Dear Parents / Carers,

Congratulations

Congratulations to Year 6 students, Nadine Serhalawan, Julia Thomson and Natasha Augustus, who performed recently as part of a new initiative in the Years 3-6 Assemblies. These students are the first of a number of students who have volunteered to perform at the beginning and end of the fortnightly assembly. They, and all future volunteers, are to be commended on their musicianship and performance as well as their school spirit and willingness to get involved.

Our congratulations and best wishes as a school are with Kyle Devine, Hugo Cornish and Maddie Corbett whose outstanding performance at the Zone Cross Country Carnival last week has won them selection to the North Shore Zone Team for the Area carnival. Congratulations again to Hugo Cornish in Year 5 who is to be commended on the exemplary way he represented the Dem and Northern Sydney Region in the recent NSW State Football Championship.

Semester 1 Reports

Semester 1 reports will be sent home with each student at the end of the term on **Monday 24 June 2013**. The reports will contain information about students’ progress over Term 1 and Term 2. Teachers spend a great deal of time gathering and analysing assessment data for each of their students. They also spend a great deal of their own time meeting with the other teachers on their grade to ensure a greater consistency in regards to levels of achievements being assessed not only within their class but also across the grade.

Walking Bus

Why not jump on one of our ‘Walking Buses’ … or start one of your own! The more the merrier … just take a look at this one.

Interested? Then please contact Jane Curbishley
[jane@curbishley.net],
Julia McDonald
[elevenatwood@hotmail.com], or
Gemma Garrod
[gemmaamond@hotmail.com] of the P & C for more information. This is such a fabulous initiative from our P & C, so please support and help sustain it.

P & C Meeting

A reminder that the next P & C meeting is **Wednesday 12 June 2013 at 6.30pm in the Library**. All welcome!

Thanking you,
Catherine Williams, Relieving Principal

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**What’s On?**

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

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

**Monday 10 June**
Queen’s Birthday Public Holiday

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

**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: 5pm

**Tues 25 June**
Band Concert in Hall
Dem News and Notices!

Ice-cream containers needed please
Please donate ice-cream containers to the School Office – they are needed for sick children at school and on buses. Thank you.

Group Photographs
2013 Student photographs have been sent home with students this week. Group Photographs (Library Monitors, Year 6 2013, House Captains, Band & Student Executives) will be on display in the foyer outside the School Office by the end of the week. Please collect order envelopes from the table behind 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.

Library News

Congratulations Year 4 and Year 2!
Year 4 has been the leading grade for online registration in the Premier’s Reading Challenge (PRC) followed closely by Year 2. With just under 3 months to go, it is not too late to sign your child up for one of the key NSW literary events! Through the PRC your child can immerse themselves in a wide range of great literature and sample some of the fine works penned by great authors like Eric Carle, Mem Fox, Alison Lester (Australia’s Children’s Laureate 2012 & 2013), Anna Fienberg, John Burmingham, Sally Ripon, Emily Rodda and the list goes on. If your child has been reading books from PRC, please encourage them to record their reading online so their great effort and achievements can be recognised and awarded.

If you are still unsure of what your child needs to do to sign up for the PRC or if they are experiencing difficulties updating their reading records please contact me.

Starting from next week (Tuesday June 11 2013) students in Years 1-6 who have reached their 10th book milestone will be receiving a special PRC bookmark from me. Kindergarten students who have read 15 books (half of PRC Challenge) will also be receiving a special token!

Last week as part of the celebration of National Reconciliation Week, students in Kindergarten and Year One read, explored and had a great discussion about some Dreamtime stories and Aboriginal culture during their weekly library lessons with me. We read the following books:

- The Echidna and The Shade Tree (PRC level K-2, ID 12250) – KSF and 1KV
- The Snake Bites the Sun (PRC level K-2, ID: 12251) – 1MT
- How the Kangaroos Got Their Tails (PRC level 3-4, ID: 73826) – 1JD and 1LT
- What is Bush Food (PRC level 3-4, ID:49734) – KJK, KML and KJW

If you have any queries please let me know.
Happy Reading!
Mrs A Bennett (alice.bennett3@det.nsw.edu.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.

The K-2 FabStar for this week is Sydney from 1MT who was very kind when she collected a school bag for a classmate who forgot to take theirs with them. Thank you for your kindness Sydney.

Tom of 5JT is the 3-6 FabStar this week. Tom found a lost handball, tried to find the owner and then handed it in to the teacher on duty.

BAND NEWS

BAND CAMP PAYMENT – NOW DUE

Full payment for band camp is required prior to camp. If full payment is not received, the student will unfortunately not be able to attend.

BAND CAMP IS NEXT WEEK – Tues 11 June 2013 - Students arrive at 8am

All band students please meet in the hall at 8am with your luggage, instrument & music. Please do not be late; the buses will not wait as the camp runs to a very tight schedule.
BAND NEWS Continued

Departure details (Tuesday 11 June 2013):

8am – Meet in hall, roll call, any medications to be handed to Ms Melissa Lanigan in a labelled plastic zip lock bag with full instructions (please ensure medical forms have been completed).

8–8:30am – Van to be packed with all instruments, music stands & luggage.

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

8:45 – 9am – Students make their way to the buses.

9am – Depart for Camp.

Arrival details (Wednesday 12 June 2013):

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.

REHEARSAL schedule for camp week:

Wednesday 12 June – Intermediate Band - cancelled as all students away at camp
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 – 20 June 2013

Information and permission notes will be sent home this week. For parents wishing to attend, tickets will be available on the Dickson website in the next couple of weeks www.dicksonsmusic.com.au

The Yamaha Band Festival provides:

- An adjudicated festival performance and a recorded adjudication,
- A performance opportunity on a professional stage at a good venue,
- Festival Awards – Gold, Silver, Bronze, Merit or Diamond
- Certificates of participation for each playing band member

All senior band students should be practising the competition music pieces ‘Of Distant Peaks’, 'Rolling in the Deep' and 'Pirates of the Caribbean' at least 4 times per week. The competition is only 2 weeks away. Parents please encourage your child to PRACTISE – mini performances at home, sit with them whilst they practise, whatever it takes, they all really do need to practise A LOT MORE.

TERM 2 - dates for your diary

- 11 – 12th June - Band camp for ALL bands
- 17th June - Band committee meeting, 5pm in the Staff room
- 20th June - Senior Band– Yamaha Band Festival
- 25th June – Mid-Year Concert (in the NSDS Hall) – All Bands

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

ARE YOU LEAVING THE CAR AT HOME?

Many students have continued to walk to school after Walk Safely to School day. This is a very positive outcome for NSDS as we hope to continue reducing the traffic congestion in McHatton Street. Please remember to remind children about road safety while walking to school. If you must bring the car, please be aware of high pedestrian activity around our school and park safely and legally. If you are interested in joining our walking buses, 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.
Sydney University: Partnership Updates

Research at the Dem is now in progress!
Agnes Hu is a PhD student at the University of Sydney and she is currently conducting research focused on investigating new learning methods to enhance students’ learning. Agnes has now commenced her study in the area of Mathematics with Year 5 students at the Dem.

To complete this project, Agnes would like to have as many Year 5 students participate as possible. If your child is in Year 5 and you would like them to participate in this research study, please return the permission note to your child’s teacher as soon as possible.

The findings of the study are expected to provide educators and instructional designers with empirical evidence to design more effective instructional materials. If you have any questions regarding the study please contact Amanda Vaga.

amanda.coroneos@det.nsw.edu.au

Practicum Students
Welcome to Miss Elizabeth Goh who will be completing her Practicum with 3CP.

For further information about the partnership with the University of Sydney please visit our school Website. http://www.nthsyddem-p.schoo ls.nsw.edu.au/our-school/the-demonstration-school

Amanda Vaga
Assistant Principal & Practicum Coordinator

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.

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.
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.
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.

Sincere thanks to our major sponsor
McGrath Neutral Bay / Mosman
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.
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
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

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

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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 282 171
or email: dojo@whitewolfdojo.com.au

White Wolf Dojo is Located at:
Kick Dance Academy
40 Morrenburn Av (Cnr Willoughby Rd)
Crows Nest/Naremburn

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

Learn Music on Keyboard at North Sydney Dem School Enrolment Term 2

* Music theory * Instrument playing
* Ensemble practice * Fun music games
* Music material included
* Instrument not required initially

Smart Kids Love Music!
Call to enrol: 9411 3122 (business hours during school term)
www.learnmusicatschool.com.au