Dear Parents/Carers,

Open Day & Leadership Induction
Congratulations to our newly appointed Eco Ambassadors and Student Council Representatives who were inducted into their roles last Thursday. I hope you wear your badges with pride and I am looking forward to hearing about your ideas for taking our school to even greater heights! Thank you to the many parents who were able to attend the special ceremony and to those parents who participated in our Public Education Open Day by visiting their child’s classroom. It was wonderful to have you share some time with us. Thank you to Mr Ashley Grimmond, Ms Lisa Jardin, Ms Karin Sundic, Mr Heath Falkenmire, Ms Alice Bennett and the Student Executive for organising this event.

Tree Planting Day
Last Friday our Eco Ambassadors helped our school celebrate Plant a Tree Day by planting 25 new seedlings around the school grounds. We look forward to watching these seedlings flourish and grow alongside our students. Thank you to Mr Falkenmire and Ms Bennett for all of their hard work in organising the day and thank you to North Sydney Council for their kind donation of the seedlings.

Book Week & Author Visits
Next week, in anticipation of the upcoming Book Week, we have Dr Cameron Stelzer, the author of The Stroogle, attending our school to talk to the children about reading, writing and the joys that books can bring to us all. The following week is Book Week and we will once again celebrate with a Book Week Parade. All children and teachers are encouraged to come on Tuesday 20 August dressed as their favourite book character. The parade will occur between 9.15am and 10.30am. Everyone is welcome.

Spelling Bee
The finals of the school Spelling Bee will be held today in the Lady Hay Hall. Congratulations to everyone who was successful in making it to the final. Following today’s competition, our top two spellers in Stage Two and Stage Three will go on to represent our school at the Regional. We wish everyone the best of luck.

Playground Working Party
Last week in the newsletter we invited any interested parents to join the Working Party which will be involved in the landscaping project for the Lower Pacific Playground adjacent to the library. Interested parties should register their by sending their details to Christina Silk at christina@silkcia.com.au by Friday 9 August (tomorrow)

Afternoon and Morning Supervision
I would like to give a friendly reminder that there is no supervision provided by the school before 8.25am and after 3.15pm. Students cannot be on site without adult supervision. We love to see the children using the facilities after school however there must be an adult with them at all times. If you have organised for another child’s parent to supervise your child please put this in writing and have the permission note signed by both yourself and the other child’s parent. The note should be marked to the attention of the Principal and left at the front office.

Myra Wearne, Principal
Dem News and Notices!

Congratulations to the Year 6 Debating Team – Natasha Augustus, Sarina Basile, Ella Lanigan & Jordan McStraw. The team won their debate against Castle Cove Public School in the Premier's Debating Challenge today 7 August 2013.

Congratulations also to Sachi Komura-Cairns in 6AW who placed 3rd in the Ryde Eisteddfod Classical Ballet 11 years and under section!

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

- **Monday 26 August, Week 7** – Year 6 Bake Stall
- **Thursday 29 August, Week 7** – SRC Mufti Day Fundraiser for the Fred Hollows Foundation. Students can wear Mufti on the day.

SPECTRA SCIENCE PROGRAM
If your child is in years 1-6 you will receive a note this 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. A copy of the note will also be placed on the School website: Notes & Forms [http://www.nthsyddem-p.schools.nsw.edu.au/notes-and-forms](http://www.nthsyddem-p.schools.nsw.edu.au/notes-and-forms)

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).

Spelling Bee Final: Thursday 8 August in School Hall

- Years 5 & 6: 9:35am to 10:55am
- Years 3 & 4: 11:15am to 12:35pm
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 3-6 FabStar for this week is Manjari from 5JT for doing a job to support the teacher on playground duty. Thanks Manjari for being so helpful!

Now that our school musical rehearsals for Alice in Wonderland are running along smoothly, there are a number of set pieces we are in desperate need of:

Currently, the most urgent is 20 stools of all varying styles, shapes and colours. These 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!
BAND NEWS

Dates for your diary
- **6 Sept** – North Shore Primary School Band Festival – Senior Band
- **9 Sept** – Band Committee meeting, 5pm in the staff room– all Band parents welcome
- **11 Sept** – Festival of the Arts – Intermediate and Senior Bands
- **12 Sept** – Junior Band Concert – NSDS Hall - Junior Band only
- **2 Dec** – End of Year Band Concert – All Bands – held at North Sydney Leagues Club

Practice
Students should be practising as much as possible at least 4 times per week. Students are also encouraged to listen to recordings of the music they are playing, in addition to their regular practice. Visit tiny.cc/nsdsband for recordings of this term’s music.

Following along with the music is a great way to hear how your own part fits in with everything else. YouTube is another great way to see other bands performing these songs!

**Senior Band:** *Dynamite, Dance of the Tumblers, Castles & Dragons*. If students are confident with these pieces they can also begin practising *Spy Chase*.

**Intermediate Band:** *Just Dance, With Flags Unfurled, Minka's Sleigh Ride*.

**Junior Band:** *Music Music Music* and *Beethoven’s Ninth*.

Interesting music facts – Flute
- A musician who plays the flute can be referred to as a flute player, a flautist, or a flutist.
- There are many different sizes of flutes within the flute family: piccolo, alto, tenor, bass and contrabass flute.
- Flutes have been made out of lots of different materials throughout history including: bone, wood, glass, ivory, plastic, resin, brass, nickel silver, silver, gold and platinum.
- The flute is the smallest and highest pitched instrument in band. It is a member of the woodwind family even though it is made of metal and doesn’t use a reed to create the sound.
- In order to produce a tone on the flute, the player blows across the tone hole of the mouthpiece, allowing the air to split at the far edge of the hole. That creates a whistle sound. It uses the same principle as a whistle or blowing across a soda bottle. In all cases the air splits to create a sound. Aiming a thin air stream at the edge of the hole to make a sound can be a bit challenging at first but it gets much easier with time and practice.

Band Enquiries
Band Committee Secretary, Melissa Lanigan MELISSA.LANIGAN@det.nsw.edu.au
Book Week competition entries are now available for viewing

Thank you to those super illustrators in-the-making who have returned their competition entries. Those entries were safety delivered to Mosman Council Library, who will be displaying all the entries and choose some lucky winners. The creator of those winning entries will be notified and invited to attend a ceremony to receive their prizes. Good luck boys and girls!

Three Weeks until the end of the PRC Challenge!
NSDS boys and girls you can do it!

Author Visit - Cameron Stelzer

As part of this year's celebration for Book Week, on Tuesday 13 and Friday 16 August, Author and Illustrator Dr Cameron Stelzer is visiting North Sydney Demonstration School to run workshops with the students. Year 5-6 students will be taking a behind-the-scenes look at creating an illustrated novel. Cameron will be engaging Year 3-4 students in a workshop discovering how a picture book is made. Kindergarten-Year 2 students will enjoy an interactive and creative Big Screen Book Reading with Cameron.

In conjunction with the Author Visit, families have a special opportunity to purchase signed and personalised copies of Cameron’s books at special prices. All items are $15 each. Students will receive an order form on Tuesday 13 August. Forms and payment can be returned by Friday morning (16 August), to the colourful box in the Office.

Book Week volunteer readers needed

Parents, grandparents and carers are invited to take part in this year’s Book Week celebration. You can take part in this fun celebration of books and reading, by signing up to read aloud a Book Week shortlisted book to the whole school during Monday 19th August to Friday 23rd August. Please contact Mrs Bennett for more information on email alice.bennett3@det.nsw.edu.au.
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!

Seido Juku Karate @ North Sydney Demonstration School

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 inomaq@ozemail.com.au

Spend more time with the one’s you love
“Work/Life Balance?”

Flexible & financially exciting with an expanding fun local team.
If an extra stream of income would be helpful or if you are looking for that elusive business that can be worked around the day to day running of a busy family home.
Call us for a friendly chat to find out more.

Call or Text: Dee on 0433 303 304
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
Want to play Futsal like the Brazilians?

SYDNEY FUTSAL ACADEMY

Sydney Academy of Sport and Recreation
Wakehurst Parkway, Narrabeen

FUTSAL TEAM TRYOUTS

Tuesday 13 August 2013
U6-9’s: 4:15pm - 5:30pm
U10-12’s 5:30pm - 6:45pm

Email info@soccerdebrazil.com to register
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@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