Dear Parents / Carers

Leadership Induction
Please join us next Thursday at 9:15 am in The Pacific Playground for our Semester One Leadership Induction. During this ceremony students elected as SRC representatives, Eco Ambassadors, Library Monitors, House Captains, Student Executives or Flag Bearers will be presented with their leadership badges. An opportunity to take a photo of your child receiving their badge will be available on the day.

Swimming Carnival
Tuesday was a great day at our Annual Swimming Carnival. Approximately 400 children attended the carnival as either participants or spectators. The competition was fierce but it appears that Berry has taken the crown again. Students who have successfully qualified for the Zone Swimming Carnival will be notified next week. A very big thank you to David Hearnshaw who has worked tirelessly to make this day such a memorable one.

Child Protection
Please note that this morning there was a report to North Sydney Police of a person acting suspiciously in the vicinity of a local child care centre. We recommend that you take some time to speak to your children about the importance of not speaking to strangers and of walking together or with a trusted adult.

Myra Wearne, Principal
'Teaching Reading' Workshop for parents and classroom helpers.

Anamaree Williams will be running this workshop on Monday morning 2 March at 9.15am.

NSDS is organising a recorder group again this year. We are looking for students in years 3-6 to become part of our group and enjoy a new experience. In August the group will take part in a fabulous concert at the Sydney Opera House. Be the first to join up!

Elizabeth Garrick
KEG Class teacher

Stewart House

Each year 1800 public school children in need come to Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle.

Children in the care of Stewart House attend a specific school onsite for 8 days of their 12-day stay. The NSW Department of Education and Communities provides infrastructure and staffing support for this school. All other costs associated with the children’s stay are met from charitable donations.

By returning the Stewart House Clothing bags which the students will bring home from school today or Monday by the due date, **5 March**, helps to support the running of Stewart House. We apologise for not allowing more time to organise your donation of used clothes.

Public school children, through school-based fundraising and the return of bags for the Stewart House Clothing appeal, contribute around $500,000 towards the 3 million needed each year to run the program.

Please leave your bags in the **McHatton open area**.
The 2015 Premier's Reading Challenge opens on 2 March.

Dear Parent/Carer,

Your child has been invited to take part in the Premier's Reading Challenge. This is a program which encourages students to read quality fiction and non fiction books.

Google Premier’s Reading Challenge NSW 2015

Briefly the challenge involves:

**Years K – 2** need to experience 30 books – meaning children can read the book either on their own or be read to by parent/carer. 25 of these books need to come from the PRC Reading List. *K-2 (red and white sticker)* or *Year 3-4 (green and white sticker)*. See website for more details:


**Years 3 - 4** need to read 20 books on their own. At least 15 of these need to come from the Years 3-4 or Years 5-6 PRC reading list *(see website)*. The remaining five can be any book your child enjoys, including non PRC texts.

**Years 5 - 6** need to read 20 books on their own. At least 15 of these need to come from the Years 5-6 or Years 7-9 PRC reading list *(see website)*. The remaining five can be any book your child enjoys, including non PRC texts.

Students are encouraged to read from a higher level. For example, a student in Year 3 or 4 may choose to read some or all of the books from the 5 -6 challenge. Likewise a student in Year 5 or 6 may choose some books or all from the 7 -9 PRC list.

**An information session will be held in the Library next Thursday after school if you have any queries.**

*Did you know our school library has many of the PRC books as does your local library? If you need any assistance locating those books please let us know.*

Alice Bennett
alice.bennett3@det.nsw.edu.au
DONATIONS for SCHOOL RAFFLE

If you, your business, friends or associates can help by donating a prize to the value of $50 or more for our raffle please contact our Raffle Coordinator, Carmen at thedempc@gmail.com or call on 0416 334 175. The Welcome Festival will be held on Friday 20 March 2015.

For raffle donations contact Carmen thedempc@gmail.com

Volunteers can register at http://vols.pt/Wn5HdY (case sensitive)
SCHOOL BANKING

We Need You To Join Our Crew

Our students are enjoying participating in the The Dem's Commonwealth Bank School Banking programme and are learning invaluable saving skills along the way. The number of students joining the programme is growing each week, which is fantastic - but we need some extra help from you to help keep it running smoothly.

We have a small team of parent volunteers who run the programme but not everyone can make it every week so we'd like a few more volunteers to join the team. School banking is every Thursday. We meet at 9:10am after the teachers have collected the bank wallets and are usually finished by 11am. You don't have to commit to every week but having a wider team of volunteers to call on would help to ensure that the responsibility of keeping the programme running doesn't fall on just a few people.

Please contact us by email at thedembanking@gmail.com if you'd like to volunteer some time to help run and grow the school banking programme at The Dem.

Blast off to Disneyland with School Banking

The School Banking program can help put your child on the path to good savings habits. And, in a first for School Banking, it might even put them on a path to Disneyland.

School Banking Grand Prize

- Return economy airfares to Los Angeles, California from Sydney, Melbourne, or Brisbane. In the event the winner resides outside of these cities, return domestic airfares will also be provided.
- Five nights accommodation at Disney's Paradise Pier Hotel
- Return private airport to hotel transfers
- A three day Theme Park Hopper ticket (includes same day admission to both Disneyland Park and California Adventure Park)
- A Disney Family Breakfast Dining Experience
- AUD$2,000 spending money

Every student who makes 25 or more School Banking deposits during 2015 will automatically go into the draw to win a trip to California's Disneyland for up to two adults and two children.
High School Open Days

Hunters Hill High School
Saturday 28 February 12 noon to 3pm
Reiby Road, Hunters Hill. Ph 9817 4565

Mosman High School
Thursday 5 March 5 – 8 pm
Military Road Mosman. Ph 9968 1006

Mosman High School Special Programs
Special Drama Program, Academic Extension, Special Music Program
Special visual Art Program – closing date for applications 12 March 2015
Application forms for these courses are held at the school office.

Willoughby Girls High School
Wednesday 11 March 5.00 to 7.30pm
Mowbray Road Willoughby. Ph 9958 4141

Extension Class Placement test for year 7 2016
Saturday 14 March 2015
9.15 – 11.30 am. To book call a test place call 9958 4141

BIG The Musical
The School at AIPA in 2015 will produce BIG The Musical. We are searching for singers, dancers and actors

Lead and minor rolls available for boys and girls age 8 to 35. Guest performers from age 3

For information on this project or to book an audition please call 02 9966 5013 or 02 9966 0353 or email your contact details to theschool@aipa.com.au. A character brief and all information will be emailed with confirmation of audition time.

Synopsis

BIG: Frustrated Josh Baskin is sick of being an awkward kid. At a carnival he makes a wish to the Zoltar machine to become “big”. To his shock his wish is granted but Josh soon discovers there’s much more to being an adult than he bargained for – and life is simply not child’s play.
I am very excited to announce that there will be the *Living in Australia* course run for parents/carers at school.

**Dates:** Monday 9th, 16th and 23rd March 2015  
**Location:** Staff Room  
**Time:** 9:15 -10.45 am

Parents/grandparents will be provided information related to the EAL/D (*English as Additional Language and Dialect*) and support services that are available in and out of North Sydney Demonstration School. If you also concern about scamming, issues related to your rental property and cross cultural parenting, please come and join us.

If you have any questions, please feel free to contact Isabella Kim on Mondays or email tae.kim70@det.nsw.edu.au.

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**PLEASE COMPLETE THE FORM BELOW AND HAND IT TO THE SCHOOL OFFICE**

**LIVING IN AUSTRALIA COURSE**

- [ ] I would like to join in the course

| Child’s Name: __________________________ | Child’s Class __________________________ |
| Parent’s Name: ________________________ | Contact Number ________________________ |

Do you need an interpreter? Yes/No  
If yes, what language? ____________________
TUNING IN TO KIDS
EMOTIONALLY INTELLIGENT PARENTING

A FIVE SESSION PARENTING PROGRAM FOR
PARENTS OF PRE-SCHOOL – PRIMARY-SCHOOL AGED CHILDREN

Would you like to learn how to:

• be better at talking with your child?
• be better at understanding your child?
• help your child learn to manage their emotions?
• help to prevent behaviour problems in your child?
• teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence.

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Tuesday 3rd March – Tuesday 31st March (5 wks)
TIME: 7.00pm – 9.30pm
COST: $165pp ($140 concession)

PLEASE NOTE CHANGED DATES

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District.

Advertisements do not indicate endorsement by the school

North Shore Music Academy offers fun and rewarding violin and cello lessons for avid young musicians.

Studios are based close to North Sydney Demonstration School and our highly qualified teachers will tailor lessons to suit each student’s specific interests.

Check out our website for more details:

musiclessonsny.com.au

Or contact us to organise a free trial lesson

ALICE (Violin): 0403 991 817
CAROLINE (Cello): 0411 467 830
EMAIL: info@musiclessonsny.com.au

During Semester One, River Road Tennis will be running tennis lessons for your school as well as all the ANZ HOTSHOTS Squad Programs.

For more information call our proshop on 9428 3336 or visit www.riverroadtenniscentre.com.au

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Established dance school at the Dem for students Yrs K-6!

Enrol your children for dance classes run by CentreStage Academy in the Dem school hall

<table>
<thead>
<tr>
<th>Tuesdays (starting Tues 3 Feb 2015)</th>
<th>Wednesdays (starting Wed 4 Feb 2015)</th>
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<tbody>
<tr>
<td>3pm-4pm</td>
<td>3:00pm-3:45pm Tap (Yrs 2-4)</td>
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<tr>
<td>4pm-4:45pm</td>
<td>3:45pm-4:45pm Jazz (Yrs 2-4)</td>
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<tr>
<td>4:45pm-5:45pm</td>
<td>4:45pm-5:30pm Hip Hop (Yrs 2-4)</td>
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<td>5:45pm-6:45pm</td>
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FREE TRIAL CLASSES AVAILABLE 1st WEEK OF FEBRUARY 2015

Students can be dropped off/picked up from Demcare from 3:45pm onward

Celebrating 8 years of quality dance tuition at North Sydney Dem. Classes are aimed at building strong dance technique & culminate in a spectacular end-of-year concert

ENROLLING NOW for 2015

Phone Helena: 1300 322 243 or 0404 118 267  Email: info@centrestageacademy.com.au
www.centrestageacademy.com.au

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WHO: any child ages 6-10 years
WHEN: 13th and 14th April 2015
WHERE: 1st North Sydney Scout Hall
       1 Munro St, McMahon's Point, NSW 2060
TIME: 9:00-3:00 each day
PRICE: $120 per day

We are passionate about supporting children to learn valuable skills whilst having fun!

For bookings and more information, please contact us on:

Sarah Peterson | 0429 462 665
sarah@colourfulminds.com.au

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Norths Pirates Junior Rugby Union Club
2015 Player Registration
Try Junior Rugby from 5 to 17 years

"Clubs like the Norths Pirates Junior Rugby Club play an extremely important role in fostering passion for the game they play in Heaven"  Joe Hockey

Rugby is divided into different modified games from ages Under-5 through to Under-17

- **Under 5 and 7**
  A simple, non-tackling introduction to the game which allows children to use the ball, by combining the skills of passing, catching and running. It is played on a smaller field with seven players per side.

- **MINI RUGBY Under 8 and 9**
  Continues the theme of free-flowing, running and passing Rugby. Most importantly, it introduces the young player to the contact elements of the game such as tackle, ruck and mail. It is played by up to ten players per side.

- **MIDI RUGBY Under 10 and up**
  This is the stepping stone to the full game. It is played between twelve or fifteen players on a standard field. It continues the theme and principles of Mini Rugby with a greater emphasis on the contest for possession.

**Pre-season training starts in March**

Free Junior Season Pass for the Waratahs (available for all children 4-12 years)

Go to the website to register for your free passes [Waratahs membership]

Online Registration at www.northspirates.rugby.net.com.au
COOKING WITH THERMOMIX

Lemons make Lemonade

Have you noticed how soft drinks and pre-made drinks are part of contemporary diets today? A time when lemon was a homemade drink seems long ago and somewhat nostalgic.

I made lemonade at a Thermomix cooking class this week and was reminded how simple and easy it is to make a refreshing drink. The recipe used lemons, sugar and water and took about two seconds.

There was no additives or preservatives and I was using real fruit. Simple, delicious and nutritious.

I would love you to join me and see Thermomix at a demonstration. In less than two hours, we will experience the versatility of Thermomix as we see and taste five dishes ranging from entrée through to dessert.

For more information on how you can book your demonstration and experience the Thermomix, please contact me. To find out more visit thermomix.com.au

My Thermomix

Take a look at what the Thermomix can do...

- Beat
- Stir
- Emulsify
- Knead
- Steam
- Melt
- Whip
- Mill
- Cook
- Weigh
- Digital recipes

A great range of innovative cookbooks is also available.

Your Local Thermomix Consultant:

If you would like to see the Thermomix in action at a demonstration or class, contact Kate Were:

Mobile: 0438 013 386 Email: k_were@optusnet.com.au
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