Thursday 15 August – Week 5 Term 3

Dear Parents/Carers,

Spelling Bee – Congratulations Finalists!
Last week we held our school finals for the Premiers Spelling Bee. Thank you to everyone who participated and congratulations to the four finalists who will now represent the school at the Regional Final. They are:

- Maille Alpen Year 4
- Christie Huang Year 4
- Hannah Claridge Year 4
- Luke Krawchuk – Year 5
- Amber Setchell– Year 6

Waverton Hub Launch
A small group of volunteers in our local area are setting up the Waverton Hub so that residents of Wollstonecraft, Waverton and neighbouring areas can age well in their own homes. The aim of the Hub is to make our local area more age friendly with more people taking responsibility and looking out for older people. While many activities are already happening, the official launch of the Hub is planned for Sunday September 22 (first Sunday of the holidays) from noon until 4pm. There will be snack, coffee and ice cream carts and plenty of age friendly merriment for kids, grandkids, friends and neighbours. We are hoping to be able to send our Senior Band to perform on the day if their holiday plans allow for it. The school would like to support this great initiative and are hoping to invite some of our older local residents along to a grand-parents morning tea at the school in Term Four. The morning tea might be an opportunity for the children to ‘adopt a grandparent’ for the morning and will help us to play a supportive role in our local community. I have attached the most recent HUB newsletter to our newsletter to raise awareness of this worthwhile community venture. Refer to page 10.

Book Parade
Don’t forget to check your dress up boxes this weekend in preparation for our annual Book Parade on Tuesday 20 August at 9.15. Children can come dressed as their favourite character for the day. A gold coin donation is requested which will be used to support the charity Room to Read. All welcome.

Year 5 Camp
Good luck to Year 5 and their teachers who head off to Canberra next week for their three day camp. Have a great time!

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

**Uniform Shop Sale:** The Uniform Shop is having a sale of oversized winter track clothes ($5) from 2:30pm Friday 16 August 2013.

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**2013 Book Week Parade**

**Week 6 Tuesday 20 August 2013**

Dress as your favourite book character!

9:15am  Classes to go to designated area and be settled.
9:20am  Welcome (Alice Bennett) and opening ceremony (1LT & 5SS).
10:45am (approx.)  Parade finishes.

**SRC FUNDRAISER – please donate lucky dip prizes to 2LJ or 5/6KS classrooms**

On Thursday 29 August 2013 the SRC will be holding a "lucky dip" fundraiser for the Fred Hollows Foundation. Students are asked to wear mufti and bring a gold coin donation. There will be a lucky dip at lunchtime which will cost an additional 50 cents per "dip".

Please donate small gifts (erasers/fun pencils/small toys/balls etc) to be used in the lucky dip! Please deliver any donations to Lisa Jardin (2LJ) or Karin Sundic (5/6KS) by Monday 26 August 2013.

Thank you for your support
Karin Sundic & Lisa Jardin SRC coordinators

**SPECTRA SCIENCE PROGRAM**

If your child is in years 1-6 you will have received a note last week informing you of an exciting home science program that we are offering again this year - SPECTRA, which is intended to encourage and excite students to do science experiments.


SPECTRA has close links to the Australian Curriculum and has been developed by the Australian Science Teachers Association. It offers a range of science topic cards where students complete activities related to their chosen topic. They carry out a range of practical and observational activities, research, experiments and projects.

If you are interested, please return the form and payment (cash or cheque only) to your child's class teacher or the office by Friday 23 August.

Please note that this is identical to last year's program, so please take care to order different topic cards.

If you have any other questions please contact Jo Penn (2JP).
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 FabStars for this week are Hunter, Jack & Lucas from Year 1. On plant-a-tree day, these boys showed wonderful care for our school environment by choosing to walk around a garden bed during play-time rather than through it. Well done and thank you boys!

The 3-6 FabStar for this week is Oscar from 4MT for supporting his buddy in the playground.
The Alice in Wonderland production team is still looking for about **20 stools** of all varying styles, shapes and colours. The stools need to be roughly the size of a milk crate.

If you have a stool, can you please lend it to us for the performance in November and we will return it to you afterwards. If you think you may have something that fits this description, please contact Peter Baldwin on peter.baldwin9@det.nsw.edu.au. Thank you for your ongoing help and support!

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**BAND NEWS**

**Dates for your diary**

- **7 Sept** – Band Fundraiser: Election day BBQ
- **9 Sept** – Band Committee meeting: 5pm in staff room
  all Band parents welcome
- **11 Sept** – Festival of the Arts: Senior & Intermediate Bands only
- **12 Sept** – Junior Band Concert: NSDS Hall - Junior Band only
- **2 Dec** – End of Year Band Concert : All Bands – held at Leagues Club

**North Shore Primary Schools Band Festival has been cancelled**

The Senior Band **will not** be participating in the North Shore Primary Schools Band Festival on September 6 due to insufficient numbers of students available on this date. Most of the students unable to attend were the Year 6 children returning from their camp on this day, which meant the 90% required participation rate was not reached. Thank you to those families who indicated their availability to attend this event.

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**Band Fundraiser – Election Day BBQ: 7 September 2013 at NSDS**

The NSDS Band Programme will be holding a fundraising sausage sizzle & cake stand on Saturday 7 September outside the School Hall for the Election voting day.

**Please help to make the Band fundraiser a success by assisting on the stand, donating some cupcakes /cakes or buying something on the day!!!**

All money raised will go towards purchasing new instruments.

Please bring your cupcakes/cakes/biscuits to school on either Friday 6 September or Saturday 7 September. A cake donation table will be placed in the McHatton Building.
‘Open Area’ for donations that are dropped off on Friday 6 September. Alternatively, you can bring your cakes directly to the Tuckshop on Saturday 7 September!

Sincere thanks to McGrath Real Estate for supporting our fundraiser.

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

Library News

2 weeks until the end of the 2013 Challenge! If your child has finished reading the minimum number of books for the challenge, why not encourage your child to carry on reading, record the book titles and let Mrs Bennett the library teacher have the list so your child can be recognised for his/her extra achievement?

Book Week 2013 - Read Across the Universe.

Book Week is in Week 6 but we have started our celebration early. Since Week 3 our students have been exposed to this year’s Book Week shortlisted books like It’s A Mioocool (Christine Harris), Herman and Rosie (Gus Gorden) and Pennies for Hitler (Jackie French).

Yesterday years 1,3,5 and 6 welcomed QLD based author and illustrator Cameron Stelzer to our school and thoroughly enjoyed the activities that they did with Cameron. Students in years 5 and 6 were given a presentation on what inspired him and how he created his latest series Pie Rats. Year 3 students were given a virtual tour and heard Cameron discussing how his picture books are made. Lucky year 1 students shared some of Cameron’s secrets and learned a lot about the origin of his main character – Stroogle from his successful books – The Stroogle, The Strooogle and the Golden Dragon and various other Stroogle related books.

Tuesday 22nd Aug (Week 6) is our annual Book Week Parade Day!

Dress up as your favourite book character, bring the book along with you (if possible) and enjoy the wondrous sight of the whole school dressed up to celebrate books and reading. Home made costumes and fun/funny outfits welcome.

Please bring a gold coin for charity. All money to ROOM TO READ, an organisation that sets up schools and libraries in poorer areas of underdeveloped countries.

Website: www.roomtoread.org
Single with Children is a non-profit social organisation run by single parents that organises social activities every week for single parents as well as their children. 1300 300 496. www.singlewithchildren.com.au

The Annual Women's Night of Spirituality 7:30pm 10 September 2013 at St Mary's Church North Sydney. Hosted by Caroline Jones and features 3 speakers who will share their stories, enhanced by beautiful music from professional musicians. Supper and conversation afterwards.
Speakers: Viv Benjamin CEO Oaktree Foundation - Young people working together to end global poverty; Sr Brenda Kennedy Principal Holy Family Primary School, Emerton, Mt Druitt - Passionate educator and advocate for children in great need; and Gail O'Brien Dedicated to Lifehouse, the comprehensive cancer care work envisioned by her late husband, Dr Chris O'Brien.
Parish Contact: Frances Tilly, 8918 4104 Email: francest@sjparishnsw.org.au

Happy Camp on Saturday 21 September 2013 is for children aged 5-12yr and is run by the Nan Tien Temple. Nan Tien Temple,180 Berkeley Rd, Berkeley, 2506 NSW. Phone: 42720612 Email: zhili.shi@yahoo.com.au

First Child Tax Offset. The First Child Tax Offset was introduced to compensate parents for reduced income that followed the arrival of a child born between 1 July 2001 and 30 June 2004. The ATO has now put a deadline on making a claim.
Parents who contact Twelve Chartered Accountants will be given further information on what their entitlements may be and how they can claim it. This information will be provided by us FREE of charge.
If you would like any other information please do not hesitate to call 02 9524 2744, email childoffset@twelve.com.au or see http://www.twelve.com.au/family_benefits
North Sydney Demonstration School is pleased to expand its Seido Juku Karate Program. Term 3 Classes start on Monday 15th July 2013. Register your child for Karate classes now!

What your kids will learn
- They'll treat others with respect
- They'll develop self-confidence
- They'll develop coordination skills
- They'll learn self-discipline
- They'll learn to defend themselves
- They'll have fun in our classes

Kid's Karate Timetable
- Mondays 6:00-6:45pm (Hall)
- Wednesdays 6:00-6:45pm (Hall)
- Fridays 4:00-4:45pm (Hall)
- Saturdays 8:00-8:50am (Hall)

Join us for a free trial class, contact us on 0411-821-531 or send us an email at inomao@ozemail.com.au

For information on advertising rates contact Rachna Chandna at demadverts@hotmail.com

Advertisements do not indicate endorsement by the school.
WAVERTON MUSIC STUDIO

Classical music lessons available just a minute walk from North Sydney Dem - suitable for beginners through to advanced students. Young, energetic, intellectual teaching approach guaranteed to develop deep musical appreciation and understanding, fast progress, solid technique and outstanding exam results. Both Suzuki and AMEB methods offered, or simply learning for leisure. Students will gain a life-long skill and artistry, transcending even that of simply the musical realm.

Teacher credentials: AMusA (distinction), LMusA, 8 years teaching experience with various students achieving A+ in 7th grade AMEB and above.

Contact: Emma Donnelly, Mob: 0404915878, Address: 2B Priory Rd Waverton NSW 2060
Bad Breath Culprits

Ever wanted to know what causes bad breath? You’d be surprised.

Nobody likes halitosis; or bad breath as it’s commonly referred to. It’s an undesirable problem when you’ve just woken up and morning breath is taking the spotlight at the breakfast table. Or, you’re on the train to work and the only spare seat is sitting next to a commuter exuding a horrible stench out of their mouth upon every word spoken.

We’ve all been in either situation at some point in our life. And it’s worse when your mouth is the actual offender that is causing discomfort to others. So put an end to bad breath through self-education. By knowing what’s causing it, you have a better chance at preventing bad breath from becoming a problem.

In a nutshell, bad breath occurs when odour-producing bacteria develops in the mouth. There are a few factors that cause this, such as poor dental habits, which can lead to an unhygienic mouth, a dry mouth (side effect from various medications) or even consuming certain foods with strong odours (garlic or onions).

When a person fails to brush and floss their teeth sufficiently on a daily basis, food particles are more inclined to stay behind in your mouth. This is a catalyst for plaque and bacteria growth between teeth, gums and on the tongue, ultimately releasing sulphur compounds and causing bad breath. The same goes for overpowering foods. Onions and garlic contain pungent oils which are absorbed into the blood stream and expelled by the lungs.

Curing bad breath
There is no one-off, quick fix to cure bad breath. Though, there are a few helpful remedies and prevention methods that can fight it.

• Brush your teeth for two minutes, twice a day with combined flossing to ensure your mouth is getting a sufficient clean. This prevents plaque build up and bacteria growth.
• Be sure to brush your tongue, as it’s a main attraction for bacteria.
• Gargle your mouth with a water and salt mixture or an antiseptic, plaque reducing mouthwash which fights oral bacteria.
• Replace your toothbrush every three months. An old toothbrush with worn-out bristles is a breeding ground for bacteria and brushing with one will only transport germs into your mouth.
• Drink lots of water to keep your mouth moist and chew sugar-free gum. This produces more saliva which can help wash away food particles and bacteria.
• Visit your dentist for regular dental assessments. They are trained to detect and treat periodontal disease, excessive dry mouth and other instigators of bad breath.

Make a hygiene appointment with Ms Jodie Gare to discuss any concerns you have regarding your breath and she will provide you with a clean and some tips.

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@nssdp.com.au
W www.northsydneydentalpractice.com.au

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

*Thurs 6pm-9pm by appointment
Hub activities begin
Prior to the official launch on Sunday 22 September, eight activities are offered as “taster events”.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Details</th>
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<tbody>
<tr>
<td>Walking</td>
<td>August 7.30 am and 9.30 am</td>
<td>Meet at the Waverton Pharmacy at the starting time. (No charge)</td>
</tr>
<tr>
<td>Physiotherapy and Exercise</td>
<td>August 6, 13, 20, 27</td>
<td>A program of balance and falls prevention from NSW Health for building the confidence of older people. See: <a href="http://www-steppingon.com">www-steppingon.com</a> for details. (No charge)</td>
</tr>
<tr>
<td>Petanque (Boule)</td>
<td>August 8, 22</td>
<td>Bring hat, water and sunscreen. Boules are available. (No charge)</td>
</tr>
<tr>
<td>Qi Gong</td>
<td>August 31, 7, 14, 21, 28</td>
<td>Five sessions remaining ($10 per class). Pay teacher at session</td>
</tr>
<tr>
<td>Wednesday Games Day</td>
<td>July 31</td>
<td>Mah Jong; bridge; 500; scrubble and bowls (with trained instructor). (No charge)</td>
</tr>
<tr>
<td>Computer Training</td>
<td></td>
<td>Wear flat smooth-soled shoes if bowling. Light refreshments available. Disabled parking spots ph. Club 9955 2729. Enquiries: Dorothy <a href="mailto:dorog@inet.net.au">dorog@inet.net.au</a></td>
</tr>
<tr>
<td>Four week courses at CNCCC</td>
<td></td>
<td>Variety of courses available at Hub Members’ discount rate ($35). For details see <a href="http://tinyurl.com/cnccc-courses">http://tinyurl.com/cnccc-courses</a>. Contact John Cunningham 9460 8866 or <a href="mailto:smauge24@tpg.com.au">smauge24@tpg.com.au</a> for more details. Transport to and from courses at CNCCC, 2 Ernest Place, Crows Nest can be arranged.</td>
</tr>
<tr>
<td>Wine Tasting</td>
<td></td>
<td>Enjoy your visit, stay on for Dinner at the Club if you wish</td>
</tr>
<tr>
<td>Speakers program</td>
<td>27 August 12.30 to 2 pm</td>
<td>&quot;Challenges for Australian Diplomacy&quot; Colin Chapman, President NSW Branch Australian Institute of International Affairs Bring your lunch. (No charge)</td>
</tr>
</tbody>
</table>

Updates to the Calendar of Hub Events are available on the Waverton Hub page in the North Sydney Council web site at this address: [http://tinyurl.com/WWhatNSC](http://tinyurl.com/WWhatNSC).
Building the Hub
We now have 65 residents working on building the Hub
- 10 in the Establishment Group
- 15 Office/ Membership and Communications Coordinators Teams
- 40 Activity Group Conveners and Leaders
Thank you all!

SPRING FESTIVAL LAUNCH FOR WAVERTON HUB
Noon- 4pm Sunday 22nd September
Brennan Park
Hazelbank Road and King Street
All welcome

Bring a picnic lunch or grab a snack from the snacks, coffee and ice-cream carts. There’ll be plenty of age-friendly merriment for kids, grandkids, friends & neighbours:
- bushing – all ages welcome-
- musicians
- magicians
- jugglers
- tai chi
- qigong
- En plein air artists – bring your easel, sketch book
- Speakers’ Corner- 4 minutes on any topic you are passionate about
- Plant a tree
- Play Mah Jong, petanque, badminton, throw a Frisbee.

Cinematographer, Anna Howard is making a short documentary about the Hub and will be filming at the launch. Let Anna’s assistant know on the day if you don’t want to be photographed.

In the event of very wet weather, the Launch will be held at Crows Nest Centre, 2 Ernest Place. If you have other ideas for launch activities, please drop them in the Hub mailbox at the Waverton Hall or email us.
Check our web page at the North Sydney Council for updates
http://tinyurl.com/WHatNSC

Walking Group
Let leaders Jan Armour, Vera Yee and Philip Pik know if there is a walk you’d like included in the October to December Calendar. Please email any suggestions by Aug 18 including: the proposed day and date, the meeting place and time, the approximate duration, and a brief description and the destination of the walk. Include any safety and/or topographical issues, the grade of the walk (e.g. easy, medium, hard), the proposed walk leader’s name and contact details. Email suggestions for walks to wavertonhub@gmail.com to be passed on to Philip, Vera and Jan. Please feel free to discuss your ideas with them before submitting your suggestion.

An Update on Support
We’ve received a further grant from North Sydney Council of $2,000. We’ve also had the following contributions:
- Sunrise Rotary $1000 (for the First Aid course and equipment).
- North Sydney Rotary for two laptop computers
- Luna Park Management:$500 donation
- Anonymous: $500 donation
- We have also received a lot of professional advice pro bono

Thank you to all these generous organisations and people!
We have a target of raising $20,000 from fees and donations for the first year of operation. So donations are most welcome.

Our immediate priority item is completing our Website build. Again members are actively contributing with their skills and time though we need funds to complete the work. We also need seed funding to engage a paid manager ($120,000 over 2 years) and we have approached NSW and Federal Governments for this.

Lower North Shore Community Transport Update
Until we have a paid manager, we are not able to organise local transport for you. You can seek the access which is available at their website:
http://www.easytransport.org.au/lower_north_shore

National Aged Care Policy
The Commonwealth Government’s MY AGED CARE website is now up and running:

One of the services a fully -fledged Hub will deliver is to help you to navigate the new highly centralised national system.

Coming Soon:
Your Invitation to Join the Hub
Forms will be distributed before the Launch
Join before or at the Launch
Membership to 30 June 2014 – $66
Full Commonwealth Pension recipients – $10

In case of emergency (ICE) Put ICE in your mobile phone’s address book and list the name and number of the person you want to be contacted in an emergency. For more information see:
http://www.telstra.com.au/abouttelstra/advice/mobile/ice/LOST: A Blue Monet Ladies Umbrella was lost at the Orientation Session on Tues 16 July. If you spot it, please let us know wavertonhub@gmail.com.