Dear Parents/Carers,

Welcome Back
It is great to be back at school and to see everyone looking happy and rested. We have many exciting activities booked for this term including our Open Day, the Book Parade, The Festival of the Arts and the Art Auction. Our learning programs for this term will focus on providing our students with plenty of great opportunities to learn new skills, consolidate old ones and engage in a range of activities that develop their critical and creative thinking skills. It promises to be a great term.

and the sun shone…..
After a few days of overcast skies and showers it was wonderful to see the sun shining on Thursday as we headed across to St Leonards oval for our Annual Track Carnival. The students made the most of the day with almost all children participating in one or more races. Students in Kindergarten and Year 1 experienced their first whole school carnival and had a wonderful time. Thank you to Mr Dave Hearnshaw and Ms Grace Wong for organising such a great day and thank you to Mr Ashley Grimmond for overseeing the day and being his hands on enthusiastic self. I’m sure we all appreciate the time, effort and energy that go into organising a carnival for 750 children and we appreciate the fact that the teachers and organisers are still smiling and enjoying the challenge at the end of the day. Well done also to the children for embracing the day with such enthusiasm and spirit!

Math-A-Thon
On Monday children will bring home their sponsorship book and questions for the 2014 School Math-A-Thon. This school fundraiser will run for four weeks with children sitting the Math-A-Thon test on Friday 15th August. Good Luck kids!

Art Auction
A reminder to Save the Date for Friday 5th September when we hold our Biennial Art Auction (*Adults only and lots of fun*). See page 4 for more details.

Open Day and Leadership Induction
A reminder to Save the Date for July 31st 9am – 11am when we hold our annual Open Day and our Semester 2 Leadership Induction.

Spanish classes
There are still places in the after school Spanish Classes. These classes are held within school grounds but are run by a private provider. If you are interested please email carolina.posadas@inspanish.com.au

Leave
Please note that I will be on leave next week. In my absence Ashley Grimmond will be relieving as Principal. I will return to school on Monday 28 July. I hope you have a great week!

Myra Wearne
Principal
P & C NEWS

NSDS P & C and Staff
are excited to announce
we're having a
MATH – A – THON

SPONSORSHIP & QUESTION FORMS
COMING HOME MONDAY JULY 21 2014
SCHOOL BANKING

We would like to thank all parents and students for their support and encouragement regarding school banking.

Just a few reminders:

- School Banking day will be Thursdays in the ELS room, ground floor, Pacific Building.
- Please complete the deposit slip with the account number.
- The Silver Tokens should be kept in the wallet as they are needed to redeem prizes.
- The school is only entitled to receive commission if the deposit is made through the school. On line deposits don't count and children will not receive tokens or prizes.
- Parents who have been banking online for their children can still join the program and use the same account. We have yellow wallets and deposit slips at school if needed.
- Coins, notes and checks are accepted.
- New accounts can still be opened in any Commonwealth branch.

We have created a new email address for the program. It is dembanking@gmail.com

Also, new volunteers-coordinators are always welcome.

Fabiana
Banking co-ordinator

TheDem Community News

Printing of articles does not indicate endorsement by the school

North Sydney Recreation Needs Study – Have Your Say

North Sydney Council is encouraging everyone who lives, works, studies or plays in the North Sydney area to have their say on current and future recreation needs over the months of July and August, 2014.

Ways to have your say

- Post a comment: www.facebook.com/NorthSydneyRecNeedsStudy
- Attend a workshop: 6.00 – 8.00 pm on Wednesday, 23rd July 2014 in the Hutley Hall, North Sydney Council, 200 Miller Street, North Sydney.

The draft Study will be on general public exhibition for information and comment in October/November 2014.
Looking for something to wear to our Great Gatsby inspired Art Auction??

Look no further …

Fancy That! Costumes in Crows Nest are coming to the party, donating 15% of all hires and sales to the cause.

Go to www.fancythatcostumes.com.au

Make sure you tell the lovely ladies that you're attending our event so they can make your hire or sale count.
ART AUCTION COCKTAIL EVENING !!

FRIDAY SEPTEMBER 05 2014 7pm

This fun event is now being organised, if you can contribute we would love to hear from you. We specifically need -

someone to RUN THE BAR and SERVERS if you have an RSA (Responsible Service of Alcohol Certificate) please get in touch ASAP.

Volunteers to help clean the hall at the end of evening.

If you think you can help please email, call or text Carmen on 0416 334 175 or carmen@schnegg.name thank you.
ART AUCTION MEETING !!

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 the Art Room on Thursday July 24th 2014 at 3.00pm.

Looking forward to working with you all to make this event a success.
2014 New South Wales Premier's Reading Challenge

Starts 3 March
K-9 students start reading now!

Finishes 22 August

www.premiersreadingchallenge.nsw.edu.au

Principal Partner: Dymocks
Technology Partner: Microsoft

NSW Government
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THE DEM ADVERTISEMENTS

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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 accidently 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 lukewarm 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.

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Dr Stuart Evans
Dr Cigdem Kipel

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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**THE DEM ADVERTISEMENTS**

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**Free Music Lesson**

Call 96879978 to book in your FREE LESSON!

Using advanced teaching methods for better results!

AMEB Exams available in May and November

Enrol Now!

Instrument Hire available:
Singing | Saxophone | Piano | Guitar
Drums | Flute | Clarinet | Violin

Shine Music School Chatswood
765 Pacific Hwy, Chatswood
www.shinemusic.com.au

*Offer Expires 30th July 2014

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**DRAMA DEVELOPS KIDS**

We all want our kids to be confident. You’ll love your child’s growth in confidence, creativity and communication skills through our self-development drama programme.

**CLASSES HELD AT ST JOHNS CHURCH WILLOUGHBY**

More Information
1300 OGRADY  |  Jasmine 0404 842 886
sydneyrnshore@helenogrady.com.au
www.helenogrady.com.au

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**Tennis and Golf Coaching** is available to all students for after school lessons or squads. If you haven’t received a form please collect one from the office or contact staff at River Road Tennis Centre on 9428 3336.

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('Free Shipping' offer ends Friday 18th July)

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