Dear Parents/Carers,

Welcome Back!
Welcome back to school and to an action packed Term Three. This term we have an abundance of opportunities where students can get involved and show their talents. Make sure you check the calendar out on the next page and note the dates in your diary as there are many events you won’t want to miss!

As most of you will be aware I have spent the past two terms working as School Education Director in the Northern Sydney Region. It was a great opportunity to see our Public Education System from another perspective and to have a closer look at what other schools are doing in the Region. Much of what I saw and experienced over the semester confirmed what a great place the DEM is and I’m looking forward to sharing what I have learnt with you over the term. I must admit, while it was a wonderful and worthwhile experience working at a regional level, it was a great feeling to walk back through the gates on Monday. As they say ‘there’s no place like home’.

Thank you to everyone who made Catherine Williams feel so welcome during her time here at the DEM. Catherine is a wonderful educational leader and I know that she really enjoyed her time getting to know the students, staff and parents. I would like to particularly express my thanks to Ashley Grimmond for all of the work he has done over the course of the semester which was above and beyond the expected and which ensured a smooth transition into 2013. I would also like to say a special hello to our 2013 Kindergarten students and to all of the families who have joined us here at the DEM for the first time in 2013. I’m looking forward to getting to know you all this term.

Dr C J Maker

Last Term we communicated to you that we had the very great privilege of having Dr C J Maker working with our school on a research project that will explore real world problem solving in the classroom. We have begun the pre testing that will be involved in the project and you should by now have received a permission note for your child to anonymously participate in the study. If you haven’t returned the form already, another form will be sent home this week. Please complete and return the form ASAP.

This week seven of our teachers will be participating in five days of workshops with Dr Maker to learn the processes and skills required to develop and teach this model of problem solving. The teachers participating in the workshops are: Ms Turner, Ms Penn, Ms Cook, Ms White, Mr Baldwin, Mr Mackie and Ms Watts. We are looking forward to seeing how we can further develop the ability of our students to engage in real world problem solving and will be communicating the results as they become available.

2014 Enrolments

Now’s the time! If you have children who will be enrolling in school for the first time in 2014 please download the enrolment forms from the website or visit our friendly office staff to complete an enrolment form. You will also need to bring your child’s birth certificate or passport, proof of address and immunisation records.

Next P&C Meeting: Wednesday 24 July 2013

Please note that the P&C Meeting previously scheduled for tonight (Wednesday 17 July 2013) has been postponed and will now be held on Wednesday 24 July at 6:30pm in the Library.

Myra Wearne, Principal
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Dem News and Notices!

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.stewarhouse.org.au/](http://www.stewarhouse.org.au/)

Please also return or donate uniforms and clean underwear for younger children to the School Office. In the colder weather students are having a few more accidents. If you have borrowed or have any spare uniforms, underpants or socks for younger children please bring them to the School Office. Thank you.

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.

This week’s K-2 FabStars are Lisa from KML and Ophelia from KGW. These girls showed what caring friends they are when they helped another student find her lost toy. Thank you girls for being so kind!
BAND NEWS

Dates for your diary
- 22 July - Band Committee meeting, 5pm in the staff room – all band parents welcome
- 1 August – Education Week performance – Senior Band
- 2 Sept - Band Committee meeting, 5pm in the staff room– all band parents welcome
- 5 Sept – Festival of the Arts – details TBA
- 6 Sept - North Shore Primary School Band Festival – Senior Band – details TBA
- 12 Sept – Junior Band Concert – NSDS Hall - Junior band only
- 2 Dec – End of Year Band Concert – All bands – held at Leagues Club

Band rehearsals
Band rehearsals resume this week.

Please ensure your child is at the hall promptly at 7:45am on their band rehearsal day. ALL parents please allow time to assist your child to set up their instruments especially percussion, this is to ensure that band can start on time.

Junior Band Conductor
This week we warmly welcome our new Junior Band Conductor, Heather Davies, who is looking forward to working with our wonderfully talented Junior Band students. Heather has a broad musical background, including directing community bands and choirs, working as a performer and most recently co-ordinating the Sydney International Brass Festival.

Education Week
The Senior Band will be performing during Education Week. This performance will be on Thursday 1 August 2013, which is the normal rehearsal day for the senior band. Further information regarding the time of their performance will be provided soon.

Practice
After a wonderful two week break, it’s time for students to resume their regular practice sessions at home.

Regular practice (preferably 4 -5 times a week) is vital when children are learning an instrument. If they don’t practice they may fall behind, lose confidence and eventually give up. Parents you might like to consider a practice chart or reward system which works well for most students.

Practice sessions for Junior & Intermediate band students should be approx 15 minutes and 30 minutes for the Senior band students.

Please help your child to practice by creating a regular space in their schedule and a suitable space with and instrument stand and proper chair.

Enquiries
Band Committee Secretary, Melissa Lanigan MELISSA.LANIGAN@det.nsw.edu.au
Premier’s Spelling Bee

North Sydney Demonstration School will again enter the Premier’s Spelling Bee this year. For the past few years NSDS has focused on improving the way we teach spelling in the school and teachers have programmed carefully for the explicit teaching of spelling each week. Entering the competition allows for an additional school and home focus. For the competition we are allowed to enter two students from Stage 2 and two from Stage 3 who will go on to the regional final.

It is not compulsory for students to enter the competition however all students will have access to the spelling lists and they will be involved in their regular spelling lessons as well as mini spelling bees within the classroom and the grade. 12 students from each year group will be selected by teachers using data from the weekly spelling activities, student writing samples, as well as mini spelling bees and activities within the classroom and the grade. We will conduct a final school spelling bee on Thursday 8 August, which will run exactly the same as the state final. The two students who are not eliminated from each stage at the conclusion of the spelling bee will represent our school at the regional finals.

For our school final, the regional and state final, students will be given words from the lists to spell aloud. There are six rounds of words taken from the word lists provided. If students should get through to the final round they are then given words from the unseen list.

We are hoping that this will be a fun experience for the students which can extend the learning of spelling into the home. For students to be successful they need to learn as many words as possible on the lists as well as being curious about words they come across while reading and in their everyday life. It is important that parents provide lots of opportunities for their children to practise spelling words aloud, at home.

The spelling lists can be found at:


Click the word lists that your child requires and you will then be prompted for a username and password.

Username: teacher

Password: samsung

You will also find information about spelling activities and the competition rules at this address. Once again this year, The Arts Unit is pleased to announce that the Principal Sponsor Samsung will place a free Spelling Bee app in the Samsung Apps store. The app will provide students with the opportunity to practise spelling the official words of the 2013 Premier’s Spelling Bee. The app will be available soon at www.samsungapps.com/

If you should have any questions regarding the Premier’s Spelling Bee that cannot be answered by logging on to the website, then please do not hesitate to contact me via email sue.manning1@det.nsw.edu.au

Sue Manning
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 later in Term 3.

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**TheDem Community News**

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

**AD/HD Parenting Program at Macquarie University: Term 3 2013.** The Department of Psychology at Macquarie University will be running a Parenting Program open to parents who have children between 6 and 12 years of age who have been diagnosed with AD/HD. Please contact Julie Chesterfield on 0412 414 114 or Julie.chesterfield@students.mq.edu.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. 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)
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.
PIANO TEACHER IN KIRRIBILLI

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

Accelerate sight-reading ability; develop strong technique and expressive playing.

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

DRAMA DEVELOPS KIDS

We all want our kids to be confident. You’ll love your child’s growth in confidence, creativity and communication skills through our self-development drama programme.

CLASSES HELD AT ST JOHNS CHURCH WILLOUGHBY

More Information
1300 OGRADY | Jasmine 0404 842 886
sydneynshore@helenogrady.com.au
www.helenogrady.com.au

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