Dear Parents/ Carers

Congratulations!
Congratulations to everyone on a settled and productive start to the new term. The Dem has welcomed 12 new students and three new staff members. We welcome Ms Kylie Mack, who has replaced Peter Baldwin on 1PB, Mrs Kylie Walker who has come in for Heath Falkenmire, while both are on leave. We would also like to welcome Ms Kylie Milostic to 6LK on Thursdays and Fridays as she replaces Laetitia Kilpatrick who will carry out her Deputy Principal role within the school. The addition of all our “Kylies” has been very positive and they would like to thank the community for being so welcoming.

Math-a-Thon
On Monday the first of our P & C fundraisers for the Term was distributed. The idea of the Math-A-Thon is to enhance student achievement in mathematical outcomes while raising funds for that will be directed towards school initiatives. The students have been given the test questions to practise at home and the test will be administered on Friday 15 August. While the concept of the A-Thon is to raise sponsors, it is important that students do no source sponsors without parental permission and/or supervision. We would like to thank Carmen Schnegg on all her hard work in organising the math-a-thon and we look forward to seeing all the mathematical improvements and sponsorship results.

Plant-a-Tree Day
This Saturday is the National Plant a Tree Day. On Friday our ECO Ambassadors will be planting trees donated by North Sydney Council around our school. This wonderful initiative has been organised by Ms Anamaree Williams, Ms Millie Stendrup and Mrs Deb Culmer. We are looking forward to seeing all our new trees around the school!

Left – Sophia and Shivaaj
Education Week

Next week is Public Education week. The school will be having its Open Day on the morning of Thursday 31 July. The morning will consist of our Induction Ceremony for our Semester 2 Student leaders from 9:15am to 10:00am. Then from 10:15am to 10:55am classrooms will be open for all visitors to come and experience our student learning. We hope that you may also like to stay to have morning tea with the students. Invitations for the parents/ carers of the new student leaders will be sent home today and we look forward to seeing you here next week.

InterRelate

InterRelate is a specialist organisation with over 85 years’ experience teaching sexuality and relationship education in NSW schools. After the seminar success last year the P and C have once again kindly organised this initiative which will be held in School’s library on the 15th of September. The first session, *Where did I come from?* is appropriate for years 3-6 and starts at 6pm. The second session, “*Preparing for Puberty*” is most suitable for Years 5 and 6 and will begin at 7:15pm.

These seminars are being funded by the P and C, so entry is free for parents and students. Numbers are vitally important so if you wish to attend the evening, please complete the RSVP form located on the flyer attached to the newsletter and return it to the school office by Friday 12th August. Please note that children may only attend if accompanied by their parent.

Thanking you

**Ashley Grimmond**
Deputy Principal
SCHOOL NEWS

LIBRARY NEWS

4 weeks until the end of the 2014 Challenge! If your child has finished reading the minimum number of books for the challenge, why not encourage your child to carry on reading, record the book titles and let me have the list so your child can be recognised for his/her extra achievement.

PRC books read in the library end of term 2:

Kindergarten:

*My Dad* (A Browne)

*Too Many Elephants in this House* (U Dubosarsky)

*Ethan Eats* (U Dubosarsky)

*Rex* (U Dubosarsky)

*The Terrible Plop* (U Dubosarsky)

Year one:

*Big Rain Coming* (K Germein) – year 1

*Savannah Dreams* (L Stewart & E Russell) – year 1

*The Day of the Elephant* (B Wilson) – year 1

Year two:

*Oscar and the Moth*: a book about light and dark (J Warning)

*The Dark* (L Snicket)
Book Week ~ Saturday 16 August - Friday 22 August

Each year, schools and public libraries across Australia spend a week celebrating books and Australian authors and illustrators. Classroom teachers, teacher librarians and public librarians develop activities, offer competitions and tell stories relating to a theme to highlight the importance of reading. This year authors like Alison Lester, Nick Bland, Libby Gleeson, Anna Banford, Craig Smith, Margret Wild, Freya Blackwood and many more have made it to the CBCA shortlist. For more information about this year’s shortlisted books please visit www.cbca.org.au or come and check them out at the library.

To mark the occasion at the Dem, in Week 6 - Thursday 21 August we will be holding our annual Book Week Parade. All students and parents are invited to take part in our Book Week Parade. The Book Week Parade is a fun activity that is greatly enjoyed every year by the whole school, students, parents and teachers alike. This year the whole school community will be invited to dress up as a book character (bring the book with you if possible) or along the lines of this year’s Book Week theme “Connect to Reading”. Home-made costumes and fun/funny outfits welcome. Parents/carers, what a great way to share this special event with your child/ren by coming along as one of your favourite book characters and take part in this year’s parade!

Mrs Alice Bennett

BAND NEWS

Dates for your Diary

31 July – Public Education Week (Senior Band)
10 September – Festival of the Arts (Senior and Intermediate Bands)
19 October – Crows Nest Festival – to be confirmed

Junior Band Intensive Workshop

Well done to all members of the Junior Band, who put a big effort in on the last day of last term. The Intensive Workshop was by all measures a great success, with band members spending time in both whole band practice and sectional work with tutors. Students benefited from being able to work on more musical concepts and the learned 3 pieces in a short period of time. A great way to round out the first half year in the band program!
**Week One of Term Band Practice**

A reminder that Band Practice is always **on as usual** in the first week of terms 2, 3 and 4, unless you are specifically notified otherwise.

**Public Education Week**

The Senior Band has been asked to play at the ceremony celebrating Public Education Week on Thursday 31 July. The ceremony will take place soon after the normal band practice. Senior Band members will need to **wear band uniform** on that day.

**Junior Band folders**

All Junior Band members are reminded that they 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

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**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 FABstars this week are Lex and Nova in Year 5 helped retie the flags onto the flagpole after they became untied.
School Banking – Thursday every week

Teachers will collect the students' yellow wallets in the morning when their roll is marked for attendance. The wallets will be placed in the grey folder and sent to the box outside the office. The banking will be completed and the banking box containing the grey folders will be returned to the staffroom for distribution to the students. The token will be inside the yellow wallets. Email address for information is dembanking@gmail.com

Fabiana
Banking co-ordinator

Parenting programs

1-2-3 Magic teaching how to handle misbehavior in public.
Wednesday 13, 20 and 27 August 9.45am to 12pm Cost $15
Bookings essential call 8425 8700 or email naremburnfamililityservice@dbb.org.au

Positive Parenting – 3 seminars
Thursdays 21, 28 August and 4 September 10.30 am to 12pm
Bookings essential 8425 8700

Circle of Security – an 8 week program suitable for parents of children 0-5 to assist in understanding needs, managing their emotions and building a positive relationship.
Thursdays 12.30 – 2.30pm from 9/10 to 27/11 Cost $30
Bookings essential 8425 8700

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 Huntley Hall, North Sydney Council, and 200 Miller Street, North Sydney.

The draft Study will be on general public exhibition for information and comment in October/November 2014.
K-2 Disco Night
Friday 15th August,
5 – 7pm

We didn’t want our younger years to miss out on all the term 3 fun (since years 3-6 are off on camp). SO......, its time to get your dancing shoes on and get jumping at the K-2 Disco night!

Ticket sales on the door - $5 per child which includes 1 sausage sizzle per ticket. Additional sizzles are $4 each in case mums and dads are hungry! Soft drinks will also be available for purchase.

Parents please note:
This is NOT a drop and run event – you are responsible for the kids you bring & are required to stay in the school grounds. Tea and coffee will be available.

If you’d like to help on the night please contact:
gemmaamond@hotmail.com
InterRelate

InterRelate is a specialist organisation with over 85 years’ experience teaching sexuality and relationship education in NSW schools. InterRelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?
1-hour session: years 3-6

Session 2: Preparing for puberty
1-hour session: years 5-6
Years 3-4 can attend at parent’s discretion

Monday, 15th September 2014

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.

Please cut out and return to the school office by Friday 12th September

InterRelate

I _______________ and my child _______________ of class _____ will be attending the InterRelate Sessions on Monday 15th September 2014 in the Library. Please tick which/ or both sessions you will be attending.

- We will be attending **Session 1**, 6-7pm Monday 15th September, “Where did I come from?” Yrs 3-6
- We will be attending **Session 2**, 7:15pm - 8pm Monday 15 September, “Preparing for Puberty”. Yrs 5 and 6
2014 NEW SOUTH WALES PREMIER'S READING CHALLENGE

www.premiersreadingchallenge.nsw.edu.au

NSW GOVERNMENT

Principal Partner:
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Microsoft
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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 spurtning 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 those 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 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.
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.
Advertisements do not indicate endorsement by the school

North Sydney Demonstration School is pleased to continue its Seido Juku Karate Program for Term 3, 2014.

Classes start on **Wednesday 16th July @ 6:00pm** in the school hall.

Seido Juku Karate @
North Sydney Demonstration School

**What the Nth Sydney Demonstration School kids have told us:**
- “I really want to get my junior black belt”
- “I liked winning a trophy at the Seido tournament”
- “I’m learning to defend myself”
- “We love the karate games”

**Kid’s Karate Timetable**
- Monday & Wednesday at 6pm
- Friday at 4pm and Saturday at 8am
- Passport rate includes classes at the Demonstration School & at our main dojo in Darlington up to 6 days a week

Join us for a free trial class, contact Leigh on 0411-821-531 or book a class online via our website [www.seidojuku.com.au](http://www.seidojuku.com.au)