ballet Studio	5 Myrtle St	*On Demand	



HANDWRITING WORKSHOPS

TERM 2 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 8th – Friday 12th July:
9am – 10am OR 3pm – 4pm
Monday 15th – Friday 19th July:
9am – 10am OR 3pm – 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

Register by Friday, 28th June

Limited spaces available.

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DEEP SEA ADVENTURE

ST THOMAS' CHURCH HOLIDAY CLUB 2019

Dive in and explore God's amazing love through the real story of Jonah. We've gone overboard with fun and games, craft, drama an exciting daily Sea Tournament and Bible teaching as we discover the King of the land and sea.

- Monday 15 July - Friday 19 July (5 days!)
- 8.30am-3.30pm
- St Thomas' Church Memorial Hall
- K-Yr6
- EARLYBIRD
\$35* per child per day or \$155 for the week
*from Monday 17 June, the cost will go up to: \$40 per child per day or \$180 for the week
- Register via: www.st-thomas.org.au/holiday-club-2019

Please bring a lunch and snack, a hat and a water bottle - all clearly labeled.
Contact Ali Macintosh via 8908 4800 or alison.macintosh@st-thomas.org.au



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: McHatten St gate
Shore: Edward St Prep School gate

Where we meet

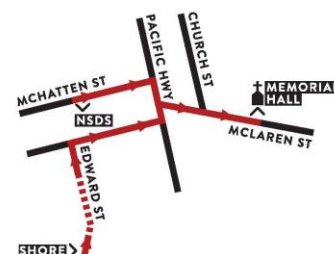
Jaffa meets at St Thomas' Anglican Church in the Memorial Hall on McLaren St
For more information: 8908 4800 OR jaffa@st-thomas.org.au

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

HOLIDAY ROCK CAMP

Make the School Holidays a Hit!

Upcoming Dates

Mon 1st - Thu 4th July
Mon 8th - Thu 11th July
Mon 15th - Thu 18th July

www.bigmusic.com.au | (02) 8622 6550



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Interior
Decoration
Workshop

11 - 12 July | 9.30am - 4pm

2/40 Oxley Street, St Leonards
sydneydesignschool.com.au

Sydney
DesignSchool

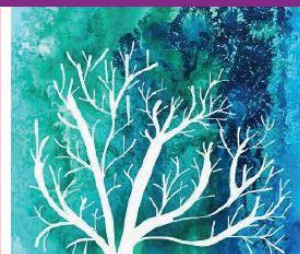
The advertisement features a photograph of two women in a minimalist room with a light-colored wall and a teal accent wall. One woman is crouching and holding a small pink and yellow object, while the other is sitting on the floor, looking at it. The text is centered in a clean, sans-serif font.



GALLERY 307
ART SCHOOL

**2019 Winter
Holiday Program**

Week 1 8 - 12 July • Week 2 15 - 19 July



Visit our website for program information and bookings
www.gallery307artschool.com.au

307 Sailors Bay Road, Northbridge NSW 2063

Phone: (02) 9958 1298

Email: info@gallery307artschool.com.au

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