Dear Parents / Caregivers,

Building Resilience
As you may be aware our students have been learning social and resilience skills through a program called Bounce Back. This program has been operating in our school for the past few years.

The Bounce Back program offers practical strategies to help children cope with the complexity of their everyday lives and learn to ‘bounce back’ when they experience sadness, difficulties, frustrations, disappointments and hard times. With teachers’ guidance students explore a range of topics as they progress from Kindergarten to Year 6, such as developing positive values, developing courage and strategies for bouncing back, looking on the bright side, managing emotions, relationship skills, dealing with bullying and being successful.

It is such a valuable program that I believe it is important we publish the acronym again so that families can use the same strategies at home when things don’t quite go the way we otherwise want them to.

**B**ad times don’t last. Things will get better. Stay optimistic.

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset.

**N**obody is perfect – not you and not others.

**C**oncentrate on the positives (no matter how small) and use laughter.

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are a normal part of life. Try not to personalize them.

**B**lame fairly – how much of what has happened was because of you, how much was because of bad luck or circumstance?

**A**ccept the things you can’t change, but try to change what you can first.

**C**atastrophising exaggerates your worries. Don’t believe the worst possible picture.

**K**eep things in perspective. It’s only one part of your life.

International Research Opportunity
NSDS has been selected to participate in a research study being conducted by Dr June Maker, Dr Robert Zimmerman and Randy Pease of the University of Arizona, USA. It is part of a project designed to adapt, modify, and test the effectiveness of an educational teaching program developed in the USA.

We are hoping to involve all students from Years 1-6 in this project, as it is important to find out how the teaching program needs to be changed – if at all – to make it more useful and appropriate in Australia.

The information from the study will be used to decide whether to use this teaching method and program in NSDS or retain our existing Conceptual Programming Units as they currently are, if and how it can be adapted or changed to fit our school community, and whether to teach others how to implement it. The results of the study will be reported to the DEM community as well as being reported in educational journals, at educational conferences, and in teacher workshops.

More information and consent forms are being sent home today with students in Years 1-6. There will also be an information session held next Wednesday evening, 26 June, at 7.00pm in the Library, at which time Myra Wearne will be explaining the project in more detail and answering any questions parents may have.

Catherine Williams
Relieving Principal
Student Digital Citizenship Agreement 2013

Last week all students were engaged in discussions about the appropriate and safe use of the Internet and computers at school and home. As part of this process, all students were provided with a Student Digital Citizenship Agreement which outlined specific responsibilities for safe Internet usage.

All students have been asked to sign these agreements to demonstrate their commitment to using technology safely and respectfully.

We would appreciate your support by having discussions at home around cyber safety. We also ask that you take time to read through the agreement with your child. Please sign this document to acknowledge that you are aware of it and have discussed it at home and then return it to your child’s teacher.

The Student Digital Citizenship Agreements can be found on the following pages and they are also available on the school Website.

By working together, we can help to ensure that our students continue to use technology safely and responsibly both at school and at home.

Thank you,

Amanda Vaga
Relieving Deputy Principal
Student Digital Citizenship Agreement 2013 Years 2 to 6

When I use the Internet and Computers at School or at home I promise to:

1. Protect my identity and keep myself safe. I will never share my name, age, telephone number, email address or home address anywhere on the Internet. I will abide by the age restrictions on all websites and check with my teacher or parent/carer if unsure.

2. Follow the teacher’s instructions. I will only go to Internet sites appropriate to the task I am doing.

3. Report any inappropriate contact or messages to a teacher or my parent/carer. If I receive a message that makes me feel uncomfortable or is hurtful, I will not respond. I will tell a teacher or my parent/carer about the message immediately.

4. Keep my usernames and passwords private. I will not tell ANYONE my passwords. If I keep my passwords a secret, no one else can access my email or Internet. If I forget my passwords, I can ask the teacher to reset them and then I can change them to something I will remember.

5. Tell a teacher or my parent/carer when I have made new friendships online. If a stranger from the Internet asks to meet me in person, I will not reply and will tell my teacher or my parent/carer immediately.

6. Be respectful of and care for others. I will only write appropriate, kind and thoughtful things on the Internet. I will only post appropriate pictures with my teacher’s permission. I will not access anyone’s files or folders on the school computer system.

If I do not follow these rules, I understand that my right to use the Internet and school computers may be taken away for an appropriate amount of time until I can learn to use technology safely and respectfully.

Student’s Name: ________________________
Signed: _____________________________   Date: _____________________

Student Digital Citizenship Agreement 2013 –Years 2 to 6

I have read the Student Digital Citizenship Agreement and am aware of the guidelines given for my child’s safe use of the Internet:

Student’s Name: _______________________________  Class: _______________________________

I agree that the school wishes to protect my child from gaining access to undesirable materials, posting inappropriately or having their Internet security breached.

Parent/Carer’s Name: __________________________
Signed: _____________________________   Date: _____________________
Student Digital Citizenship Agreement 2013 – Kindy & Year 1

When I use the Internet and Computers at School or at home I promise to:

1. Protect my identity and keep myself safe. I will never share my name, age, telephone number, email address or home address anywhere on the Internet.
2. Follow the teacher’s instructions. I will only go to Internet sites appropriate to the task I am doing.
3. Report any inappropriate contact or messages to a teacher or my parent/carer.
4. Keep my usernames and passwords private. I will not tell ANYONE my passwords. If I keep my passwords a secret, no one else can access my email or Internet. If I forget my passwords, I can ask the teacher to reset them and then I can change it to something I will remember.
5. Tell a teacher or parent/carer when I make a new friend online.
6. Be respectful of and care for others. I will only write appropriate, kind and thoughtful things on the Internet. I will only post appropriate pictures with my teacher’s permission.

If I do not follow these rules, I understand that my right to use the Internet and school computers may be taken away for an appropriate amount of time until I can learn to use technology safely and respectfully.

Student’s Name: ______________________
Signed: __________________________   Date: ___________________
________________________________________________________________________

Student Digital Citizenship Agreement 2013 – K - 1

I have read the Student Digital Citizenship Agreement and am aware of the guidelines given for my child’s safe use of the Internet:

Student’s Name: ____________________________   Class: _____________

I agree that the school wishes to protect my child from gaining access to undesirable materials, posting inappropriately or having their Internet security breached.

Parent/Carer’s Name: ____________________________
Signed: ____________________________   Date: _____________
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.

SEASONS FOR GROWTH PROGRAM 2013

The Seasons for Growth program is scheduled to run in Term 3. In order to commence the preparation of this program, it would be greatly appreciated if all application forms are returned to the class teacher by Friday 21st June 2013. Application forms are available on the school website.

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
Relieving Deputy Principal  
Seasons for Growth Coordinator

BAND NEWS

Yamaha Band Festival – Senior Band – 20 June
Please ensure the permission note and $10 bus fare is handed in before the Festival.

Please note: The minimal $10 fee is the result of a decision by the Band Committee to partly subsidise the cost of the excursion for this year only.

Students will have band rehearsal as normal on Thursday morning, starting 7:45am. ALL SENIOR BAND STUDENTS MUST ATTEND THIS REHEARSAL. After the rehearsal, students will travel to the Festival via Sydney Buses and will return to school in time for lunch.
As students will be representing NSDS at the Festival, they **MUST** be dressed in **full band uniform** (band shirt, blue long pants - alternatively culottes with leggings, blue socks and black shoes).

For parents wishing to attend, tickets will be available at the door (Chatswood Concourse Auditorium).

**Band Camp – THANK YOU**

Thank you to all of the Band students for their wonderful participation at camp. The musical progress that each student made really is outstanding. Our mid-year concert is going to be an absolute treat for all parents.

The Band camp wouldn’t have been possible without the help and round the clock supervision provided at camp by our wonderful teachers. HUGE THANKS to Ashley Grimmond, Melissa Lanigan & Melissa Tracy. Thank you for your dedication and commitment to our students.

Special thanks also to our Band Director, Phil Molloy from Directions in Music, who programmed, managed and co-ordinated every musical moment associated with the camp. His musical expertise and leadership ensured that our camp was a success. Well done and thank you Phil.

Thank you also to all of the wonderful parents that helped to load up and unload the luggage van. Your help and precious time was truly appreciated.

**MID-YEAR BAND CONCERT: 25 June 2013 from 7pm to 8 pm**

Concerts and performances are an integral component of the band program and a wonderful opportunity for each of our three wonderful bands to showcase their musical prowess. Attendance at the NSDS Mid-Year Band Concert is required by all band members.

- **Date:** Tuesday, 25 June
- **Time:** Arrive at 6:45pm for a 7pm start.
- **Venue:** NSDS school hall
- **Band required:** All Bands
- **Dress:** Band T-shirt, blue long school pants/culottes, blue socks/blue stockings & black school shoes
- **Bring:** Your instrument and music

All parents, grandparents, siblings and family members are invited and encouraged to attend this evening performance.

If your child is unable to attend the performance, please notify your band conductor or the Band Committee Secretary, Melissa Lanigan on [MELISSA.LANIGAN@det.nsw.edu.au](mailto:MELISSA.LANIGAN@det.nsw.edu.au).
This year North Sydney Demonstration School is excited to be producing a school musical with students from Kindergarten to Year 6. We will be performing a Disney stage production adapted for young performers of Lewis Carroll’s timeless classic, *Alice in Wonderland*.

Don’t miss this wonderful opportunity to join Alice’s madcap adventures in Wonderland as she chases the White Rabbit, races the Dodo Bird, gets tied up by the Tweedles, raps with the bubble-blowing caterpillar and beats the Queen of Hearts at her own game!

There will be two performances at North Sydney Girls High School, a matinee and evening show, both on **Wednesday 13 November 2013** during Week 6 of Term 4.

Ticketing information will follow in Term 3.

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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. Register now: [www.st-thomas.org.au/news/](http://www.st-thomas.org.au/news/)

*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 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.

Rated PG
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.

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**North Sydney Dental Practice**

Dr Stuart Evans  
Dr Cigdem Kipel  
Ms Jodie Gare (Hygienist)

North Sydney Dental Practice  
2nd Floor 83 Mount Street  
North Sydney NSW 2060  
T 02 9922 1476  
E reception@nsdp.com.au

**Opening Hours**

Mon 8am - 6pm  
Tue 8am - 6pm  
Wed 8am - 6pm  
Thu 8am - 9pm*  
Fri 8am - 5pm

*Patients seen until 8.30pm on Thu
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