Wednesday 12 June – Week 7 Term 2

Dear Parents/Carers,

**Band Camp**
73 of our students have been attending a two-day band camp this week at Collaroy. With tutors provided by Directions in Music and an action packed schedule, this event would not have been possible without the hard work of teacher and parent volunteers Ms Lanigan, Mr Grimmond, Ms Tracy, Trish Augustus, Elyse Sainty, Cheryl Newton and conductors Natalie Hogg, Danika Allars, Robyn Smart and Phil Molloy who have worked tirelessly to coordinate this invaluable experience for our students. Many thanks also to the parents who helped loading and unloading the truck.

**Winter Movie Night**
I hope you’ve all got **Friday 21 June** highlighted on your calendars – I know I have! The Winter Movie Night is sure to be such a tremendous night of fun for the whole family. No need to worry about dinner as there will be a sausage sizzle as well as other tuckshop treats available from 5.00pm. So grab the kids, a rug, blanket and a cushion or two and find yourself a spot to watch **E.T – The Extra Terrestrial** filming at **6.00pm** in our very own playground! Pre-purchase your tickets or buy them on the night – all the information you need is in the P & C section of this newsletter.

**P & C Meeting Reminder**
Just a reminder that June P & C meeting is on **tonight at 6.30pm in the Library**. All welcome!

**Rain Garden Building Workshop**
Please call North Sydney Council on 9936 8100 to book your place in the Rain Garden Building Workshop that will be held at the Dem this **Saturday 15 June** from 9:30am to 1:30pm. Learn everything you need to know about building a rain garden at this practical hands-on workshop.

Thanking you,

Catherine Williams
Relieving Principal

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**What’s On?**

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

**Sat 15 June**
Rain Garden Building Workshop 9:30am to 1:30pm at the Dem.
Bookings required. Please call North Sydney Council 9936 8100 to book.

**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: from 5pm

**Tues 25 June**
Band Concert in Hall

**Wed 26 June**
* Kindy Excursion to Taronga Zoo
* Yr 6 Labs on Legs Incursion

**Friday 28 June**
*Athletics Carnival - Field*
*Last day of Term 2 2013*

**Tues 16 July**
First day for students Term 3 2013
Dem News and Notices!

Group Photographs
Group Photographs (Library Monitors, Year 6 2013, House Captains, Band & Student Executives) are on display in the foyer outside the School Office. Please collect order envelopes from the table in front of the display. The photos cost $14 each, 2 for $26, 3 for $36, 4 for $44 or 5 for $50. Order envelopes should be returned to the school by Friday 21 June 2013.

Please collect and return Woolworths Earn & Learn Stickers and Points Sheets. Please send in your Woolworths Earn & Learn Points Sheets and any loose Earn & Learn Points Stickers you may have. There is a collection box outside the school office. Once we have collected and lodged our Earn & Learn claim we will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. Thanks again.

Congratulations to all Walkers!
Well done to all the parents and students who have continued to walk to school after Walk Safely to School day. It is important for students under 10 to hold the hand of an adult and to Stop, Look, Listen and Think before crossing the road. If you must bring the car to school, please try and park some distance away and walk the rest of the way. Please be aware of the parking restrictions around the school and ensure children enter and exit cars safely on the footpath side of the car. Our walking buses are a continuing success and if you are interested in joining them, or organising your own, please contact our P&C organisers:

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

Lisa Jardin, Year 2 Teacher/Team Leader.

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 are available from your child’s class teacher and the school website. All application notes should be returned to the class teacher by Friday 21 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

**BAND NEWS**

WELCOME HOME TO OUR YOUNG MUSICIANS  
BAND CAMP students arrive back today at approximately 3pm.

Our band students have all experienced a wonderful two days, they have participated in intensive band rehearsals, smaller instrumental tutorials which have promoted outstanding team work and great musical growth for all band members, they had fun and even found time to watch a 3D Movie.

Parents will notice that students have achieved more progress in these two days than possibly the whole term. This is why band camp is one of the musical highlights of the band program. Be prepared for a mini concert when you all get home.

**Arrival Details:**

2:30pm – Depart Collaroy Centre

2:30- 2:45pm - Van arrives with all luggage and instruments – will be driven to the hall and unloaded.

***Parent help required to unpack van*** please make yourself known to Mr Grimmond.

3pm – Students will arrive at NSDS (time may vary depending on traffic), students will walk to the hall to collect luggage and meet parents. PLEASE DO NOT CONGREGATE ON THE FOOTPATH AS IT BLOCKS PEDESTRIAN TRAFFIC.

**BAND REHEARSAL this week:**

Thursday 13 June – Senior Band – MUST ATTEND rehearsal as usual – 7:45am start

Friday 14 June – Junior Band – rehearsal as usual – 7:45am start
Yamaha Band Festival – Senior Band – 20th June
Information and permission notes were issued at band camp. Please complete the form and return with payment to the office by Wed 19th. The excursion charge is $17.50 (includes $7.50 Yamaha participation fee & $10 bus hire).

Strict dress code applies – **ALL STUDENTS MUST BE IN FULL BAND UNIFORM** (band shirt, blue long pants, blue socks and black shoes. (Strictly no sneakers).

For parents wishing to attend, tickets will be available at the door (Chatswood Concourse Auditorium) or on the Dickson Music website www.dicksonsmusic.com.au

Competition music pieces are; **Of Distant Peaks, Rolling in the Deep and Pirates of the Caribbean.**

**TERM 2 - dates for your diary**
- 17 June - Band committee meeting, 5pm in the staff room
- 20 June - Yamaha Band Festival: Senior Band
- 25 June - Mid-Year Concert (in the NSDS Hall): All Bands

Enquiries
Band Committee Secretary, Melissa Lanigan: MELISSA.LANIGAN@det.nsw.edu.au

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**TheDem Community News**

*Printing of articles does not indicate endorsement by the school*

**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.

**Cub Scouts – Information Night.** The local 1st North Sydney Scout Group is inviting you to come along to an information night on Monday June 24 2013 at 6:30pm at 1 Munro Street McMahons Point to discuss forming a new Cub pack. Most of the children in the current group come from the North Sydney Demonstration School. [http://www.northsydneyscouts.org/](http://www.northsydneyscouts.org/) If you would like to come, please send an email to one of the leaders in advance so that we have an idea of the numbers interested. Leaders: Susan Kitching raksha@northsydneyscouts.org & Eddie Smith ferao@northsydneyscouts.org

**ST THOMAS' HOLIDAY CLUB from 8 to 12 July 2013.** In the second week of the July School Holidays St Thomas’ Anglican Church is running another fun-packed holiday programme. All children K – Yr 6 are invited to get ready for some games, singing, drama, pirate training, Bible talks and craft activities. Each day is 8:30am – 3:30pm and our EARLY BIRD RATE is $18* per child per day.
*The cost will go up to $23 per child per day for registrations made after June 28 2013.
Contact Ali Macintosh if you have any queries on 8908 4821 or alison.macintosh@st-thomas.org.au

**Go4Fun – Term 3 2013.** Northern Sydney Local Health District and Fix Australia are offering a FREE 10 week program for children aged 7-13 to become fitter, happier and healthier.

The Program is part of the Healthy Children’s Initiative and involves children and their parent/carer attending 2 hour sessions on healthy eating, building self-confidence and becoming more active twice a week over the school term. Sessions are held after school and include informative games, fun and active exercise activities, tips on healthy food, label reading, portion size, healthy shopping on a budget plus much more.
The Lower North Shore Go4Fun meets in Term 3 at Fix Australia, 319 Penshurst St, Chatswood on Mondays and Wednesdays from 4.30pm - 6.30pm. The first session is: 15 July 2013.
To register or find out more information about other program locations, you can contact the Go4Fun Coordinator directly on 9976 9532, place a free call to 1800 780 900; SMS 0409 745 645 for a call back; or visit [www.mendcentral.org/go4fun](http://www.mendcentral.org/go4fun)
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.
Rain garden building workshop

Date: Saturday 15 June, 2013
Time: 9.30am to 1.30pm
Location: North Sydney Demonstration School, Bay Road, Waverton

Help keep Sydney Harbour clean by building a rain garden. Rain gardens filter and absorb stormwater before it drains to the nearest waterway. If you live in North Sydney, your stormwater drains to the Harbour. Learn everything you need to know about building a rain garden at this practical, hands-on workshop:
• How big should my rain garden be?
• What materials do I need?
• What sort of soil is best?
• How deep should my rain garden be?
• What plants are best?
• What maintenance is required?

The workshop will be conducted by water sensitive urban design specialists Equatica and is funded by the Caring for our Country grant program. Participants must wear closed-toe shoes and sun hat. The workshop involves lifting, carrying and digging. All tools and materials will be supplied. Light refreshments will be served.

For information about the workshop please call Claire Hanley on 0403 922 907. Places are limited. To book, please call North Sydney Council on 9936 8100.
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.
THE DEM ADVERTISEMENTS

This is a P& C initiated project. Advertisements do not indicate endorsement by the school.
For information on advertising rates contact Rachna Chandna at demadverts@hotmail.com

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