Dear Parents / Carers,

Parking around the Dem
Parking restrictions around schools are there to keep children safe. And yet there are a number of parents and carers who still do not obey the parking signs and traffic rules. Therefore I have asked North Sydney Council’s Manager Ranger and Parking Services to book all offending drivers. No excuses. Nothing justifies putting children’s lives at risk.

I draw everyone’s attention again to the following parking restrictions:

**No Stopping** - You must not stop in a No Stopping zone at any time.

**No Parking** – You can stop for a maximum of 2 minutes to drop off or pick up BUT you must stay within 3 metres of your vehicle at all times.

**5 Minute zone** - You are allowed to leave your vehicle but you must move it on after 5 minutes is up.

- The No Parking and 5 Minute zones on McHatton Street are drop off and pick up zones.

Double Parking is illegal! It reduces visibility and forces children on to the road, compromising their safety.

On the flip side, our sincere thanks to all those parents and carers who do obey the parking signs. We appreciate greatly that you are helping to keep our children safe.

**Congratulations**
On behalf of the Dem community, I would like to congratulate Ms Jemma Thomas who was the successful candidate in the recent merit selection for the position of Classroom Teacher. Ms Thomas has been a long time casual at the school for several years. This now means Ms Thomas has been permanently appointed to the Dem. My thanks to Lynda Challenger for her contribution as parent representative on the merit selection panel, Ms Elizabeth Williams who was the staff representative and Dr Jon Callows who represented Sydney University.

**Band Camp Reminder**
Band Camp is fast approaching and we need definite numbers of those students who will be attending. Therefore it is imperative that we receive all camp permission notes, medical forms and payment before this Friday, 31 May, please.

Thanking you,
Catherine Williams
Relieving Principal

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**What’s On?**

**Thurs 30 May**
Zone Cross Country

**Wed 5 June**
*ICAS Science*
*Multicultural Public Speaking Finals Stage 2, Yrs 3&4: 11:15am*

**Thurs 6 June**
Year 1 Excursion to Golden Ridge Farm

**Friday 7 June**
Multicultural Public Speaking Finals Stage 3, Yrs 5&6: 9am

**Tues 11 & Wed 12 June**
Band Camp

**Wed 12 June**
P&C Meeting 6:30pm

**Sat 15 June**
Rain garden building workshop 9:30am to 1:30pm at the Dem

**Mon 17 June**
*ICAS Writing*
*Band Committee Meeting*

**Tues 18 June**
*ICAS Spelling*
*Yrs 5&6 CyberBullying Presentation*

**Thurs 20 June**
Senior/Concert Band at Yamaha Festival

**Fri 21 June**
Winter Movie Night at NSDS

**Tues 25 June**
Band Concert in Hall
Term 2 Calendar Updates
Due to the postponing of the Zone Cross Country carnival there have been some changes to the Multicultural Public Speaking Finals.

Please amend the following dates on your calendar:

- Thursday 30 May – Zone Cross Country
- Wednesday 5 June – Years 3 & 4 Multicultural Public Speaking Final at 11:15am
- Friday 7 June Years 5 & 6 Multicultural Public Speaking Final at 9:00am
- Tuesday 18 June Years 5 & 6 CyberBullying Presentation

From the Deputy Principals

ICAS Science
Next Wednesday 5 June, 89 students from Year 3 to 6 will sit the ICAS Science test. The Science test will assess students' skills in the key scientific areas of:

- Interpreting data, including observing, measuring and interpreting diagrams, tables and graphs
- Applying data, including inferring, predicting and concluding
- Higher order skills, including investigating, reasoning and problem solving

The test will cover content on:
- Earth and Beyond (incorporating the Earth Sciences and Astronomy).
- Energy and Change (incorporating Physics).
- Life and Living (incorporating Biology and Ecology).
- Natural and Processed Materials (incorporating Chemistry).

Parents can gain more information about ICAS at http://www.eaa.unsw.edu.au/icas/about

Future test dates

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
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<tbody>
<tr>
<td>Writing</td>
<td>Monday 17 June</td>
</tr>
<tr>
<td>Spelling</td>
<td>Tuesday 18 June</td>
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<tr>
<td>English</td>
<td>Wednesday 31 July</td>
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<tr>
<td>Maths</td>
<td>Tuesday 13 August</td>
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*Please note that all applications for students to sit these tests have now closed.*

“Miss Saigon” Visit
Last Thursday all of Years 5 and 6 were invited to attend North Sydney Girls and North Sydney Boys combined production of the musical “Miss Saigon”. Unfortunately due to the amount of rain during our departure time we could not attend as it was too dangerous. We would like to thank all parents and carers for being so prompt in returning the permission note and would also like to thank North Sydney Girls and North Sydney Boys for the invitation.
Years 5 & 6 CyberBullying Presentation
On Tuesday 18 June 2013 Year 5 and 6 students will be taking part in a CyberBullying Presentation presented by Constable Tim Keary from Harbourside Local Command. Constable Keary will be talking to students about what Cyberbullying is, the consequences of engaging in CyberBullying and how to protect themselves from CyberBullying. An additional presentation on CyberSafety will be held in Term 3 on Thursday 25 July 2013.

How CyberSmart is your child?

Many parents and carers want their children to benefit from all of the advantages technology has to offer. Through the internet, kids are connected to others their age, both locally and globally.

The way children and young people interact with each other has changed, thanks to social networking sites, smartphones, instant messaging, chat rooms and online gaming. While interacting online can be great for kids, it also makes them more vulnerable. To ensure your child is protected from risks such as cyber-bullying, unwanted attention or breaches of their privacy, you can:

- Encourage them to keep their usernames and passwords safe and not share them with anyone.
- Take them through the privacy settings of sites they join to ensure they are careful about what information they share and with whom.
- Be aware of what social networking and gaming sites your child has signed up to. Some sites have age restrictions to protect your child, for example Facebook has a minimum age of 13 so no primary aged student should hold a Facebook account.
- Educate them about the risks involved in sharing personal information online.
- Discuss the long-term effects of their online behaviour, such as how others may view their online profile and how their online profile may affect others.
- Remind them to think before they post photos or other information online, because once it’s out there, it’s hard to control what happens to it.


Modified from the Information and Communication Commission NSW


Ashley Grimmond    Belinda Morgan
Deputy Principal   Deputy Principal
SEASONS FOR GROWTH PROGRAM 2013

Changes and loss are issues that affect all of us at some stage in our lives. At North Sydney Demonstration School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth which will commence in Term 3.

This program is facilitated in small groups (6 students per group is the recommended number) and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks. This program will be offered to students in Years 1 to 6 who are experiencing difficulty with dealing with change and loss.

Children can refer themselves or can be referred by their parents or teacher. Parents are encouraged to speak to their child’s class teacher about their concerns and the actual details relevant to the referral. Parent permission is necessary and application notes will be available from your child’s class teacher and on the school website, shortly. All application notes should be returned to the class teacher by Friday 21st June 2013.

North Sydney Demonstration School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

For further information on the Seasons for Growth program and its implementation or if you are interested in nominating your child to participate, please contact Amanda Vaga or visit the Good Grief website: https://www.goodgrief.org.au/children-and-young-people

Amanda Vaga  amanda.coroneos@det.nsw.edu.au
Assistant Principal / Seasons for Growth Coordinator

Colouring our Habitat: Project Preview & Artist Talk

Earlier in the year, Aboriginal artist Jessica Birk held a workshop with Year One at North Sydney Demonstration School. With the help of Emily Lees, Dem Art Teacher, Jessica engaged the students in a day of art making. Inspired by the kids, she then painted murals on traffic signal boxes in North Sydney. Come to the Ros Crichton Pavilion at 4pm, Tuesday 4 June to see an exhibition of the children’s incredible artworks and photographs of the freshly painted murals, and hear the artist talk about her role in this exciting new project that engages the community in revitalising the CBD. Light refreshments will be provided. If you can’t make it, take a walk around the CBD and see the works for yourself! The painted boxes are on the corners of: Miller & McLaren Street, Berry & Walker Street, Princes Highway & Miller Street.

THIS EVENT IS PART OF THE GURINGAI FESTIVAL
BAND NEWS

TERM 2 - dates for your diary
• Tues 11 – Wed 12 June - Band camp for ALL bands
• Mon 17 June - Band committee meeting, 5pm in the connected classroom
• Thurs 20 June - Senior Band performance – Yamaha Band Festival
• Tues 25 June – Mid-Year Concert (in the NSDS Hall) – All Bands

BAND CAMP PAYMENT – NOW DUE
PLEASE NOTE: band camp payment is now due and must be made prior to camp.
Please refer to your term 2 schedule of fees.

Payment must be made prior to camp due to payment commitments to suppliers i.e. accommodation, food, transport, conductors, tutors and other band expenditure for the camp. If full payment is not received, students will unfortunately not be able to attend.

BAND CAMP PERMISSION NOTE - OVERDUE
Camp permission notes were due last Friday. Please hand your note in THIS WEEK so your child doesn’t miss out. A copy of the note is available on the NSDS website and also at the office.

BAND CAMP ATTENDANCE
Attendance at Band Camp is an integral part of the Band program. All students will receive intensive music tuition from experienced tutors, both as part of an instrument section group and as part of a band group. The tuition at camp enhances team work and offers great musical growth for all band members.

Parents, you will be amazed at how much the children learn and progress at camp. It is a wonderful experience for students and one of the musical highlights of the band program. The NSDS staff supervising camp this year are: Ashley Grimmond, Melissa Lanigan and Melissa Tracy.

For many Year 3 students, this camp might well be their first experience away from home. Parents please rest assured this camp is highly supervised by both male and female teachers who have all attended many school camps and are experienced in dealing with away from home nerves. Actually, as all Year 3 students will be going on camp later this year, attending the band camp will be a great introduction to the wonderful camp experience. If your child hasn’t had a night away from home yet, we do encourage you to organise a sleep over prior to camp with a family member or a friend to assist with making the experience as enjoyable as possible for your child.

Enquiries
Melissa Lanigan: MELISSA.LANIGAN@det.nsw.edu.au
Band Committee Secretary
Dem News and Notices!

Walk Safely to School Day

Well done and keep up the good work!

Many students showed dedication and walked to school in the rain last Thursday for Walk Safely to School Day. It was great to see so much support from students and parents. The mayor of North Sydney, Jilly Gibson, attended a special assembly to launch the Transport Access Guide. A copy of the guide was sent home to each family on Thursday. Please use the guide to help you plan walking, cycling or bus routes to and from school. It also informs parents of parking restrictions in the area. Please remember our walking buses and if you would like more information or to start your own “Walking Bus”, please contact the P&C below.

- Jane Curbishley [jane@curbishley.net]
- Julia McDonald [elevenatwood@hotmail.com]
- Gemma Garrod [gemmaamond@hotmail.com]

Look out for members of our school in this week’s Mosman Daily, showing how to walk safely to school!

Lisa Jardin
Year 2 Teacher/Team Leader

TheDem Community News

Printing of articles does not indicate endorsement by the school

Colouring our Habitat: Project Preview & Artist Talk
See the Year One Artworks!
WHERE: ROS CRICHTON PAVILION, 200 Miller Street North Sydney
WHEN: Tuesday June 4 at 4pm
RSVP or Information: jennifer.hamilton@northsydney.nsw.gov.au or 02 9936 815
THIS EVENT IS PART OF THE GURINGAI FESTIVAL

Willoughby Girls High School Musical: Annie will be performed at WGHS on 19, 21 and 22 of June at 7pm. Ticket Prices: Child $15, Adult $20, Family (2A + 2C): $40. Tickets can be purchased at the school or through the school office: 9958 4141.

St Thomas’ Holiday Programme for K-6 children will be held from July 8 to July 18, 2013 from 8:30am to 3:30pm. Earlybird cost is $18 a day. Please call Ali Macintosh on 8908 4821.
The Dem P&C proudly presents a

Winter Movie Night

Friday 21 June

We’re showing E.T. – The Extra-Terrestrial to celebrate it’s 30th anniversary.

It’ll be very exciting to come to school at night to watch this magical, classic family film in the Pacific playground with your family and friends.

It all kicks off at 5.00pm so don’t be late to put down your rug and stake your spot under the blue shade sails! The big screen will be set-up on the soccer pitch.

The fun begins with a pre-movie music so the kids can sing and dance to their favourite songs. The tuckshop will be selling yummy special treats and the delicious aroma from the sausage sizzle will be tempting your tastebuds!

The film starts at 6.00pm sharp and if you’ve never seen it, you’ll just love it!

Stay cosy by bringing rugs, cushions or beanbags to sit on and blankets to keep snuggly and warm. There will also be some seats set up at the back.

Pre-sale tickets are $10 per family (for up to eight family members).

Tickets will also be on sale on the night for $15 per family.

You can even request your favourite songs for the pre-movie disco by going to: www.popupcinema.com.au/playlist.html

Please go to www.trybooking.com/CXLT to buy your family ticket online and then simply print it and bring it along on the night.

Alternatively, you can write one child’s full name and class on an envelope, pop $10 inside and drop into the P&C Box in the school office. The ticket will be put in the envelope and returned to that child to bring home. This option closes at 3pm Thursday 20 June.
Come and enjoy the joint musical production of

NORTH SYDNEY GIRLS HIGH SCHOOL
and
NORTH SYDNEY BOYS HIGH SCHOOL
present

MISS SAIGON

Performance Dates:
Friday 24 May 2013
Saturday 25 May 2013
Friday 31 May 2013
Saturday 1 June 2013

Tickets:
Family (2 Adult + 2 students) $80
Adults $30
Concession/Student $20

Venue:
NSGHS School Hall – 7.30pm

ORDER TICKETS NOW

Tickets can be purchased by registering with TRYBOOKING

Booking Code: - (http://www.trybooking.com/CUUZ)

Trybooking produces receipts at the time of booking.
Choose your seat and print off your ticket at the same time.

TICKETS NON-REFUNDABLE

FOR ENQUIRIES: Telephone: 9922 6666
Part Time or Full Time Business from Home

Flexible & financially exciting with an expanding fun local team.

If an extra stream of income would be helpful or if you are looking for that elusive business that can be worked around the day to day running of a busy family home.

Call us for a friendly chat to find out more.

Call or Text: Dee on 0433 303 304
Busting dental myths

Let's put an end to all those wives tales you’re hearing about what’s best for your teeth.

Here are some of the most popular myths people unknowingly mistake as gospel truths:

**Excessive brushing achieves a shining smile**
Overzealous brushing is just as bad as not brushing at all. Contrary to popular belief, it will not make your teeth look shinier; it only destroys gums and tooth enamel. Tooth surface is made of enamel and excessive brushing for extended periods will only wear enamel down which can lead to tooth sensitivity, not to mention other complications. It is recommended that you brush twice daily for two minutes at a time.

**Chocolate is a culprit for tooth decay**
Many people think eating chocolate is a sin when it comes to oral hygiene. But it’s not the main catalyst of tooth decay, so this statement is only partially true. Tooth decay is caused by what a person does or doesn’t do in between eating chocolate. If you fail to rinse your mouth afterwards, of course you’re setting yourself up for tooth decay when sticky chocolate particles are left behind to cause bacteria. Therefore, it’s safe to consume small amounts of chocolate; just clean your teeth afterwards.

**No visible problems means I am fine**
It’s not a valid reason to skip seeing your dentist for your regular dental assessment just because your naked eye cannot see any visible problems. In many cases, only professionally trained dentists can identify oral problems and it’s always best to start necessary treatment in the earliest stage possible for the sake of your health and wallet. Seeing your dentist every six months is as essential as is putting your car in for scheduled maintenance services.

**Toothpicks only widen gaps between teeth**
This is one of the oldest wives’ tales out. Using a standard toothpick to clean your teeth after meals will not widen the gaps between a person’s teeth. However, you must be very careful when using one as they can do nasty damage to your gums and soft tissue in your mouth. If you’re worried about using toothpicks, opt for dental floss instead to remove unwanted food jammed in between teeth.
Sports Fun AFL Camps Ages 4-12 years

Sports Fundamentals will be running AFL Camps during the April School Holidays. The camps provide a FUN and HEALTHY program for BOYS and GIRLS aged 4-12 years.

Camp 1: Mon 1ST & Tues 2ND July Gore Hill Oval, Pacific Hwy, St Leonards

Camp 2: Mon 8th & Tues 9th July Balmoral Oval, The Esplanade Balmoral

Cost: 1 Day $60, 2 Days $110 1/2 options for Under 6’s $50 per day. Group/Family Discount: 10% per child per day for groups of 5+ or families.

Times: 8.30AM to 3.00PM

What to bring: Hat, Runners, Drink bottle, Snacks and Lunch
Contact Dan on 0403 618 963 or email ins@sportsfun.com.au

Sports Fun Multi Sport Camps Ages 3-8

The multi sport camps focus on a number of sports including cricket, soccer, basketball, tennis, hockey, T Ball, and football.

Neutral Bay Tennis Centre 3 Westleigh St Neutral Bay –
Week 1 Mon 1st, Wed 3rd, Fri 5th July

Week 2 Mon 8th, Wed 10th, Fri 12th July

Contact Dan on 0403 618 963 or email ins@sportsfun.com.au
Half Day Camps Times: 9.30 am – 1.00 pm. Cost $50 per child (GST Incl.)

Full Day Camps Times 8:30 am – 3:00 pm. Cost $60 per child (GST Incl.) 10% discount for families and groups of 5 or more

Mention this ad to receive a FREE day when you book two or more days
Enquiries / Registration:

www.sportsfun.com.au