Wednesday 21 August – Week 6 Term 3

Dear Parents/Carers,

Book Week Parade – A Great Success!!!

What a fabulous time was had by all students and staff at this year’s book parade. We had Harry Potter, Sleeping Beauty, a Paper Bag Princess, Cat in the Hat and even the Ginger Bread Man. Thank you Mrs Bennett, Mrs Milicevic and the library committee for a great event.

Story Time

This week we have continued our celebrations of book week with Story Time. Every morning this week a different parent has joined us after recess to read aloud to our students. I would like to say a big thank you to Prerna Ganguli, Marianne Schmidt, Laurenz Liberton, Angus Finney and Jeremy Bogan who have given up their time to share their love of reading with our children. Well done again to Mrs Bennett for a great idea and a fantastic book week.

Year 5 Off to Camp

Year Five were all dressed up in the winter woollies and excitedly boarding the buses at 5.30AM on Wednesday morning. They had three action packed days ahead of them and had every reason to be excited. I spoke to Mrs Jamieson this morning and she wanted me to convey to the year 5 parents that the children are having a great time and the organisers of many of the activities are commenting on how well-mannered the students are. Well done parents!!

Yum Yum – Year 6 Cake Stall

Don’t forget the Year 6 Bake Stall on Monday at recess. Children can bring along a gold coin and purchase something yummy.

Spellathon 2013

Spellathon Cards went home this week. The test will occur on Friday 6th for years K-5 and Monday 9th for Year 6. Anyone available to help with the marking on Friday 6th September please email me at myra.janes@det.nsw.edu.au

Changing Families and Supporting Children

KU Dem School Kids Care and NSDS have organised a session for parents on how to support children when families undergo changes like separation. Please see page 7 for more information.

Myra Wearne, Principal
Term 3 Calendar Updates

Please add the following date to your Term 3 calendar:

- **Friday 6 September:** Spell-a-thon Test Off!

Please also note the following change:

The Festival of Arts Band performance was scheduled to be held on Wednesday 11 September 2013. This event will **now** be held in Term 4 on Wednesday 16 October 2013.

SPECTRA SCIENCE PROGRAM – Last day for forms & payment: Friday 23 August

Reminder: the last day for Spectra forms and payment (cash & cheque only please) is Friday 23 August. Please note that this is identical to last year's program, so please take care to order different topic cards. Thank you, Jo Penn (2JP).

Year 6 Bake Stall – Monday 26 August

Year 6 will be running a Bake Stall on Monday 26 August 2013 at Recess in the McHatton Playground. Can students please bring up to $5 to spend on cakes, etc.

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

NSDS Skipping Showcase: Friday 13 September

This term we are staging a whole school Skip-Off. This event is to promote skipping as a fitness activity and to raise funds to support the Heart Foundation.

During the term the students from each grade will hone their skipping skills, during PE lessons and with their buddies, in preparation for their class Skip-Off to be held early in Week 8, followed by the Grade Skip-Off at the end of that week.

Friday 13 September will be the NSDS Skipping Showcase. Parents are invited to attend. Students are asked to wear RED and make a gold coin donation in support of Heart Health.

We encourage students to buy their own skipping rope and practise at home if possible.
Suzanne Smith, Year 5 Teacher/Skip-Off Coordinator.
2 more days until the end of the Premier’s Reading Challenge 2013!

If your child has read above and beyond the minimum required number of books for the PRC: K-2 30 books, Years 3-6 20 books, please can you let Mrs. Bennett have a list of the books that he/she have read so they will get recognised for their additional achievement.

Book Week 2013 - Read Across the Universe.

As part of our Book Week celebration, this week we have been having parents coming in to read aloud and share some of their favourite books to our students. What a great way to share the delight of reading as a school community. A big thank you to Prerna Ganguli, Marianne Schmidt, Laurenz Liberton, Angus Finney and Jeremy Bogan for giving up your time to share your love of reading with our students. It was great appreciated and very much enjoyed by all.

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

Thank you all for making this year’s Book Week Parade such an enjoyable day. It was wonderful to see the dedication and enthusiasm of students, teachers, parents and carers, all sharing in their love of books and reading.
FABStar! Features

FABStar! is an initiative to recognise positive behaviours in the playground. A FABStar! slip was drawn from all Year 3-6 the students who received FABStar! slips in recognition of their positive behaviours on the playground last week.

The Year 3-6 FabStar this week is Taylor from 6BN. Taylor showed maturity in helping younger students solve a friendship issue!

Sydney University Partnership Updates!

Semester 2 Research at the Dem

This semester, Erin Byrne from the University of Sydney, will be conducting a study under the supervision of Dr. Paul Ginns. The purpose of this study is to investigate whether gesturing (hand movements) assists learning of non-visual mathematical material, such as algebra. The two primary research questions are:

- Is student gesturing an effective tool to help reduce the cognitive load of students learning mathematics?
- Is gesturing as effective for inherently non-visual materials (eg. algebra) as it is for inherently visual materials (eg. geometry)?

Information and permission notes were sent home with Year 4 students this week. To complete this project, Erin would like to have as many Year 4 students participate as possible. If your child is in Year 4 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.

If you have any questions regarding the study please contact Amanda Vaga.

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

Amanda Vaga
amanda.coroneos@det.nsw.edu.au
**BAND NEWS**

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

**Senior Band Performance Opportunities**
Expression of Interest notes were sent out last week to gauge the availability of students in the Senior Band to perform at two events – the **Crows Nest Festival on 20 October** and the Launch of the **Waverton Hub on 22 September** (see front page of the last school newsletter for details of this event). The Hub Launch is on the first weekend of the school holidays, however it would be another valuable opportunity for the Senior Band to gain performance experience so we hope students who are in Sydney on this weekend will be available to take part. **Can all students please return EOI notes for both events this week to the office or to Melissa Lanigan so that numbers can be confirmed.**

**Junior Band Concert – 6:30pm on Thursday 12 September**
- **Date:** Thursday, 12 September
- **Time:** arrive at 6:15pm for a 6.30pm start.
- **Venue:** NSDS school hall
- **Band required:** Junior Band Only
- **Dress:** Band T-shirt, blue school pants & black school shoes
- **Bring:** Your instrument and music

Junior band students will also have the opportunity to perform a solo, duet or a trio at this concert. They can put their name down at band practice over the next 2 weeks or you can email Elyse, the Junior Band Coordinator, directly on elyse.sainty@bigpond.com before 30 August 2013. Please encourage your child to volunteer to perform a solo piece and to PRACTISE.

All parents, grandparents, siblings and family members are invited and encouraged to attend this evening performance.

**NSDS Band Fundraiser – Election Day BBQ & Cake Stall**
**Saturday 7 September, 8am – 2pm (outside the NSDS School Hall)**

All money raised will go towards purchasing new band instruments. **Please help to make the NSDS Band fundraiser a success.**

**Please donate some cupcakes/cakes for the stand.** (Bring your cupcakes/cakes/biscuits to school on either Friday 6 or Saturday 7 September – a table will be placed in the McHatton Building ‘open area’ for cake donations or you can bring your cakes directly to the Tuckshop on the Saturday!)

**Please volunteer to work on the BBQ & cake stand** anytime between 8am – 2pm. Please email ASHLEY.GRIMMOND@det.nsw.edu.au with your availability.

**Sincere thanks to McGrath Real Estate for supporting this fundraiser.**

**Enquiries:** Please email Band Committee Secretary Melissa Lanigan MELISSA.LANIGAN@det.nsw.edu.au
Year 5 Activity

"Year 5 have been reading *Chadwick's Chimney by Colin Thiele* in the library. The novel covers the experiences of siblings Ket and Mit and their discovery of a sinkhole adjoining a cave under their property in South Australia. The two are faced with a dilemma when their friends decide to dive the cave in the search for treasure".

Chadwick's Chimney has provided a platform for discussion about cave diving and the associated risks such as the bends. As well as the learning about the risks, Year 5 have considered the benefits of exploration and scientific discoveries in caves and the ocean.

Two Navy divers, Tamam and Danny, visited from HMAS Waterhen and showed Year 5 typical SCUBA and rebreather sets. Year 5 were given the opportunity to have many questions answered, about the divers' experiences in the navy, using undetectable dive sets and the science behind diving.

Abelia Hissink
Teacher Librarian

TheDem Community News

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

**MASSIVE GARAGE SALE:**
WHERE: Holbrook Avenue, Kirribilli – whole street
WHEN: Saturday 31st August 2013 WHEN: 8.30am-2pm
Household items, toys, educational games, educational books, baby items, kids clothing/shoes, adult clothing/shoes, furniture.

**Sydney Girls High School Open Evening Wednesday 4 September 2013 from 3:30pm to 7:30pm.**
Anzac Parade & Cleveland Street Surry Hills. Website: sghs.nsw.edu.au or ph: 9331 2336.

**Northern Sydney Girls Cricket Association** provides cricket competitions to girls aged 8-16 on Friday nights and Saturday afternoons. Twenty/20 is played in coloured clothing and everyone gets to bat, bowl and field. Try our free cricket clinics in August or September. For more information, visit our website [http://nsgca.nsw.cricket.com.au/](http://nsgca.nsw.cricket.com.au/) or email nsgcacricket@gmail.com.

**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](http://www.singlewithchildren.com.au)
KU Dem School Kids Care and NSDS have organised a session for parents on how to support children when families undergo changes like separation.

If you want to know more on how to support children living in two houses, come along and bring a friend!

At KU Dem School Kids Care’s last parent meeting (in term two) parent’s expressed an interest in having an expert come and talk and this is the result of this discussion.

**Tuesday 3rd Sept**

**6.15-7.00pm**

Some child care will be provided in Dem Care

6.15 Relationships Australia
Robyn Stowe. Strategies to help families and children when families separate

6.35 Glynis Sanders, NSDS Counsellor
The learning support team when a child’s world is impacted by divorce.

6.45 Amanda Vaga, NSDS Teacher and co-ordinator of ‘Seasons for change’ program offered at school

7.00 Close
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

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WAVERTON MUSIC STUDIO

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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

Advertisements do not indicate endorsement by the school.
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 horrid 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 Ben Hargreave
Dr Cligdem Kipel  Ms Jodie Gare
(Hygienist)

North Sydney Dental Practice
2nd Floor 83 Mount Street
North Sydney NSW 2060
T 02 9922 1476
E reception@nsdp.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