

# The Dem Newsletter

## Week 7 – Friday 14 June 2019

### P&C Annual Fundraiser – ‘Comedy for a Cause’

Only 7 days to go until the annual North Sydney P&C Comedy Night!

With an amazing line up of local and international comedians, it's shaping up to be a great night. The cost of a ticket is \$35 for entry, pizza and nibbles. There will also be a bar on site for drink purchases. All proceeds will be going to support the development of a sensory garden at the school. See p7 for more information, buy your tickets online: <https://comedyforacause.net/nsds/>

If you are able to volunteer on the night, please visit the P&C website ([www.thedempc.com.au](http://www.thedempc.com.au)) or send an email to the P&C President ([president@thedempc.com.au](mailto:president@thedempc.com.au))



In support of:  
  
North Sydney Demonstration School



**Tommy Dean (U.S.A)**  
- Sydney & Melbourne International Comedy Festival  
- Forever guest on "Thank God It's Friday"- ABC Radio  
- Spicks and Specks, Good News Week, Rove Live  
"Weird, wild and wonderful!" Richard Glover  
"a consummate master of timing" - Australian Stage



**David Smiedt**  
- Sydney & Melbourne International Comedy Festivals  
- Opening act Joan Rivers & Martin Short  
- 'The Today Show', 'Standup Australia'  
- Acclaimed author & Editor of GQ Magazine  
"A living, breathing joke machine" - Adam Hills



**Umit Bali**  
- 4 stars Perth & Adelaide Fringe Festivals 2015.  
- 2015 Melbourne International Comedy Festival.  
- one of the rising stars of Australian Comedy  
"I saw Umit Bali and was blown away. Equal parts edgy and silly, but both hilarious. Catch him while you can still afford it." Wil Anderson



**Bruce Griffiths**  
- Triple J Comic of the Year Winner  
- Triple-M, Live At Jongleurs (UK)  
- Arts Award winning writer for Good News Week & The Glasshouse  
- Gold Medal in the New York Festival Film & TV Awards  
"The best one-liner comic in the business"

FRIDAY 21st of JUNE 2019  
Doors: 7pm / Show: 8pm  
North Sydney Demonstration School  
Bay Rd, Waverton

**BOOK NOW!**

Tickets: \$35 at [comedyforacause.net/nsds/](https://comedyforacause.net/nsds/)  
Pizza and nibbles included.  
Drinks available. (18+ Only)

### Staff Development Days – Terms 3 & 4 reminders for your diaries

- **Friday 5 July** is the second pupil free day for this term (Term 2). Should you need to make arrangements for your child on that day, you may like to do so as soon as possible. (*Thursday 4 July is the last day of term.*)
- There is **NO Staff Development Day in Term 3** (students will return to school on Monday 22 July).
- In Term 4, students will return to school on **Monday 14 October**. The last school day for students for 2019 will be **Wednesday 18 December**.
- Term 4 Staff Development Days are Thursday 19 and Friday 20 Dec.

### Power Upgrade – School Holidays

As part of ongoing public works related to the major power upgrade, civil contractors, TOBCO, have been engaged to undertake works for Ausgrid, including excavation and installation of electrical conduit and cables to the electrical substation on school premises. These works are being carried out at night and will temporarily affect residents on McHatton St and Bay Rd. Please see p11 for further information. We apologise for any inconvenience these works may be causing to our school community.

The balance of works relating to this major upgrade will take place during the July holidays. **Please note that the school will be closed with NO ACCESS throughout the holiday period.**

## What's On In Term 2 2019?

### Monday 17 June

- \* Yr6 Botanic Gardens excursion

### Tuesday 18 June

- \* Track Carnival for K-6 at St Leonards Park
- \* Last day for Stewart house bags in McHatton Open Area

### Wednesday 19 June

- \* Intermediate Band
- \* Netball Training

### Thursday 20 June

- \* Senior Band
- \* AFL Training

### Friday 21 June

- \* Junior Band
- \* Soccer Training
- \* PSSA
- \* P&C Comedy Night, from 7pm in the Hall

### Monday 24 June

- \* Spelling Bee Semi-Finals

### Tuesday 25 June

- \* Wet weather backup day for K-6 Track Carnival
- \* Year 6 Debating
- \* Spelling Bee Semi-Finals

### Wednesday 26 June

- \* Intermediate Band
- \* Netball Training
- \* Recorder Group Preliminary Rehearsal

### Thursday 27 June

- \* Senior Band
- \* ALF Training

## Year 6 Debating

Our debaters once again did us proud this week. Bay and River teams visited Neutral Bay PS where they met fierce competition from their opponents. Both debating topics for the teams were around the issues of computers and electronic devices in classrooms and schools and it is impressive to see our teams talking with such knowledge and clarity on this issue. They certainly have strong opinions!

The Bay team won their debate, while River team lost their debate in a tight contest. We look forward to further debates against Cammeray and Middle Harbour in the near future.

## Track Carnival

The Track Carnival is scheduled to take place next Tuesday (18 June). **In the event of a postponement due to wet weather, the carnival will be held on Tuesday 25 June.** We will advise parents via SchoolStream and SchoolBytes, if the carnival is to be postponed.

The carnival is for all K-6 students. Kindergarten, Year 1 and Year 2 students, who turn 5, 6 or 7 in 2019, will participate in novelty events. Students in Year 2-6, who turn 8 or older in 2019, will have the opportunity to compete in the 50m, 100m, 200m and 800m track races.

All students must attend the carnival and will walk to and from St Leonards Park for this event. We are lucky to have Sports in School Australia to assist with this year's carnival.

*Please note the 1500m event has been added by the NSW PSSA to this year's NSW, Area and Zone programs. Due to the current time constraints of the schools track athletic program which comprises the 100m, 200m, 800m and relay events, it has been deemed that the 1500m event will be run at a later date. This will give students the best opportunity for success to participate in this event. We will send home an Expression of Interest note in the coming weeks and will advise on what date the event will be run.*

## Band Camp / Band Concert

Intermediate and Senior Bands have been enjoying the annual NSDS band camp at Collaroy this week, engaging in tutorials and group rehearsals.

Students had the opportunity to not only focus on honing their musical talents but also enjoyed some downtime having fun on high ropes activities.

We look forward to hearing their progress at the Term 2 All Bands Concert which will be held at the end of this term on Thursday 4 July.

Thank you to Ms Crilly and Ms Rawson for attending camp and supervising our students.



### Woolworths Earn and Learn Stickers

Thank you to everyone who has been supporting the Earn and Learn program and donating their stickers to the Dem. We have already amassed over 35,000 stickers!

In the final weeks of this program the school would like to donate any future coupons to Arndell School.

Arndell School is a specialised school for students with emotional and behavioural difficulties. At this school, the staff, in collaboration with families, support students in developing their academic, social and emotional skills, and assist them in making a successful transition back to mainstream school.

North Sydney Demonstration School have had a number of our most cherished students spend time at this school over the years and have been deeply grateful for the support that the school has offered to students, staff and parents. The school averages approximately 20 enrolments at any point in time and it is therefore difficult for them to benefit from promotions such as Earn and Learn. We would like to demonstrate our gratitude to the Arndell school by donating any of our Earn and Learn coupons earned from Tuesday 11 June to Tuesday 25 June.

### Sporting Achievements

Please look out for Dylan at the McHatton steps today for the last chance to purchase a raffle ticket in support of his fundraising for the Australia Swimming Championships in Melbourne in July.

### ICAS 2019

A reminder that ICAS Assessments this year will be held at the Dem in **September**. More information will be provided in Term 3 newsletters.

### Upcoming Camp Dates for your Calendar

Year 3 Camp: Thursday 1 and Friday 2 August (Morisset). **Notes due for return on Friday 21 June.**

Year 4 Camp: Thursday 1 and Friday 2 August (Kincumber). **Notes due for return on Monday 24 June.**

Year 6 Camp: Monday 12, Tuesday 13 & Wednesday 14 August (Canberra). **Notes home next week.**

Year 5 Camp: Wednesday 28, Thursday 29 & Friday 30 August (Canberra)

### North Sydney Council – Parking Restrictions Review

North Sydney Council has recently reviewed the existing parking restrictions in the North Sydney Area 10 on McHatton Street, Doohat Avenue, Doohat Lane, Priory Road, Toongarah Road and Bay Road (between Edward and Harriott Streets).

The Council is conducting a survey to determine if there is support to retain existing restrictions or introduce additional metered and/or timed parking restrictions. The survey will assist in determining support for the parking restrictions proposed in these streets.

The survey is available to complete online and will close on Sunday 16 June. Results of the survey will be considered by the North Sydney Traffic Committee on Friday 26 July.

You can access the survey with this link <https://yoursay.northsydney.nsw.gov.au/traffic-surveys>

### Families taking Extended Leave

Under the Department of Education's Attendance Policy, holidays and travel during term time are counted as absences for statistical purposes. If you are planning to take your child/ren out of school for more than 15 school days, you are required to fill in an Application for Extended Leave. This application will be reviewed by the Principal and if approved, absences will be recorded as 'Leave' for your child/ren.

Applications are available at the office.

**Myra Wearne, Principal**

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



# SCHOOL NEWS

## Stewart House

**Please return filled bags to the McHatton Open Area by Tuesday 18 June 2019.** Thank you for your support. For more information about Stewart House see: [www.stewarthouse.org.au](http://www.stewarthouse.org.au)

## POP Up-Date - Improving the online payment experience

Westpac are making changes to the Parent online Payment (POP) portal until 25 June 2018 to extend the time to enter details and add larger controls for mobile phone access and other features to make it easier to use.

There will be no disruption to the online payment portal.

## Woolworths Earn & Learn – over 35,000 stickers!

We have collected 35,700 stickers so far and there is still a box full to count!

A big thanks to the families helping with the counting and sticking of stickers. We appreciate your help.

To help boost your sticker collection, look out for the range of participating products in store which will earn you double stickers. Please bring in your stickers by 25 June so they can be counted.



## 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/>

# 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 K-2 FabStar! is Sukie in Year 2! She was walking towards a teacher to say hello when she spotted some rubbish on the ground. She immediately stopped, picked it up and put it in the bin! Awesome work, Sukie!

## Band News

### Important Dates

- 4 July: Concert for all bands at 6pm (NSDS hall)

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

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



### **Only 7 days until the annual North Sydney P&C Comedy Night.**

With an amazing line up of local and international comedians, it's shaping up to be a great night. \$35 gets you entry and pizza and nibbles, and there will be a bar on site. All proceeds will be going to support the development of a sensory garden at the school. For more information and to purchase tickets

<https://comedyforacause.net/nsds/> See the flyer overleaf.

Our next **P&C meeting** is on **Wednesday 24 July at 6:30pm** in the school library.

If you have any questions, please contact me at [president@thedempc.com.au](mailto: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 – 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

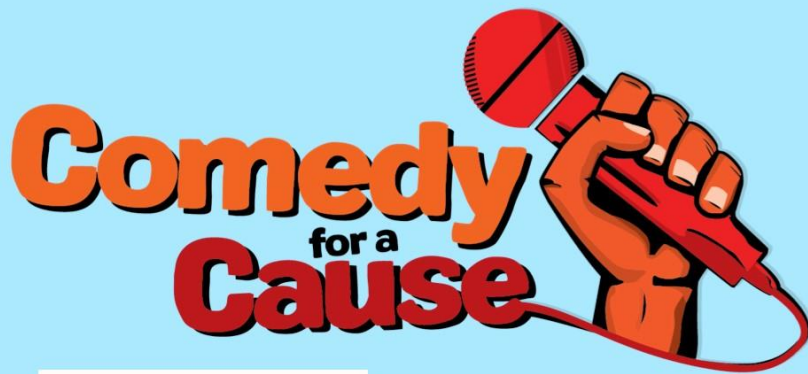
(school ID is "nsds"; school password is munch2060")

Munch Monitor questions email:

[info@munchmonitor.com](mailto:info@munchmonitor.com)

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





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**Bay Rd, Waverton**

**BOOK  
NOW!**

**Tickets: \$35 at**  
**[comedyforacause.net/NSDS](http://comedyforacause.net/NSDS)**  
**Pizza and nibbles included.**  
**Drinks available. (18+ Only)**

# Dem Community News

**Kids First OT holiday handwriting workshop for K to 6:** great for students having difficulty with any part of handwriting or for those wanting to refresh and improve further. We focus on pencil grip, formation, letter sizing and spacing, punctuation, posture, concentration, speed and legibility. 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.

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

**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](mailto:intakefs@catholiccaredbb.org.au) or call us on 8425 8700

## 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 Youth Orchestra.** Know an aspiring young musician? Applications for Australian Youth Orchestra's 2020 programs are now open until 28 June! Visit the AYO website: [www.ayo.com.au](http://www.ayo.com.au)

## 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 call: 1800 WE CARE or see [iwanttofoster.com.au](http://iwanttofoster.com.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)

**TUNE IN HGS 201.9**

Girl Guides Australia NSW & ACT Scouts NSW

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 16 years) \$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**





**RACES  
FOR ALL  
AGES**

**SUNDAY 16 JUNE 2019**

**MINI-MOS**

**FUN RUN & FAIR**

**2K • 5K • 10K**

**KIDS! RUN FOR YOUR SCHOOL IN THE  
SCHOOLS CHALLENGE. COMMEMORATIVE  
MEDALS FOR ALL KIDS WHO RUN!**

**FOLLOWED BY FUN AT OUR FUN FAIR  
AT MOSMAN PUBLIC SCHOOL!  
RIDES, GAMES, FOOD & MARKET STALLS**

**FUN  
FOR THE  
WHOLE  
FAMILY!**



**REGISTER NOW: [MINI-MOS.COM](http://mini-mos.com)**

2019

**mini-mos**

2k 5k 10k



Established 1880



# SUPER STYLING SATURDAY

SATURDAY 15 JUNE  
10AM - 2PM

Super sales, super styling shows and  
super styling workshops!



## ADULT AND CHILDREN WORKSHOPS:

Macramé a boho style wall hanging &  
succulent terrarium making class  
(LG next to By Dezin)



## STYLE SHOWS 11AM AND 1PM:

Our stylist will show you all  
the tips & tricks to keep your  
house on trend this winter  
(LG next to PetStock)

**First 20 guests for each  
show receive a goody bag  
valued at over \$30**



## FREE FACE PAINTING:

Located G level next to Snooze

1 Frederick St, Artarmon

ARTARMON  
homeHQ

homehq.com.au





Level 17, 40 Mount Street  
North Sydney, NSW, 2060  
+61 2 8415 9899  
[info@tobco.com.au](mailto:info@tobco.com.au)  
[www.tobco.com.au](http://www.tobco.com.au)

Bedrule Pty Ltd ABN 37 158 027 260  
Trading as TOBCO

Dear Property Owner/Resident,

#### NORTH SYDNEY DEMOSTRATION SCHOOL – NEW SUBSTATION INSTALLATION

TOBCO has been engaged to undertake the upgrade of the Ausgrid Electrical Network, which includes the installation of a new kiosk substation on the school premises in McHatton Street, North Sydney. The works consists of excavating and installation of electrical conduit, laying new conduits, installation of High Voltage and Low Voltage Cables and temporarily reinstating the disturbed areas.

We will be undertaking Night works this Thursday (06/06/2019) and Friday (07/06/2019) to finish the remainder of the trenching in McHatton Street and Bay Road, respectively. The works areas will be barricaded off and pedestrian/traffic management will be in place. There will be minimal noise during these works.

Our construction team will be in constant communication throughout the project to minimise disruptions or affects to your building/business. The workers will have noise blankets around the machinery used to minimise the impact on receivers during the works, and high impact noises (such as excavator hammering and demolition saws) will be used early in the shift (prior to 11:00pm) to minimise effect on surrounds.

For reference, we have included the following shifts required to be completed during night shift in the coming weeks. There is a map on the reverse of this letter to provide clear indication of work zones on the nights noted below:

- Thursday Night 06/06/2019 – Excavation works, McHatton St Footpath adjacent to School Fence. High impact noise completed before 11:00pm
- Friday Night 07/06/2019 – Excavation works, Bay Road Footpath adjacent to School Fence. High impact noise completed before 11:00pm
- Thursday Night 13/06/2019 – Contingency Shift if above shifts are adversely affected eg weather conditions. Another letter drop will be completed if this shift is required.
- Friday Night 14/06/2019 – Cable Installation. No high noise impact on this evening. Work areas will be both McHatton St and Bay Road, North Sydney

If you have any concerns related to the construction elements of this project, please do not hesitate to contact TOBCO's Project Manager, Nathan Amore on the undersigned.

We thank you in advance for your patience.

Kind Regards,

Nathan Amore  
Project Manager  
TOBCO | P: 8415 9899 | E: [nathan@tobco.com.au](mailto:nathan@tobco.com.au)

AS/NZS ISO 9001  
AS/NZS 4801  
OHSAS 18001  
AS/NZS ISO 14001  
BUREAU VERITAS  
Certification







# **JUNIOR TENNIS & SPORTS CAMPS**

## **JULY 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: 8-12 JULY 2019 • 5 DAYS**

**CAMP 2: 15-19 JULY 2019 • 5 DAYS**

**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 • \$310 / 5 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 [lovendence@netspace.net.au](mailto:lovendence@netspace.net.au) [www.lovendence.com.au](http://www.lovendence.com.au)**

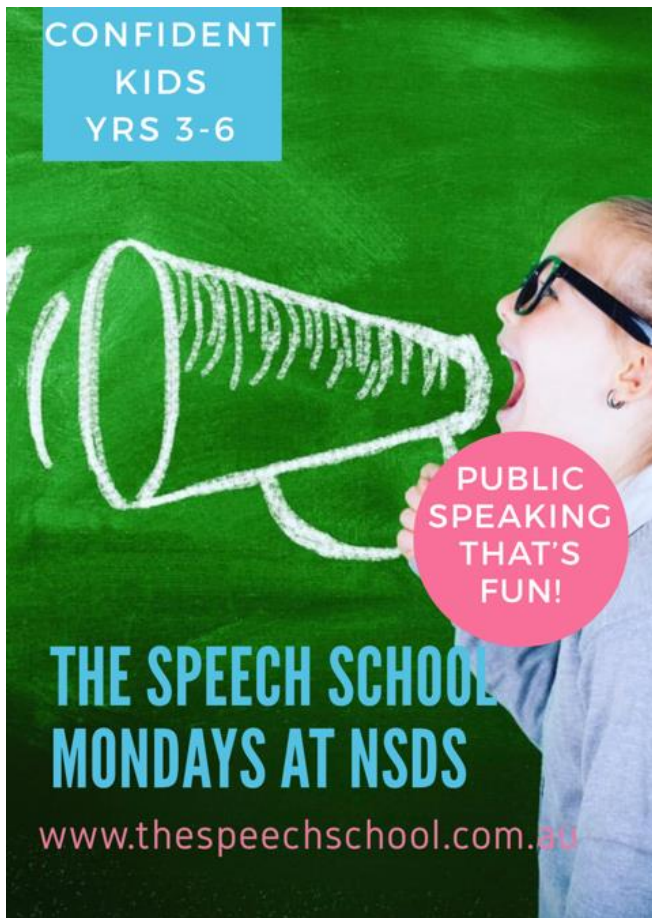


## THE DEM ADVERTISEMENTS

Advertisements do not indicate endorsement by the school

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

**CONFIDENT**  
**KIDS**  
**YRS 3-6**



**PUBLIC SPEAKING THAT'S FUN!**

**THE SPEECH SCHOOL**  
**MONDAYS AT NSDS**

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



### 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 8<sup>th</sup> – Friday 12<sup>th</sup> July:  
9am – 10am OR 3pm – 4pm  
Monday 15<sup>th</sup> – Friday 19<sup>th</sup> 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](mailto:info@kidsfirstot.com.au)

Register by Friday, 28<sup>th</sup> June

Limited spaces available.

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



**RESILIENCE**  
**IN KIDS**



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## THE DEM ADVERTISEMENTS

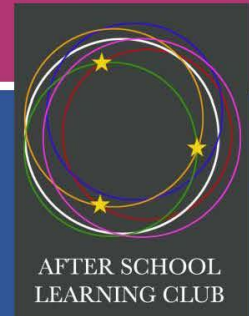
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### AFTER SCHOOL LEARNING CLUB AT NORTH SYDNEY DEMONSTRATION SCHOOL (NSDS)

*"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)**



# 21ST CENTURY SKILLS



**3D PRINTING + DESIGN | ROBOTICS | CODING**

**HOLIDAY CAMPS**

**AFTER SCHOOL + BEFORE SCHOOL**



**WWW.TINKERTANK.ROCKS**



**REGISTERED PROVIDER**

**NSW CREATIVE KIDS VOUCHER**

**\$100 TOWARDS HOLIDAY CAMPS OR MEMBERSHIP!**



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### BOOK NOW for Winter!!

Learn new skills and improve  
your game!

3-day camp for 6 - 16 years

High quality sports program delivered by  
expert coaches including guest appearances

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



To book or for more information  
Visit our website: [asc.camp/school](http://asc.camp/school)

Call: 1300 914 368

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

# Sing • Act • Dance

Perform in a Show!

**EARLY  
BIRD**  
rate expires  
10th June

## Aladdin's Magical Lamp

### July Holiday Camps

The Independent Theatre  
North Sydney

**We Give Kids Confidence**  
Ages 5 to 13 years, 9:00am to 3:00pm  
Before and After Care from  
8:00am to 5:30pm included  
Book online:  
[www.kidsupfront.com.au](http://www.kidsupfront.com.au)  
(02) 9953 4040

## MOVE AWARE

### PILATES, YOGA & BARRE

@Brunner Park, King Street, Warriston



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	Text to confirm your spot
Yoga	Monday	9.15am	\$15	
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	

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## THE DEM ADVERTISEMENTS

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### 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

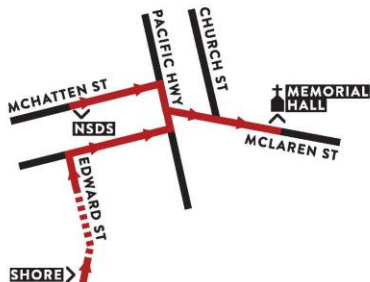
Jaffa meets at St Thomas' Anglican Church in the Memorial Hall on McLaren St  
For more information: 8908 4800 OR [jaffa@st-thomas.org.au](mailto:jaffa@st-thomas.org.au)

### Cost

Free!

### Register at

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



## Guitar & Ukulele Clubs at School

### Tuesdays

Guitar Level 1 3:00 - 3:30pm

Guitar Level 2 3:00 - 3:30pm

Ukulele 3:35 - 4:05pm

\$22 (30min Group Lesson)

- Creative Kids Voucher provider
- Students can be picked up from ASC
- Students can perform in an end of year concert
- Guitar & Ukulele packs can be ordered
- Lessons are also available at home

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



[info@guitarforall.com.au](mailto:info@guitarforall.com.au)  
0401 626 298

2/164 Belmore Rd, Randwick

9662 2211

3/76 Anzac Pde, Kensington

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

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Inspire. Create. Perform

Private Music Lessons - All Instruments

Babies & Toddlers

Specialist Masterclasses & Workshops - Jazz, Rock & More!

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

Inspired Leadership

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

Creative Teaching

Early Bird Special  
Save \$40  
Enrol by 14th June

## HOLIDAY ROCK CAMP

Make the School Holidays a Hit!

### Upcoming Dates

Mon 1<sup>st</sup> - Thu 4<sup>th</sup> July

Mon 8<sup>th</sup> - Thu 11<sup>th</sup> July

Mon 15<sup>th</sup> - Thu 18<sup>th</sup> July

[www.bigmusic.com.au](http://www.bigmusic.com.au) | (02) 8622 6550



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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](http://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](mailto:alison.macintosh@st-thomas.org.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](http://WWW.NOURISHMENATUROPATHY.COM.AU)

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