Wednesday 24 July – Week 2 Term 3

Dear Parents/Carers,

**Congratulations Manon Lim**

Congratulations to Manon Lim (year 6) who has become the 2013 Australian National and State Archery Champion following her successful performance at the 2013 Australian National Indoor Championship last weekend (20-21 July). In the 2013 outdoor Australian Archery Youth National Championships held in Brisbane, Manon came 2nd in Field Cub Girls Recurve division and 5th in the Target Cub Girls Division. What an outstanding accomplishment. Well Done Manon!!!!

**Lions and Tigers and Bears!!!**

Yesterday Kindergarten headed off to Taronga Park Zoo to consolidate their learning about ‘Living Things’. The children, teachers and parents had a brilliant time and I’m sure all slept well last night.

**Gifted and Talented Conference – Visiting Educators**

This week the NSW Department of Education and Communities proudly presented the 2013 Gifted and Talented Education Conference at Darling Harbour. This three day event celebrated creativity and innovation in gifted and talented education and featured world renowned speakers such as Dr CJ Maker and Dr Joyce Van Tassel-Baska. As part of the conference program, educators were invited to visit an exemplar primary or high school to learn more about how teachers successfully cater to the needs of a diverse group of students. North Sydney Demonstration School was selected as an exemplar of gifted and talented education in the Northern Sydney Region. I would like to convey a special thank you to Ms Melissa Turner, Ms Nina Cook and Ms Andrea Watts for opening up their classrooms and allowing the visiting educators to observe and learn from their practice.

**Cyber Safety Presentation Year 5 and 6**

Representatives from the NSW Police Force visited our school today to conduct education sessions with our students on Bullying and Cyber Safety. The Youth Officer spoke to years five and six about how to keep safe on line and the importance of showing care and respect for others when online.

**Field Athletics Carnival**

A reminder that the Field Carnival is on tomorrow for all students turning 8 years or older. On Monday all students will attend the Track Carnival. If you have not returned your child’s permission note please send/email it in as a matter of urgency.

**Myra Wearne, Principal**
Dem News and Notices!

Please add the following date to your Term 3 calendar:

**Wednesday 14 August** – Year 3 camp information session in the School Hall starting at 10:15am. Parents welcome.

Volunteer needed to help with Home Readers please!

NSDS is looking for a volunteer to assist with the sorting of home readers. The task will take approximately 1 hour per week and can be completed at any available time during school hours.

If you are interested in helping out, please speak with Jill Donnelly or email her at: jill.donnelly3@gmail.com

*Thanks in advance!*

*NSDS Literacy Committee*

Please return Stewart House Bags to the McHatton Open Area by Wed July 31 2013

Please support Stewart House by returning your bag filled with unwanted clothing to the McHatton Open Area by Wednesday 31 July 2013. Thank you to all of the families who have already brought in bags of clothing. [http://www.stewarthouse.org.au/](http://www.stewarthouse.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.

BAND NEWS

**Dates for your diary**

- **Mon 29 July** - Band Committee meeting - 5pm in Staff Room - all Band parents welcome;
- **Thursday 1 August** - Education Week - Open Day performance - Senior Band;
- **Mon 2 Sept** - Band Committee meeting - 5pm in Staff Room - all Band parents welcome;
- **Friday 6 Sept** - North Shore Primary School Band Festival - Senior Band;
- **Wednesday 11 Sept** - Festival of the Arts - details TBA;
Education Week – Open Day performance – Thursday 1 August 2013
The Senior Band will perform several pieces at the Education Week Open Day (a normal rehearsal day).

Senior Band members are to wear their band uniform for this performance. Band uniform consists of band t-shirt, blue pants/blue culottes, blue socks/blue stockings and black shoes.

North Shore Primary School Band Festival
Information and intention to participate forms were sent home last week, please complete and return to the office or Melissa Lanigan ASAP.

Rehearsal Attendance
All children are expected to attend rehearsals every week. Being a band member is just like being part of a sport team. Students are expected to attend all the scheduled rehearsals and all of the performances. This ensures that both the student and their band are able to achieve their best performance.

A band relies on a balance of sound, both at practice and in concert conditions. If a student doesn’t turn up, it makes rehearsals less effective for the rest of the band and diminishes the quality of the performances.

If your child is unable to attend it is expected that you notify the Band Secretary Melissa Lanigan, Band Co-ordinator (parent representative) or Band Conductor of your child’s inability to attend.

Joining the school band is a commitment for the entire school year. Band is a commitment to the whole band unit (team). Parents before allowing your child to withdraw from band please remind them of their commitment to band and please keep in mind that some instruments do take a while to master, practice is the key.

Arrival for the morning rehearsal is 7:45am SHARP. It is important that all members of the band arrive at this time so they can set up and be ready for a 7:50am start (and not interrupt rehearsal).

All students are required to assist with setting up of band equipment before practice and packing away after practice. Instruments, music folders and books are required for all rehearsals.

Interesting music facts
- The world’s best-selling musical instrument is the harmonica.
- A Swiss study of 1,200 children showed how playing music improved children’s reading and verbal skills by improving concentration, memory and self-expression.

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

Term 3 Pre Service Teachers at the Dem
This term we will be welcoming Pre Service teachers from the Master of Teaching and Bachelor of Music programs.

Master of Teaching (MTeach) Interns
We would like to welcome back the following Pre Service teachers who are completing their Internships this term at the Dem:

Mr Andy Irwin on 2JP
Miss Suzanne Fourie on 4MT
Mrs Sonata Madambikat on 5SS

These Pre Service teachers have completed their University course requirements and are now fully qualified teachers. As such, they are considered as Associate Teachers. In addition to taking on part of the teaching load, they will be completing an Action Learning project based on a specific area of interest.

Bachelor of Music Students from Sydney Conservatorium of Music
Starting in August, these students will be visiting the Dem each Monday in preparation for their two week Practicum experience in term 4. We look forward to welcoming:

Miss Iris Xinyang Li on KTH
Miss Alexandra Ede on 3EG
Miss Grace Paik on 6AW

For further information about the partnership with the University of Sydney please visit our school Website.

Amanda Vaga
Assistant Principal & Practicum Coordinator

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.
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
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

The Australian Performing Arts Grammar Open Day Saturday 17 August, 2013, from 11am – 2.00pm. Register your attendance today: admissions@apgs.nsw.edu.au
Some scholarships for 2014 and 2015 are still available to students who come along on our Open Day. www.apgs.nsw.edu.au
APGS: 255 Broadway, Glebe, NSW 2037
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

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