Wednesday 4 September – Week 8 Term 3

Dear Parents/Carers,

Off to Camp!
Year Six are heading off today to their final NSDS camp. After arriving by coach at The Great Aussie Bush Camp in Tea Gardens they will enjoy three action packed days filled with canoeing, climbing, sailing through the air on the giant swing, archery, navigating the obstacle course and much more. Have a great time Year Six!!!

Playground supervision after 2.55pm
I love the fact that our school at 2.55pm becomes a community hub where parents can meet and chat while supervising their children playing with friends. These gatherings are not the norm in most public or private schools but are greatly valued at the DEM.
To continue this tradition of parents and children staying on after 2.55pm, we will need to continue working together to ensure that children are supervised and safe at all times.
The school day ends at 2.55pm. From 2.55pm to 3.15pm there are staff members on bus duty ensuring that students get on designated school buses safely, there is a staff member on the Pacific Highway ensuring students use the lights to cross and there is an executive in the playground ensuring that all students have been collected by a parent/carer or that they have left the school to travel home independently as per their parents instructions. During this time the parents of children who have not been collected are phoned to determine their whereabouts. This is an important part of the school’s duty of care as it ensures that all children will be safe in the event of a misadventure where accident or illness prevents a parent from collecting their child.
To facilitate this process, it is important that we remind all children that they need to wait in the office if they have not been collected at 2.55pm. If they are walking home or catching a bus they need to begin their journey home at 2.55pm when the bell goes. No child should be playing in the playground without parent supervision.
Next Monday the school will trial a new measure to ensure that all children are fully supervised in the playground in the afternoon. Parents will be asked to sign out the children that they will be supervising and receive a sticker for each supervised student so that staff can easily identify any students who have not been collected and who are unsupervised. If there are any parents who can assist with this trial on Monday please email me on myra.janes@det.nsw.edu.au.
Feedback can be sent to me any time after Monday’s trial to myra.janes@det.nsw.edu.au.
This measure, if successful, may be formally put in place next term and will assist school staff in meeting our duty of care and ensuring the safety of all children.
The school would like to be able to support parents in using the school facilities as a community meeting place where they can watch their children play while mingling. We need, however, the community’s support in ensuring that student safety is not compromised. Thank you in advance for your co-operation.

2 days to go until Spell-athon test
This Friday all students in K-5 will complete the Spell-a-thon test for this year’s Spell-a-thon Challenge. The Year 6 students will complete their Spell-a-thon tests on Monday 9 September. Now is the time for children to finalise their sponsors and revise their words.
Any parents who can assist with the marking this Friday please meet Carol Kostomo in the office foyer at 11.30 on Friday 6 September. The results of the test will be sent home next week with sponsorship money due back to school before the end of term. Thank you and good luck kids!

Myra Wearne, Principal
Term 3 Calendar Updates
Please note the following change on your term 3 calendar:
The Year 4 visit to the Council Chambers was scheduled to be held on Thursday 5 September. Students will now be attending on Thursday 12 September.

NSDS Skipping Showcase: Friday 13 September
Class and Grade Skip-Offs are being held this week. The Skip-Offs are being held to promote skipping as a fitness activity and to raise funds to support the Heart Foundation.

Friday 13 September will be the NSDS Skipping Showcase.
- Year 3-6 Skipping Showcase (9:35am to 10:15am)
- K-2 Skipping Showcase (10:15am to 10:55am)

Parents are invited to attend. Students are asked to wear RED and make a gold coin donation in support of the Heart Foundation. Thank you.
Suzanne Smith, Year 5 Teacher/Skip-Off Coordinator.

K/1 Parent Helpers Needed!
Kindergarten and Year 1 teachers have been busy creating a variety of educational games to support students Literacy and Numeracy development. We now need some parents to help us with laminating and organising these games so that they can be used in classrooms next term. In order to do this, we are holding a working bee over two morning sessions, starting next week.

When: Thursday 12 September & Tuesday 17 September
Time: 9:30am to 12:00noon
Where: The open area (outside the staffroom)
Jobs include: Laminating resources, cutting and sorting games into packs for classrooms
Bring: All resources will be provided so there is no need to bring anything

No experience is necessary and morning tea will be provided!
Whether you can stay for 45 mins, an hour or the whole morning session we would love to see you there! Please email Amanda Vaga if you are available to help on either of these days.
Thank you.
Amanda Vaga
Assistant Principal amanda.coroneos@det.nsw.edu.au
Sydney University Research Updates!

Erin Byrne from the University of Sydney has now commenced her research project with Year 4 students. 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)?

Permission forms must be returned to class teachers in order for Year 4 students to participate. These forms are available on our school Website under the Stage 2 section of the Notes and Forms page.

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

Amanda Vaga  
amanda.coroneos@det.nsw.edu.au

We are getting ever closer to the date for our Alice in Wonderland Musical Production and our performers and backstage crew are busily rehearsing and creating! Flyers for the production will be going home with students by the end of Term 3 and tickets will go on sale online, early in Term 4.

Please look out for regular updates in The Dem Newsletter, on the school website and on notes going home with students.

Thank you very much for all of the families who have donated stools for the Performance and to everyone who has spent many hours crafting teacups. They look amazing!

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.
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.

This week’s K-2 FabStar recipients are Javier and James from 1LT. These boys sensibly picked up some very messy rubbish in the playground. Thank you boys for caring so much about keeping our school grounds clean.

The Year 3-6 FabStar for this week is Grace from 3CP for helping a Year 1 student tie her shoelaces.
Premier's Reading Challenge
The Premier's Reading Challenge has come to an end and all entries are validated and sent to the Premier’s Office. All of those students who have completed their challenge will be receiving their certificate of achievement in November.

Well done NSDS boys and girls! This year we have in total 469 students (63% of our student population) who have completed the challenge. What an amazing achievement! What is also fabulous is that this year there are 11 classes that have had a full completion rate! Everyone in KTH, KML, KJW, KSF, 1LT, 1JD, 2JP, 4EW, 4PB, 4MT and 4SM have all completed their challenge. Hip Hip Hurray! Those 11 classes will be having a special morning tea with Ms Wearne at the end of this term.

What’s also truly brilliant this year is that we have a large number of students who have read above and beyond the required number of books, those awesome readers are:

Kevin L (KTH)  Michael L (KML)  David L (1JD)
Thomas R (3CP)  Natasha A (6AW)  Yuki E F (1KV)
Cameron W (KGW)  Rodmina E (2JP)  Finlay W (KML)
Benjamin C (2LJ)  Ananya C (3CP)  Nicolas S (1LT)
Will A (1LT)  Iori N (1LT)  Francisco D P C L (KML)
Max Lo (2NC)  Ayane S (1KV)  Aeryn O (1MT)
Charis M (2AD)  Charlie B (3EG)  Shreya D (1LT)
Issac S (1MT)  Marika P (1LT)  Britney W (2AD)
Niharika M (1LT)  Ezekiel S (1MT)  Anna K (1MT)
Mia C (3JW)  Kolluris V (2LJ)  Michael A (2NC)
Ruby D (1LT)  Liv W (2AD)

All of the above champion readers will be receiving their PRC Champion Readers certificate in Term 4 2013. You guys rock!

Did you know any PRC books that are read from Monday 2 September 2013 onwards will count towards PRC 2014! Please go and see Mrs Bennett in the Library for more details.

Please protect our books! Sadly, some books have been returned scribbled on or water damaged. Please take care of the books that are borrowed so that other students can also enjoy them.

We are online! The Library has now been allocated a spot on the school website. It’s a work in progress. Keep your eyes open, more information will go on during the school holidays. To get to the web page click here: http://www.nthsyddem-p.schools.nsw.edu.au/curriculum-activities/library.

Alice Bennett
Teacher Librarian
Dates for your diary

- **7 Sept** – Band Fundraiser – Election day BBQ
- **9 Sept** – Band Committee meeting, 5pm in the Staff Room
- **16 Oct** – Festival of the Arts – Senior & Intermediate Bands only (new date)
- **20 October** – Crows Nest Festival – Senior Band only
- **2 Dec** – End of Year Band Concert – All Bands – held at North Sydney Leagues Club

**Junior Band Concert – to be rescheduled to Term 4 – New Date to be advised**
A decision has been made by the Band Committee that the Junior Band Concert, which was to take place on Thursday September 12, will be rescheduled to a date early in Term 4 (new date to be advised as soon as possible). To ensure the success of the concert, the Band Committee has decided that it would be beneficial for both the band as a whole, as well as individual students who are performing solos or duets, to have a few additional practices prior to the event. We would also like to encourage a greater number of students to perform solos or duets with a friend and parents are asked to encourage their children to do this.

**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 on either Friday 6 (bring to the McHatton Open Area) or Saturday 7 Sept (cake stall outside Tuckshop).

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

**Senior Band Performance Opportunities**
**Crows Nest Festival 20 Oct** – the Senior Band will be participating in this event. Thank you to all of the families who have indicated their child's availability. Further information and an official permission note will be provided closer to the date.

**Waverton Hub Launch, 22 Sept** - Unfortunately due to insufficient student numbers, the band will not be playing at this event.

The Band Committee will continue to source opportunities for all 3 bands to gain valuable performance experience. Please encourage / support your child to continue to practise at home and to focus for the duration of rehearsal time to ensure the band as a whole achieves maximum gain from this time and the expertise of their conductors.

**Enquiries** - Band Committee Secretary, Melissa Lanigan
MELISSA.LANIGAN@det.nsw.edu.au
Sydney Girls High School Open Evening on Wednesday 4 September 2013 from 3:30pm to 7:30pm. Anzac Parade & Cleveland Street Surry Hills. Website: www.sghs.nsw.edu.au or phone: 9331 2336.

Christianity Explained a four week course at St Thomas' Anglican Church Memorial Hall starts Wednesday 4 September from 7:45-9pm. Enquiries: col.adamson@st-thomas.org.au.

North Sydney Girls High School Open Morning on 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.

NSCC (The Leisure Centre) Invites the Community to Celebrate 40 Fabulous Years on Friday 13 September from 7pm. 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

Family Fun Day and Moon Festival on Saturday 21 September from 10am to 2pm at Killara High School. Koola Avenue, Killara. Bookings essential – please call: 9424 0847.

Hornsby Girls High School Open Morning for Year 5 students seeking admission in 2014 on Friday 11 October 2013 from 9am to 11am. Edgeworth David Avenue, Hornsby NSW 2077. Please meet in the School Hall. If you would like to participate in band workshops after the open morning please contact the school. Phone: 9476 5711 or email: hornsbygir-h.school@det.nsw.edu.au.
BECOME A STAND-OUT SPEAKER.

SCHOOL HOLIDAY PROGRAMS
23rd SEPT – 4th OCT 2013

Courses held at SHORE School, North Sydney and Pymble Ladies’ College, Pymble

Debating  Mock Trial
Public Speaking  Beginners Classes

SPEAKOUT education
www.speakouteducation.com.au
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.

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
Parenting Programs
Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
* Understanding teenagers today & communication skills
* Emotional intelligence skills
* How to prevent behaviour problems & conflict resolution
Chatswood 5 wks/2.5hrs  (29/10 - 26/11, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you
Chatswood (22/10, 7.00-9.30pm)

Tuning in to Kids Course  - Chatswood (7/11 - 5/12)
Triple P (Positive Parenting Program) Course- Chatswood (16/10 - 27/11)
Communicating with Kids Course  - Chatswood (21/10 - 25/11)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830
* Dealing with Teen's Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)
* Resilient Kids
* Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Triple P (PPP) Seminar Series (1-12 years)
* Older Sibling - New Baby
* Transition to School
* Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

Health
Northern Sydney
Local Health District
OPEN MORNING

Wednesday, 11 September 2013
9.30am – 11.30am

Address by Principal and performances by students 9.30 – 10.30am
Tours of the school 10.30 – 11.30am

Leading Girls Education in NSW
• Outstanding academic achievement
• Broad development of each child

◆ RESILIENT ◆ CONNECTED ◆ INNOVATIVE

Please note – there is no parking in the school grounds
Enquiries: Mrs Jenni Cooper, Telephone 9922 6666 ext 104