Wednesday 11 September – Week 9 Term 3

Dear Parents/Carers,

Afternoon Supervision Trial
As mentioned in last week’s newsletter, the staff at North Sydney Dem love the fact that our school at 2.55pm becomes a community hub where parents can meet and chat while supervising their children. These gatherings are not the norm in most public or private schools but are greatly valued within our community. To continue this tradition we need to work together to ensure that children are supervised and safe at all times.

Monday was the first day of our Stay and Play wrist band trial. The trial was a great success with children able to stay and play in the school grounds provided that they were under the supervision of their parents. Supervised children were easily identified by a blue wrist band that their parents collected from outside the Lady Hay Hall. This process of providing Stay and Play wrist bands made it very easy for staff to identify those children who were not supervised and we were then able to ensure that these children made their way home safely.

This process will continue today. Stay and Play wrist bands will be available from 2.55pm from outside the Hall. Kindergarten parents can also collect their wrist band from their child’s teacher at pick up time. If you plan on supervising someone else’s child you will need to sign a form that states that the parent of that child is aware and agrees and that you will provide supervision until their parent collects them. Thank you for your cooperation with this process. We love having the children stay behind and play after school and appreciate your support in ensuring that this happens safely.

Year 6 Camp
Year 6 had a great time at the Great Aussie Bush Camp last week. Thank you to Ms Sundic, Ms Watts and Mr Nguyen for all of their hard work in organising the camp and in ensuring that the children had a safe and fun time. Thank you also to all of Year 6 for being such a delight to be on camp with.

Skipping Show Case
This Friday is our Jump Rope for Heart Skipping Show case. Our grade finalists will delight us on Friday morning with their skipping prowess. Children are encouraged to wear a red t-shirt on the day and bring a gold coin donation that will be passed on to the Heart Foundation. Everyone is invited to watch this skipping spectacular with K-2 performing at 10.15am and year 3-6 performing at 9.35am this Friday morning.

Spell-a-thon
Congratulations to all of our fabulous spellers on their great spelling test scores. Mr Grimmond will be visiting classrooms each day this week to congratulate students and to collect all sponsorship money. Thank you to Mr Grimmond, Carol Kostamo & Sonya Braden for organising the Spell-a-thon and also to the wonderful parents who marked the tests: Zareena Banu, Kirsten Hunter, Denise Kirkbank, Lisa Downes, Prilt Mahnot, Shriya Kalia, Dhanusha Lokuge, Lauren Libeton, Carmen Schnegg, Prema Ganguli, Jennifer Harkins, Emily Aked, Fiona Mather & Naomi McLeod. Great work everyone!

Kindy Information Evening
The school will be holding an information evening on Thursday 12 September for the parents of all children starting Kindergarten at North Sydney Demonstration School in 2014. The session runs from 6.30pm to 7.30pm and will be held in the School Library.

Myra Wearne, Principal

What’s On?

Thursday 12 Sept
* K2014 Info Evening (6:30pm Library)
* Year 4 visit to Council Chambers

Friday 13 Sept
NSDS Skipping Showcase: wear red & bring a gold coin donation for the Heart Foundation
* K-2: 10:15am
* 3-6: 9:35am

Thurs 19 & Fri 20 Sep
* Year 3 Camp
* Year 4 Camp

Fri 20 September
Last Day Term 3 2013

Tuesday 8 October
First Day Term 4 2013

Wed 16 October
Festival of the Arts: Intermediate and Senior Bands only

Sun 20 October
Crows Nest Festival: Senior Band only

Thurs 24 October
Junior Band Concert in the School Hall

Wed 13 November
Alice in Wonderland Performances at NSGHS

Mon 2 December
End of Year Band Concert at North Sydney Leagues Club
Dem News and Notices!

NSDS Skipping Showcase: Friday 13 September
- 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 Co-ordinator.

Hindu Scripture starting Term 4 2013 at the Dem
Notes have gone home with students regarding Hindu Scripture which will be offered to Dem Students from Term 4 2013. Please return a note to indicate your interest ASAP. A copy of the note has been placed on the website on the notes and forms page – Scripture section at the bottom http://www.nthsyddem-p.schools.nsw.edu.au/notes-and-forms.

Thank you.
Lisa Jardin, Year 2 Teacher & Team Leader/ Scripture Co-ordinator.

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 tomorrow.
**When:** Thursday 12 September & Tuesday 17 September
**Time:** 9:30am to 12:00noon
**Where:** Open Area (outside the Staffroom)
**Jobs include:** Laminating, 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. amanda.coroneos@det.nsw.edu.au
Thank you.
Amanda Vaga, Assistant Principal
Thank You and Farewell Interns!

This term, we have been very fortunate to have Mr Andy Irwin, Miss Suzanne Fourie and Mrs Sonata Madambikat complete their Internships at the Dem. Last week, I met with them to reflect on their professional journey and I was impressed to hear about the many achievements they have made during their time with us.

Thank you to Mrs Jo Penn, Ms Melissa Tracy and Mrs Suzanne Smith for taking the time to mentor these associate teachers and allowing them to work closely with them in their classroom.

As their final week with us comes to an end, we would like to wish our Interns the very best for their future teaching career.

Amanda Vaga
Assistant Principal & Practicum Coordinator
amanda.coroneos@det.nsw.edu.au

Library News

More 2013 Premier’s Reading Challenge readers who read above and beyond the required number of books!
I am delighted to announce more awesome readers who are joining this year’s list of students who have read above and beyond the required number of books in this year’s challenge. They are: Amelie S (KML), Lachlan M (1JD), Zaya O (1KV) & Richard L (3EG).

I will be doing the final tally for this year so if you have yet to submit the list, please give it to me by this Friday 13 September 2013.

Calling for more photos for our Who Likes To Read wall!
Last year as part of our celebration for the National Year of Reading, a “Who Likes To Read” photo wall was created in the library. Children love to share photos with their peers and what a great way to celebrate and encourage reading by submitting a photo of your child reading or sharing their favourite books with a special someone.

Overdue Books
Currently there are many students with overdue books. While we don’t charge students for overdue books, to ensure the smooth running of our lending service, books need to be returned on time or renewed if a longer reading period is needed. With the September school holidays fast approaching please help your child to return their library books so they can borrow some more for the holidays!

Happy reading!

Mrs A Bennett (alice.bennett3@det.nsw.edu.au)
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 recipient for this week is Valerie from 2LJ. Valerie showed kindness when she supported her friend who had spilt some of her lunch. You are a good friend Valerie – well done!

The Year 3-6 FabStars for this week are Jordan and Abigail from Year 6 who played skip rope with Kindy students and were very encouraging. Thank you girls!
BAND NEWS

Dates for your diary

- 16 Oct – Festival of the Arts – Senior & Intermediate Bands only
- 20 October – Crows Nest Festival – Senior Band only at this stage
- 24 October – Re-scheduled Junior Band concert in the School Hall
- 2 Dec – End of Year Band Concert – All Bands – held at North Sydney Leagues Club

NSDS Election Day Band Fundraiser – THANK YOU!
Thank you to everyone who was able to assist with Saturday’s highly successful Election Day BBQ and cake stall, either by donating cakes or volunteering at the event. It was a beautiful day and we couldn’t have wished for a better result – the event raised approx. $2,000 for the purchase of new instruments for the band program.
A huge thank you must go to McGath Neutral Bay and our wonderful P & C for their dedication of time and resources for the event. Also many thanks to Ashley Grimmond, Melissa Lanigan, Trish & Darren Augustus, Cheryl Newton, Scott Thomson, Jane Greenop, Catherine Stafford, Jim Culhane, Amanda Nairn & Loretta Leonard for their outstanding contributions on the day.

Crows Nest Festival 20 Oct
The participation of the Senior Band at this event has been confirmed. The Senior Band’s performance is scheduled for 1.10 to 1.30pm. Full details regarding the arrival time and meeting point will be provided early next month.

The Intermediate Band may also be participating in the Festival, with a final decision to be made on Friday 13 September 2013 (last day for Expression of Interest forms). Intermediate Band parents please return your child’s Crows Nest Festival Expression of Interest form by Friday 13 September so that we can let the Festival organisers know whether the Intermediate Band will be taking part.

Junior Band Concert
We are looking forward to a fabulous Junior Band concert on 24 October. We hope to see many – if not all – students performing a solo of their choice or a duet with a friend. Conductor Heather is strongly encouraging all students to give it a go and we would like parents also to encourage and support children in what will be an excellent developmental opportunity. Please email Melissa Lanigan with your child’s name, instrument and title of piece to be played as soon as possible so that we can put together a program for the night.

Please note, the three pieces the whole band will be playing on the night are: Music Music Music, Beethoven’s Ninth and Just Dance.
Children are not permitted to do any of these pieces for their solo / duet item.

Yamaha Festival Certificates
Certificates will be presented to students in the Senior Band who participated in the Gold Award winning performance at next Monday’s morning assembly. Parents who would like to watch their child receive his or her certificate are encouraged to attend this assembly, which will take place in the Pacific Playground at 8.55am.

Enquiries - Band Committee Secretary, Melissa Lanigan MELISSA.LANIGAN@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.

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**TheDem Community News**

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

**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”.

**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 2015 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.

**Year 3-6 students are invited to St Thomas’ Friday after school group, JAFFA on Friday 13 September for a MasterChef themed afternoon.** From after school until 4:45pm at St Thomas' Anglican Church, Cnr Church and McLaren Sts, North Sydney. Contact Simon Pym 0424 029 231 or Jo Lyon 0409 046 559 for more information.

**The Mosman Club is presenting Franky**, a children’s entertainer, on Friday 27 September at 10.30am and 2.30pm. Tickets ($10) are available from reception or by calling 9960 2888 and come with a free ice cream!

**BROTHERS OZ TAG (Non Contact Rugby League) the Summer Competition** will start on Tuesday 15 October 2013 at Tunks Park, Cammeray. All games will be played on a Tuesday after school. The competition is for both Boys & Girls from ages 5 to 16. For all enquiries please contact Annette Hema on Ph: 0404 610 048 or email: brothersoztag@hotmail.com and please visit our website: [www.brothersoztag.com.au](http://www.brothersoztag.com.au) to register online.
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

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.**

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<tr>
<th>Dr Stuart Evans</th>
<th>Dr Ben Hargreave</th>
<th>Ms Jodie Gare (Hygienist)</th>
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**North Sydney Dental Practice**

2nd Floor 3 Mount Street
North Sydney NSW 2060
T 02 9922 1476
E reception@nsdp.com.au
W www.northsydneydentalpractice.com.au

**Opening Hours**

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*Thurs 6pm-9pm by appointment