Dear Parents/Careers,

Thank you
Thank you to the parents who attended Saturday’s working bee. Many hours of hard labour went into weeding, pruning and tidying. I was ecstatic to arrive at school on Tuesday and see the grounds looking so wonderful. The Library also received some loving care with parents dusting and reorganising this area. What a wonderful community! For photos and more details see page 2 of this newsletter.

Movie Night
Approximately one hundred and fifty DEM kids and families snuggled up together in the hall last Friday night to enjoy the screening of ‘Babe’. With popcorn, pizza and warm drinks on offer it was a lovely way to spend some time together prior to the long weekend. Thank you to all of the organisers and to everyone who attended. Community spirit is alive and well at North Sydney DEM

Band Showcase Performance
Last night, the Senior and Intermediate Bands demonstrated their talent at the post band camp ‘Showcase Concert’ in the school hall. All who attended were amazed at the performance level of both bands, under the conductorship of Ms Danika Allars from Directions in Music. (DIM) The MC for the evening was Mr Phil Molloy from DIM, who spoke glowingly about the commitment shown by these students at band camp and the improvement achieved as a result. Thank you to DIM staff and tutors, NSDS Band Committee members and parents who assisted with organising such an enjoyable evening. Congratulations to the students from both bands for their excellent effort. See the photos on the school website.

Student Banking
School Banking is a Commonwealth Bank program designed to help your child develop strong financial literacy skills for the future. Beginning July 18, children at North Sydney Demonstration School will be able to start saving regularly through the school. To help get your child involved in the School Banking program, Monique Carter from the Commonwealth Bank will be available at the school Friday 20 June at 8.30am. Monique can help you to complete the application required to open a Youthsaver account for your child so they can participate in the School Banking program. Alternatively, School Banking accounts can now be opened at any Commonwealth Bank branch. Just go into any branch and ask to open a Youthsaver account for School Banking. For more details please see page 7 of this newsletter.

Myra Wearne
Principal
THANK YOU FOR HELPING WITH THE WORKING BEE !!!

A huge THANK YOU to the parents and students who came along on Saturday for all your hard work. It's a great step forward in beautifying our grounds and our Library got a great Spring clean!!

We would like to thank the following people for coming along to help in the grounds – Bridget Knox, Paul Rossiter, Ray McQuillan, Hamish Black, Denise Kirkbank, Laurens Libeton, Vanessa Horler, Amanda Smith, Jeff Roberts, Jon Lesquereux, Martin Bregozzo, Melissa Rice, Ruth Zhang and Pallari Sharath.

We would like to thank the following people for helping Mrs Bennett Spring clean the Library – Pippa Donovan, Ann Thompson, Evelyn Hsu, Gemma Amond, Laura Teague, Anke Libeton and Carmen Schnegg.

A HUGE thank you to Val Stamper and Christina Silk for organising the day. We are keen to continue with Working Bees through to the end of the year. The next Working Bee is August 23 from 9.00am to 3.00pm. We hope you can come to help make our school look fantastic!!

Book Launch 2014

On Tuesday 10 June, North Sydney Demonstration School held a ‘book launch’ for some of our budding authors. Earlier in the year, children who are part of the EAL/D program wrote or drew about memories of a family journey or living overseas. These were submitted to council and over thirty children were selected to be part of a booklet published by the council. They are:

Herre 1JD
Sara 2LJ
Mia 2JP
Victoria, Charis and Jade 3HF
Rion and Asahi 3SF
Matias 3MT
Ananya and Maxim 4MS
Yiwen and Jan 4CP
Phillip and Ivan 4AR
Naoka 4EW
Jason, Camila, Lok Ching and Richard 5SS
Romir, Mathena and Yuko 5CC
Owen, Alex, Angus, Luis and Kristina 6KS
Keertika and Moksha 6 AW
Luna, Vincy and Veronika 6LK

The children each received a copy of their booklet. Additional copies can be viewed in the Library.
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 FABSstars! for this week are Lawrence and Charlene from Year 1. These students showed kindness to Kindergarten children by helping them to tie their shoelaces. Thank you Charlene and Lawrence for your kindness.

The 3-6 FABstar! This week is Aiden from Year 4 who supported a friend in the playground. Congratulations Aiden!
BAND NEWS

Date for your Diary 27 June – Junior Band Intensive Workshop

Junior Band students will have their own “mini band camp” at an intensive workshop to be held on the last day of term, Friday 27 June. This workshop will commence at 8:25am in the school hall and will run through to midday. The Intensive Workshop will take the place of the regular band rehearsal on that day. There will be no cost to parents for this event, which will be funded by the Band Committee and Directions in Music.

Junior Band folders

All Junior Band members should have an A4 folder to keep their music sheets in order. The conductor has also asked that students bring along a pencil to each rehearsal to make notations. It may be a good idea to consider having a “band bag” to keep everything in.

Enquiries

Band Committee Secretary, Melissa Lanigan  MELISSA.LANIGAN@det.nsw.edu.au

SEASONS FOR GROWTH PROGRAM 2014

Changes and loss are issues that affect all of us at some stage in our lives. At North Sydney Demonstration School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore continuing to offer a very successful education program called Seasons for Growth which will commence in Term 3.

This program is facilitated in small groups (6 students per group is the recommended number) and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks.

This program is offered to students in Years 1 to 6 who are experiencing difficulty with dealing with change and loss. Please note that this program is not suitable for Kindergarten students.

Children can refer themselves or can be referred by their parents or teacher. Parents are encouraged to speak to their child’s class teacher about their concerns and the actual details relevant to the referral. Parent permission is necessary and application notes are available from your child’s class teacher and the school website. All application notes should be returned to the class teacher by Friday 20 June 2014.

North Sydney Demonstration School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

For further information on the Seasons for Growth program and its implementation or if you are interested in nominating your child to participate, please contact Amanda Vaga or visit the Good Grief website: https://www.goodgrief.org.au/children-and-young-people

Amanda Vaga  amanda.coroneos@det.nsw.edu.au
Assistant Principal & Seasons for Growth Coordinator
Changing families & 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.

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.

Tues 17th June 6.15 - 7.00pm

At our School Library

Childcare will be provided in Demcare

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

6.35 Amanda Vaga Teacher and co-ordinator of ‘Seasons for Growth’ program offered at the school

Close
WE'RE LOOKING FOR VOLUNTEERS TO HELP WITH THE ART AUCTION!!

FRIDAY SEPTEMBER 5 2014 at 7pm

This fun event is now being organised.

If you are able to contribute in any way to making this a night to remember please come along to our first planning meeting in the Art Room on Thursday June 19 2014 at 3.30pm.

Looking forward to working with you all to make this event a success.

Carmen Schnegg and Mary Datoc
Art Auction Co coordinators

Please RSVP to Carmen on carmen@schnegg.name
ADDY will be coming to our school on Monday 16 June to tell us about the exciting Commonwealth Bank School Banking program.

Every child must eventually learn that Mum and Dad are not the bank!

School Banking is a program designed to help your child develop strong financial literacy skills for the future. Children can start saving regularly through the school. This gives children hands-on experience at handling money and seeing it grow. The program helps them develop the knowledge, independence and confidence they need to manage their finances successfully as they get older.

Best of all, the School Banking program makes saving fun with an exciting Rewards Program that encourages regular participation. Every time your child makes a deposit through the School Banking program, regardless of how much, they will receive a cool Dollarmites token. Once they have saved 10 tokens they can swap them for fun Dollarmites rewards. There is a great range of rewards including money boxes, scented pencils, hand balls and keyrings, just to name a few. Look out for the Parent Pack coming home soon.

How do I get my child involved?

To help get your child involved in the School Banking program, Monique Carter from the Commonwealth Bank, will be available at the school Friday 20 June at 8.30am. Monique will be available to help complete an application, required to open a Youthsaver account for your child so they can participate in the School Banking program. (Please ensure you bring along photo identification for this option), you will receive a Dollarmites wallet and deposit book in the post over the school holidays and will be able to start banking on the next business day – it is that easy!

Alternatively, School Banking accounts can now be opened at any Commonwealth Bank branch. Just go into any branch and ask to open a Youthsaver account for School Banking. Remember to take in identification for you and your child (such as driver's licence and birth certificate), you will receive a Dollarmites wallet and deposit book on the spot and will be able to start banking on the next business day – it is that easy!

If your child has an existing Youthsaver they can just bring in their wallet and deposit book and start School Banking straight away.

When children make their first deposit through the school they will get their first token and our school will also receive $5 plus ongoing commission on deposits.

Remember, School Banking day will be every FRIDAY starting 18 July

Thank you for supporting our school and teaching your child good savings skills.
**Single with Children** provides fun and exciting activities for single parents and their children. Call 1300 300 496 for a free copy of our social calendar or visit [www.singlewithchildren.com.au](http://www.singlewithchildren.com.au)

**JAFFA** is a Friday after school club for children in Yrs 3, 4, 5 and 6 run at St Thomas’ Anglican Church, North Sydney. Leaders can pick up the children from the Mchatten St school gate on Friday afternoons *(during term time)* and walk them over to the church hall. Afternoon tea is provided on arrival followed by some games, a bible talk, singing and fun activities ‘til 4:45pm. Enquiries? Call the church office on 8908 4800 or email alison.macintosh@st-thomas.org.au

**The St Thomas' Holiday Club**: Monday 30 June to Friday 4 July from 8:30am to 3:30pm. This year our theme is space! There'll be games, bible talks, drama, craft, singing and out of this world fun activities each day as we discover more about Jesus, the commander of the universe! Only $20* per child, per day early bird offer! On June 18, the price will increase to $25 per child per day. For more details, go to: [www.st-thomas.org.au/st-thomas-holiday-club/](http://www.st-thomas.org.au/st-thomas-holiday-club/) or email: alison.macintosh@st-thomas.org.au

**Part-time Administration Assistant (casual) job**: The Grail Centre in North Sydney ([www.thegrail.org](http://www.thegrail.org)) is looking for a casual admin assistant for a few hours a week. This position requires a person with proficiency in the MS-Office suite and experience with general office work for approx. 6 - 9 hours a week, times negotiable. Please send a current CV (pdf) and brief covering email to grailsydney@ozemail.com.au by 27 June 2014.
2014 NEW SOUTH WALES PREMIER'S READING CHALLENGE
www.premlersreadingchallengensw.edu.au
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**THE DEM ADVERTISEMENTS**

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**River Road Tennis Centre**

**HOLIDAY TENNIS CAMPS**

**CAMP 1** (23rd—27th June)

**CAMP 2** (30th June—4th July)

**CAMP 3** (7th—11th July)

**CAMP 4** (Mon 14th July)

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Bright Young Things Academy

The enchanting charm of learning how to do craft

In this digital age where screens often dominate play time, we are providing a new and fun alternate after school activity that will teach your child skills that will last them a lifetime.

They will experience the lovely harmony that you feel being part of a group who together is discovering the amazing things you can make using your imagination and creativity.

All the materials we use are excellent quality - from the beautiful soft cottons, colourful ribbons and cute buttons to the divine papers and the pretty threads and yarns. The projects that your child will proudly create will be lovely - you'll be happy to have them in your home and delighted for them to be given as presents.

Attending our classes will give your child a strong sense of pride in their abilities and a satisfaction in knowing they've learned new skills. Each week they will come home with their project and we believe a desire to keep on practising their latest techniques.

Bright Young Things Academy launches in Term 3 at The Dem!

Lessons will be held straight after school in classroom 3UW in McHatton building on Thursdays from 2.55pm to 4.00pm. It's an eight week term starting on 24 July and ending on 11 September 2014. An added bonus for parents and carers is they can avoid the tuss of the end of day pickup rush! We can collect younger children from their classroom, older children just come straight to 3UW. Children from Kindy to Year 6 are welcome and we'll adapt the projects to meet each child’s different abilities. Spaces are limited so don’t delay your booking!

The Bright Young Thing Academy is run by Samantha Tunbridge, whose son Ben is a Year 3 student here at the Dem and her dear friend Kate Hooke, whose son is a Year 2 student at Northbridge Public School. Both Sam and Kate teach Primary Ethics classes, through which they have passed police checks and working with children checks.

Sam and Kate are both lifelong crafters. Sam has deep knowledge and skills honed when she was a handbag and fashion designer; she just loves textiles and design. Throughout Kate’s long career in social work she’s specialised in helping children with varying abilities to improve their life experience. Please see our website for more information.

Introductory Term 3 2014 price is $160 per child for the term

From Term 4 the fee will revert to the normal amount of $190 per child, per term. You can pay online with Paypal or cash to Sam at school by arrangement. If you enrol more than one child from your family, there is a 10% discount on the total cost.

If you can’t attend on a Thursday but like to go on our waiting list for an alternate afternoon or Saturday morning class please let us know.

As well, we will be launching Bright Young Things Party Kits in the near future. So your little guests can have a wonderful time making keepsakes to remember your special celebration.

www.brightyoungthingsacademy.com  0417 452 532

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How to Cope with Dental Emergencies

Do you know what to do if you were faced with an alarming dental emergency?

What would you do if your tooth fell out, became chipped or split into half? Could you cope with a serious bite to your tongue that involved blood spurring everywhere? What if you broke your jaw or had an object seriously stuck between your gums?

The reality is most people wouldn’t have a clue how to react when faced with such instances and this unknowingness can cause them serious pain and the possibility of losing a tooth. Your best bet is to follow these tips or call us:

Bitten tongue
Ouch! If you accidentally bit your tongue or lip, clean the area pronto with a piece of cotton or mouth wash. If swelling starts, it’s time to compress a frozen ice pack over the affected area. In more serious instances, uncontrolled bleeding can occur which means you should get to the nearest dental practice or hospital; especially if stitches are required.

Toothache
• If you have a toothache try rinsing your mouth thoroughly with Luke warm water, this will give temporary relief if you are having gum problems.
• Look at the site of the ache under good light and check for cuts or blood.
• Gently floss around the tooth to remove any food particles.
• Contact your dentist as soon as possible to arrange an examination.
• Never put any pain killers, including aspirin, on the gum as this can burn the gum tissue.

Broken Jaw
Swelling, pain, numbness in the lower lip, oral bleeding and bruises on your chin are all tell-tale signs of a broken jaw. If you feel like you have fractured or injured your jaw in some way, immediately apply a frozen ice pack against the area. This will control further swelling while you make your way to the nearest hospital. Do take pain killers if needed, but avoid aspirin which will instigate bleeding.

Damaged tooth
Having a broken or chipped tooth means you need to rinse your mouth out with warm, salty water to kill any germs. Be sure to avoid swallowing any broken remaining parts of your teeth. Apply a frozen ice pack on the affected area if you’re experiencing pain and contact your dentist. If you’ve cracked a tooth, it’s not as serious if it’s small. Do contact your dentist however, as an appropriate diagnosis and filling will be required to treat the cracked tooth.

At North Sydney Dental Practice we service many dental emergencies. Call us and we will talk you through it.

Dr Stuart Evans
Dr Cigdem Kipel

Dr Ben Hargreave
Ms Harriet Honner
(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

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