Dear Parents / Caregivers,

Senior Band Success
On Thursday 20 June, the NSDS Senior Band competed in the Yamaha Music Festival at the Chatswood Concourse. This band had worked extremely hard over Terms 1 and 2 to prepare for the competition under the guidance of their conductor, Ms Danika Allars. Teachers and parents who watched the event agreed that the performance of the band was exceptional and they were rewarded with a **Gold Award** by the judges. What a wonderful and well-deserved result. Congratulations to the students, their conductor and the tutors from Directions in Music who have all worked so hard to achieve this result.

Great Night
Thanks to the families who joined us for the Winter Movie Night last Friday. The Bubble Master 2000 was a huge hit as was the choice of movie, **ET – Extra Terrestrial**. It was such a fun evening for all and made possible by the hard work of a number of P & C volunteers, but in particular Julia Macdonald, Samantha Tunbridge, Laurens Libeton and Mark van Kerkwijk.

Athletics Carnival Postponed
Due to wet and dangerous conditions we have postponed the Athletics Carnival - Field events to **Friday 26 July 2013**.

Reminder: International Research Project Years 1-6
Many thanks to all those parents who have returned their consent forms and their children’s assent forms to participate in the research being conducted in our school by Dr June Maker of Arizona University. We would appreciate any other consent and assent forms being returned to class teachers as soon as possible please. Parent information and forms were sent home last week. If you would like to hear more about this exciting research or if you have any questions, then please come to our Parent Information Session tonight in the Library at 7pm where Myra Wearne will be talking about the research project and answering any questions parents may have about the project.

Thank You
As this is my last DEM newsletter, I would like to take this opportunity to thank you all for making me feel so welcome and for being so supportive and helpful during my time here at the Dem as Relieving Principal. In particular I’d like to thank the Presidents of the P&C and School Council, Mark van Kerkwijk and Angus Finney - the support from them both has been remarkable and I have greatly appreciated it. Thank you also to all those who coordinate P & C committees and/or other P&C activities as the contribution that you make and the impact that you have is paramount, even if it may not be obvious at the time.

North Sydney Dem is certainly a very special place – it is obvious in the dedication, talent and commitment of the teachers and other staff members, it is also obvious in the way the school community works so well together and it is most definitely obvious in the students here at the Dem whose friendliness and respectful behaviour are a credit to their families and to their school.

I know Myra Wearne is looking forward greatly to returning and seeing all those smiling faces of students on **Tuesday 16 July 2013**.

Thank you – and my very best wishes with you all always.

Catherine Williams
Relieving Principal
Dem News and Notices!

Congratulations to our Multicultural Perspectives Public Speaking school finalists! Joanna Coles, Chloe Elsum, Tegan Bowring and Ella Lanigan represented NSDS in the local Multicultural Perspectives Public Speaking final at Cammeray Public School this week. Ella and Joanna both received a Highly Commended award for their efforts. Well done!

Please return Stewart House Bags to the McHatton Open Area by Wed July 31 2013
Stewart House bags are going home with students this week. Please support Stewart House by returning your bag filled with unwanted clothing to the McHatton Open Area by Wednesday 31 July 2013. Thank You. http://www.stewarthouse.org.au/

FABStar! Features

FABStar! is an initiative to recognise positive behaviours in the playground. Two FABStar! slips (one from K-2, one from 3-6) were drawn from all the students who received FABStar! slips in recognition of their positive behaviours on the playground last week.

Our K-2 FabStars for this week are
Grace and Vienna from KML and Joseph from KTH.

Grace and Vienna showed wonderful kindness when they helped a friend who had fallen over in the playground.

Joseph was very responsible when he asked a teacher for help to stop a fight between two of his friends at lunch time. What caring and responsible children you are – well done!
**SEASONS FOR GROWTH PROGRAM 2013**

Applications for the Seasons for Growth program are now closed. If you are still interested in your child participating in this program, please contact Amanda Vaga. Further information about the organisation and implementation of this program will be sent home with participants this week.


_Amanda Vaga_  amanda.coroneos@det.nsw.edu.au  
Assistant Principal  
Seasons for Growth Coordinator

**BAND NEWS**

**GOLD at the Yamaha Band Festival**
Congratulations to all Senior Band students who participated in the Yamaha Band Festival. What an outstanding effort by the students and our wonderful conductor Ms Danika Allars.

**Holidays**
All students have worked hard again this term - congratulations and well done. We look forward to seeing all students back at band rehearsal in week 1 of term 3.

Don't forget to fit in a little bit of practice over the holidays.

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

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This year North Sydney Demonstration School will be performing a Disney stage production adapted for young performers of Lewis Carroll’s timeless classic, _Alice in Wonderland._

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.
Sydney University Partnership Updates

This year our target is to build a deep understanding amongst parents and students as to what is a “demonstration school.” The partnership makes our school unique and provides our students and teachers with many wonderful opportunities. As part of this process we will have regular updates in the newsletter and on the website to ensure our parent community has a stronger understanding of the relationship. Our highlights and achievements for Semester 1 include:

**Presenting at Sydney University**
Amanda Vaga presented at a Professional Learning Partners Meeting at the University of Sydney. This involved sharing the results of an Action Learning project that was completed in 2012 in collaboration with our academic partner, Dr. Tony Loughland from the University.

**Tutoring at Sydney University**
This semester Amanda Vaga and Laetitia Kilpatrick worked as course tutors for Conceptual Programming (Curriculum Linkages) as part of the Masters Program.

**Dr. Jon Callow Visits the Dem**
This term our new academic partner Dr. Jon Callow provided our staff with professional development on visual literacy. This was a great opportunity for teachers to hear about innovative teaching strategies in the area of Literacy in preparation for the introduction of the new English syllabus. Dr. Callow will be conducting further research in this area next semester.

**Successful Practicum Experiences**
This semester, 16 students from the University of Sydney have successfully completed their Practicum experience at the Dem. Two of those students will be returning in Term 3 to complete their Internship. We will also be welcoming an additional Intern next term on 4MT.

**Research at the Dem**
Agnes Hu, a PhD student at the University of Sydney conducted a research study that focused on investigating new learning methods in the area of Mathematics. She is currently analysing the data she collected. It is anticipated that Agnes will present her findings to the Advisory Committee (AdCom) next semester.

**Scholarly Reading Group**
This term, a small group of teachers met with Dr. Tony Loughland to engage in professional discussions based on educational leadership. Discussions were based around the text, *Educational Leadership: Together Creating Ethical Learning Environments* by Patrick Duignan.

We are looking forward to continuing to build this partnership during Semester 2!

Amanda Vaga
Assistant Principal
Yes We Can Do It!
There is only 9 weeks to go until the end of the Premier’s Reading Challenge 2013 (23/08/13). It is still not too late to get your child registered online and start uploading their reading records! If you have any queries regarding login details or the PRC please let me know.

Due to our teachers’ collaborative planning for Term 3, some students have not been to the library for their weekly library lesson or borrowing. Students are strongly encouraged to come to the library during lunchtime to read or borrow for the holidays. With July school holidays just round the corner why not remind your child to return their books, bring a bag and borrow up to 5 books for the holidays or their PRC. Also, we have just added quite a few new books to our current collection that are also available for borrowing.

Parents are always welcome to pop in the library to borrow with their children from 08:30 to 08:45 before school and 14:55 to 15:15 after school on most days. For our opening hours please see the school website: http://www.nthsyddem-p.schools.nsw.edu.au/our-school/school-bell-times

Please note while we love to see students/parents borrowing in the morning, we also have to ensure that we start our first lesson of the day on time. Also, during the course of the day we are unable to assist parents with enquiries or borrowing as we have classes to teach in the library.

Next term in week 6 we will be having our annual Book Week Parade. This year the theme for Book Week is Read Across the Universe. You may wish to start the discussion with your child about them dressing up as one of their favourite book characters for the parade. Watch this space for more information about Book Week 2013 events closer to the time!

Mrs A Bennett

News from the Enviro Club
Did you know that organic matters including pet fur, nail clippings and human hair can all be put into your compost bin? Last week as part of our weekly Enviro Club meeting, our eco ambassadors gained an insight into the materials that are suitable to go into compost bins after reading an article from the School Magazine.

This term as part of our ongoing commitment to environmental education and keeping the playgrounds litter free, the Enviro club is starting the recess and lunchtime compost bin collection again. Last month after carrying out an NSDS environmental audit, the eco ambassadors have
started to collect food scraps at recess and lunch to go in our scraps buckets, which in turn get emptied into our Dalek looking compost bins. Once degraded, the food scraps are either turned into mulch for our gardens or put into one of our worm cafes.

We currently urgently need at least 3 scraps buckets, so if you have any spare buckets at home, the eco ambassadors would love to have them. On that note, we are also in need of a few paper recycling bins for some classrooms, so if you have any unwanted baby baths or plastic crates, we would love to take them off your hands.

TheDem Community News

Printing of articles does not indicate endorsement by the school

NAIDOC Week celebration Thursday 11 July 2013: Diramu Dance Company performance (11:30am) and free BBQ (from 12noon) at the John Griffin Memorial Stage, Ernest Place, Crows Nest.
Enquiries: j.perrett@crowsnestcentre.org.au or 9437 7515.

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 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

Sydney Story Factory – holiday and Term 3 Workshops. Sydney Story Factory is a not-for-profit creative writing centre for young people at 176 Redfern Street, Redfern. They run workshops for upper-primary and high-school students who have learnt the basics of writing. Programs target marginalised young people, and those from Indigenous and non-English speaking backgrounds, but are open to everyone. All workshops are free. www.sydneystoryfactory.org.au

New Vokal Youth (8-12 years old) Choir to start Term 3 2013. Led by Alex Pringle, the choir will rehearse on Wednesdays, from 3:40 – 4:40pm from Wednesday 17 July to Wednesday 18 September in Classroom 1B at Neutral Bay Public School. Cost is $120 / term. Registration: http://vokalyouthchoirs.com/
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

GOOD SPORT HOLIDAY CAMP!

Now your kids can have fun and learn basic sports skills at the same time – all in a safe, nurturing and controlled environment

SNACKS, LUNCHES & DRINKS INCLUDED

LET YOUR KIDS SHINE!

Learn new skills in a range of sports and improve co-ordination.

- Squash
- Touch Football
- Racquetball
- Volleyball
- Table tennis
- Soccer
- Cricket

Week 1
Monday 1st July - Friday 5th, 9AM - 3PM

Week 2
Monday 8th July - Friday 12th, 9AM - 3PM

WILLOUGHBY SQUASH CLUB
PH: 02 9958 1399 443 Willoughby Road, Willoughby

@ClubSquash Willoughby Squash Club squash@bigpond.net.au

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Prepare for best results in AMEB exams, or play for pure enjoyment. Musicianship and theory; students from Yr 3 to HSC.

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Phone
Margaret Duncan (A.Mus.A, L.T.C.L.)
0414 732 458
THE DEM ADVERTISEMENTS

This is a P& C initiated project. Advertisements do not indicate endorsement by the school.

White Wolf Dojo

Adults + Childrens Martial Arts
Self Defence

In martial arts we train the entire human instrument; mind, body and spirit. You can change your universe simply by changing your own attitude.
Training at White Wolf Dojo is non-competitive. We focus on self-improvement for the betterment of society. We become fitter, stronger, calmer and kinder.

Daito-ryu Aiki Ju-Jutsu study group

White Wolf Dojo offers a Daito-ryu Aiki Ju-Jutsu study group, a traditional Japanese Martial Art. To train in Budo is to carry the Spirit of the Japanese Warrior into your everyday life and strive to be strong in mind, body and spirit.

Bujutsu - Adults Modern Martial Arts

Traditional Budo is not for everyone. Bujutsu is a modern and eclectic martial art incorporating elements of taekwondo, boxing, grappling, jujutsu and aikido. You will learn effective self-defence and strengthen your mind and body whilst having lots of fun!

Children’s Martial Arts

Children’s classes for ages 5-9 (Wolf cubs) and 10-14 (Wolverines). Wolf cubs and Wolverines learn about stranger danger and bullying while developing self-control, self-discipline and respect.

www.whitewolfdojo.com.au

Classes Available

<table>
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<tr>
<th>Time</th>
<th>Tue</th>
<th>Thu/Fri</th>
<th>Mon</th>
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<tbody>
<tr>
<td>7.15am</td>
<td>Delta Ryu</td>
<td>Delta Ryu</td>
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<tr>
<td>6.30am</td>
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<tr>
<td>5.30am</td>
<td>Delta ji Jitsu</td>
<td>Kickboxing</td>
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<td>6.30am</td>
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<tr>
<td>4.00pm</td>
<td>Wolf Cub Kids 5-8 yrs</td>
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<tr>
<td>4.45pm</td>
<td>Webinar Judo 10-14 yrs</td>
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<tr>
<td>5.30pm</td>
<td>Delta Ryu</td>
<td>Delta Ryu</td>
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<tr>
<td>6.15pm</td>
<td>Bujutsu Adults</td>
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<tr>
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Check the website for any new classes or changes.

Private or group sessions also available.
Phone Rachael at White Wolf Dojo: 0418 282 117
Email: dojo@whitewolfdojo.com.au

White Wolf Dojo is located at:
Kick Dance Academy
40 Moorabbin Av (Cnr Willoughby Rd)
Crows Nest/Norahburn

Please visit our website for more information on the origins of Daito-ryu and the programs we offer at White Wolf Dojo.

www.whitewolfdojo.com.au

Geoff Spotswood

July School Holiday Clinics
CRICKET RUGBY MULTI-SPORT

Bankstown Memorial Oval
(Cricket Clinic)
3-5 JULY: 9am-1pm (3 days, $160)
Includes training at new John Mackay Indoor Complex

Moore Park, Centennial
(Cricket & Multisport Clinics)
10-12 JULY: 9am-2pm (3 days, $240)
Includes training at SCG and SHS Indoor Complexes & Tour of Sydney Cricket Ground & Sydney Football Stadium

St. Ives, Hassell Park
(Cricket, Rugby, Multisport Clinics)
9-12 JULY: 9am-1pm (4 days, $210)

Private CRICKET Coaching 1:2
(Group CRICKET Coaching 1:4)

Contact Geoff on 0401 382 409 or 9489 8187
geoff@cricketcoachingclinics.com.au

Sports Birthday Parties

CRICKET (5 - 16 years girls & boys)
RUGBY (5 - 13 years girls & boys)
MULTI-SPORT (boys & girls)
(5 - 13 years) Cricket, Soccer, Touch football, Softball, Aussie Rules

Book online

cricketcoachingclinics.com.au
**Kids Program** (5-12yrs)

**1-5 July and 8-12 July**  
**Ph:** 9658 1298  **jud@nvva.com.au**

<table>
<thead>
<tr>
<th><strong>Week 1</strong></th>
<th><strong>DATE:</strong> 1-5 July</th>
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<tbody>
<tr>
<td><strong>Morning Session (9:30-12:30am)</strong></td>
<td><strong>Afternoon Session (1:00-4:00pm)</strong></td>
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<tr>
<td><strong>mon</strong></td>
<td>cute monsters and dragons in clay</td>
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<tr>
<td><strong>tues</strong></td>
<td>paint van gogh’s belongings on canvas</td>
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<tr>
<td><strong>wed</strong></td>
<td>printmaking and pastels - underwater world</td>
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<tr>
<td><strong>thurs</strong></td>
<td>your favourite animal - paint/collage</td>
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<tr>
<td><strong>friday</strong></td>
<td>african animals in clay</td>
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<th><strong>Week 2</strong></th>
<th><strong>DATE:</strong> 8-12 July</th>
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<tbody>
<tr>
<td><strong>Morning Session (9:30-12:30am)</strong></td>
<td><strong>Afternoon Session (1:00-4:00pm)</strong></td>
</tr>
<tr>
<td><strong>mon</strong></td>
<td>pirates and mermaids in clay</td>
</tr>
<tr>
<td><strong>tues</strong></td>
<td>surreal landscapes/cityscapes in soft pastels</td>
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<tr>
<td><strong>wed</strong></td>
<td>beautiful venice - draw/paint/mixed media</td>
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<tr>
<td><strong>thurs</strong></td>
<td>paint/collage with golden leaf like Gustav Klimt</td>
</tr>
<tr>
<td><strong>friday</strong></td>
<td>create exciting cartoon &amp; action characters</td>
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**Artxtra Program** (9-16yrs)

**Week 1**

- Turner “working with light” paintings  
  **Mon 1 July** Tutor: Bernardette Trella  
  In this workshop we will look at Turner’s subject matter and his vision of the natural world and then translate it into our own paintings through a series of sketches and watercolours.

- **Expressive Portrait of someone special to you**  
  **Tues 2 July** Tutor: Jane King  
  Acrylic Painting workshop for beginners or more advanced students. Learn how you can draw up your image with ease, learn how to mix the colour you want and apply paint to achieve great results to create a vibrant portrait.

- **Egyptian Clay Pots**  
  **Thurs 4 July** Tutor: Ochre Lawson  
  Looking at ancient Egyptian clay sculpture and culture, this workshop will focus on making a canopic jar which was used in the mumification process to store vital organs. The tutor will demonstrate techniques in hand-building and modelling clay which students will practice to create their own individual jar.

- **Animation**  
  **Friday 5 July** Tutor: Ivan Olea  
  Bring characters to life through animation. Advanced animators work on an animated short film as a production team while beginners learn the basics and how important they are to the medium.

- **The Art of Painting in Oils**  
  **Mon & 8 July** Tutor: Bernard de Vaux  
  Paint in oils, learn up and discover the wet on wet technique, and practice colour understanding. Choose from a variety of subjects including still life, landscape, people and animals.

**Week 2**

- **Pampered Pooches**  
  **Tues 9 July** Tutor: Jane King  
  Acrylic Painting workshop for beginners or more advanced students. Learn how you can draw up your image with ease, learn how to mix the colour you want and apply paint to achieve great results.

- **Animal Totems**  
  **Wed 10 July** Tutor: Jane King  
  Using references produce a fantastic animal portrait that is realistic and create a graphic background with patterns and gold leaf.

- **Drawing and Painting Fundamentals**  
  **Thurs 11 July** Tutor: Judy Volkz  
  Learn to draw and create form using a variety of pencils, charcoal and pastels. Learn to see things differently and improve your observation skills. Students will also learn about colour theory, elements and principles of design and composition.

- **Draw and Paint People in Action like Degas**  
  **Fri 12 July** Tutor: Ochre Lawson  
  Using a photo of themselves doing something or a photo provided students will draw and paint a picture of a figure in action. Students draw active poses to learn how the body moves and compose their picture for painting. Be inspired by Henri Degas famous for his many ballet dancers and active paintings. Students also learn colour mixing.

**Venue:** 307 Sailors Bay Rd, Northbridge  
(near roundabout)  
*All materials, morning, afternoon tea and lunch provided*

**Tutors:** Judy Volkz, Ochre Lawson, Jane King, Bernardette Trella, Bernard de Vaux, Ivan Olea

**Cost:** Single Sessions: $50,  
Day (2 sessions): $100 (inc GST)  
10% discount for 2nd child or 4 full days or more

**Email:** judy@nvva.com.au  
**Website:** www.nvva.com.au

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**NOTE:** 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