Dear Parents/Carers,

**Festival of Instrumental Music**

Last night I had the pleasure of attending the Festival of Instrumental Music where 15 North Sydney Demonstration School students performed as part of the NSW Combined Recorder Ensemble. The children have been rehearsing their pieces for many months and performed beautifully in a combined ensemble of 700 NSW students.

Well done kids and thank you Mrs Thomas for all of the hard work that went into making the night so memorable.

**Mufti Day**

Thank you to all the students who came dressed in their mufti clothes today and who donated a gold coin towards this term’s charity. All gold coin donations will be sent to the Fred Hollows Foundation to support the great work that they do in treating and preventing blindness and other vision problems. Thank you Lisa Jardin, Karin Sundic and all of the Student Representative Council students for arranging this fund raiser.

**Year 5 Camp**

Year Five have reported back that they had an amazing time in Canberra last week. The buses pulled out of bay Road at 5.30am last Wednesday morning and returned at 8pm on Friday night with 90 very tired but very happy students. Their days were filled with visits to the National Capital Exhibition Centre, National Film and Sound Archives, Parliament House, Questacon, the War Memorial, Government House, CSIRO Discovery, the Electoral centre and the National Gallery. Thanks you year five for your exemplary behaviour and congratulations Mr Mackie, Mrs Smith, Mrs Thomas, Mrs Sundic and parent helpers.

**Spellathon**

Children are making great progress with their spelling words as part of the NSDS 2013 Spellathon. By now your child should have brought home the Spellathon Sponsorship Card and are hopefully busy learning their words. Students from K-5 will sit their test on Friday September 6th before recess. Year 6 will complete theirs on Monday 9 September when they return from camp. If you are available to mark the spelling tests on Friday 6 September at 10am please send me an email at myra.janes@det.nsw.edu.au. All money raised will contribute towards the purchase of ipads for K-6 and the designing and building of a great new play space in lower pacific playground.

Myra Wearne, Principal
Dem News and Notices!

Term 3 Calendar Updates
Please add the following dates to your Term 3 calendar:

- **Tuesday 3 September** – KU Information Evening on Changing Families and Supporting Children: 6:15pm to 7:00pm in the Library

- **Thursday 5 September** – Year 4 visits the Council Chambers

SPECTRA – no more orders being accepted by the Dem
The Dem Spectra order has now been submitted. If you would like to order any additional Spectra items please contact Spectra directly: [www.asta.edu.au/resources/spectra](http://www.asta.edu.au/resources/spectra).

Thank you.

SRC FUNDRAISER: Thursday 29 August 2013
On Thursday 29 August 2013 the SRC will be holding a Mufti Day and "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".

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.
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 Francesca from KSF. Francesca responsibly picked up several spiky acorns and put them aside so no-one would slip on them. She said she had noticed that lots of children run in the area. Thank you for being so sensible and caring Francesca.

The Year 3-6 FabStars for this week are Alex and Daisy from Year 5. Both showed great concern, support and compassion for others in need.
Welcome MTeach Students!
This week we have welcomed a number of students who are completing the Master of Teaching program at the University of Sydney. These Pre Service teachers will be completing their Practicum over the next four weeks.

We are very excited to welcome:
Christian Brown & Debra Foyer in KSF
Monique Jamgotchian & Michaela Donald (a past NSDS student!) in KAW
Dacre England & Jack Tier in KTH
Priyanka Chowdhary & Noolee Han in 1MT
Michelle Diab & Ashley Pladson in 1LT
Esther Kim & Felicity Morgan in 3CP

As part of the Practicum program, Dr Tony Loughland form the University of Sydney will be running a mentoring program to support these Pre Service teachers as well as their cooperating classroom teachers. In addition to conducting weekly reflection sessions, he will be providing professional development to classroom teachers on using effective coaching and mentoring strategies. We are thrilled to have Dr Loughland back at the Dem and working closely with our staff.

Dr Christine Preston visits the Dem!
This week, Dr Christine Preston will be visiting the Dem to work with a small group of teachers who are completing an Action Learning Project on quality teaching in science. She is a current lecturer at the University of Sydney in primary curriculum studies, science education and early childhood science. Dr Preston has had many years of experience as a science teacher and will be working with staff to design and plan a range of scientific investigations to be implemented in classrooms next term. We are looking forward to working closely with Dr Preston especially in the preparation for the release of the new science syllabus.

Amanda Vaga and Nina Cook - Guest Lecturers in Action Learning
Later this term, Amanda Vaga and Nina Cook will be presenting lectures at the University of Sydney in Action Learning theory as part of the Bachelor of Education Primary program. This will provide the university students with an opportunity to hear about the ways in which our school has developed an innovative professional learning model that involves ongoing teacher development through their involvement in Action Learning Projects. This will provide the students with an opportunity to explore the ways in which professional learning is conducted in the school context and will guide them through the development of their own Action Learning Project.

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

Amanda Vaga
Assistant Principal & Practicum Coordinator
BAND NEWS

Dates for your diary

- **7 Sept** – Band Fundraiser – Election day BBQ
- **9 Sept** – Band Committee meeting, 5pm in the Staff Room
- **12 Sept** – Junior Band Concert – NSDS Hall - Junior Band only
- **22 Sept** – The Waverton Hub Launch – Senior Band only
- **16 October** – Festival of the Arts – Senior & Intermediate Bands
- **20 October** – Crows Nest Festival – Senior Band only
- **2 Dec** – End of Year Band Concert – All Bands – held at North Sydney Leagues Club

Senior Band Performance Opportunities

**Crows Nest Festival** – participation responses have been favourable for this event, thank you. We now have sufficient numbers to participate in the Crows Nest Festival on Sunday 20 October and we are liaising with the event organisers to confirm details. Further information will be provided closer to the date.

**Waverton Hub** (Sunday 22 September) - Unfortunately we have had only 13 students confirm their availability. Phil Molloy from DIM has agreed to conduct the band for this event, however we will require similar numbers to the Crows Nest event, ie: at least 18 students. Myra Weare our Principal strongly supports this event and would love to have the Senior Band perform on this occasion. PLEASE can all parents who have not yet responded email MELISSA.LANIGAN@det.nsw.edu.au ASAP with your availability.

**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 or you can email Elyse, the Junior Band Coordinator, directly on elyse.sainty@bigpond.com before 30 August. Please encourage your child to volunteer to perform a solo piece and to PRACTISE, both with their tutors and independently at home.

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

**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 Sept – 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 - Band Committee Secretary, Melissa Lanigan MELISSA.LANIGAN@det.nsw.edu.au
MASSIVE GARAGE SALE - Holbrook Avenue, Kirribilli Sat 31 August 2013.  
WHERE: Holbrook Avenue, Kirribilli – whole street
DATE: Saturday 31st August 2013
TIME: 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: www.sghs.nsw.edu.au or ph: 9331 2336.

North Sydney Girls High School Open Morning. Wednesday 11 September 2013 from 9:30am to 11:30am. 365 Pacific Highway, Crows Nest - entry from David Street. Website: www.northsydgi-h.schools.nsw.edu.au or Phone: 9922 6666.

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/ 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

NSCC Invites the Community to Celebrate 40 Fabulous Years Friday 13 September from 7pm. North Sydney Community Centre (aka The Leisure Centre) turns 40 this year and everyone who has an association with the Centre is invited to join the party. The celebration will include a feast of Beef on a Spit, Paella, Salads, delicious cheeses and desserts (BYO wine) and wonderful performances by Mic Conway of the 1970s Captain Matchbox Whoopee Band (also the voice of Wags the Dog!) and the Centre’s favourite market band, The Moods. Ticket price includes dinner, entertainment and “warm fuzzy feel-good fun”. Tickets: $25 (12-18 years $15, under 12 free). Ph: 9922 2299 or book online at northsydneycentre.com.au

Christianity Explained at St Thomas' Anglican starts next Wednesday 4 September, 7:45-9pm. A relaxed, informal four-week course for adults to understand the basics of Christianity. No prior knowledge necessary. You can ask as many questions as you like or just listen as Col Adamson (minister at St Thomas') explains the Christian message in a relevant and engaging way. If the recent 'The Bible' TV mini-series has captured your attention or if you're just interested in knowing about Christianity, this is the course for you. Just turn up on the night at the Memorial Hall at St Thomas' (32 McLaren St, North Sydney - enter through the piazza). Enquiries: col.adamson@st-thomas.org.au.
Learn Music on Keyboard at North Sydney Dem School
Enrolment for Term 3

* Music theory  * Instrument playing
* Ensemble practice  * Fun music games
* 45 mins lesson weekly, small group
* Music material included
* Instrument not required initially

Smart Kids Love Music!
Call to enrol: 9411 3122 (VIP Music est. 1984)

www.learnmusicatschool.com.au

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
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

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.

<table>
<thead>
<tr>
<th>Dr Stuart Evans</th>
<th>Dr Ben Hargrave</th>
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<tbody>
<tr>
<td>North Sydney Dental Practice</td>
<td>Ms Jodie Gare (Hygienist)</td>
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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