A week of important messages

During this week we will be acknowledging two important days in the Australian calendar. Harmony Day and the National Day of Action against Bullying and Violence. As both fall on Friday 21 March, we will be celebrating our Harmony Day, on Thursday.

Harmony Day 21 March is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. All students are encouraged to wear something orange to celebrate the importance messages of Harmony Day.

All week teachers will be focusing on the “Say No to Bullying” message and facilitating a range of anti-bullying activities in class.

Please take time to talk about what your child/re has learnt this week relating to these two important days.

School Photos – Wednesday 19 March

Get ready to say cheese as photo day is here. Make sure your child is wearing full summer school uniform with black shoes. All hair accessories must be in school colours and no jewellery.

Remember that the envelopes must be returned to school tomorrow, even if you are purchasing your photos online.

We look forward to capturing another beautiful moment in your child's schooling.

Mrs Angela Churchland – School Photo coordinator

National Day of Action against Bullying and Violence

The 2014 National Day of Action against Bullying and Violence is on Friday 21 March 2014. This annual day provides a focus for all schools to say “Bullying. No Way!” and to strengthen their existing everyday messages that bullying and violence at school are not okay at any time.

Classes will participate in a variety of lessons learning to “Take a Stand Together” and “Say No to Bullying!”

The government internet site www.bullyingnoway.gov.au provides teachers, students and parents with detailed information and advice on this important issue.

What is bullying?

• Bullying is when someone:
  o keeps picking on you again and again and tries to make you feel bad
  o says or does lots of mean things that upset you
  o makes fun of you a lot
  o tries to stop you from joining in or make others not like you
  o keeps hurting you such as hitting or punching you
  o Bullying can also happen through a mobile phone or on the internet. This is called cyberbullying
  o Sometimes you might have a fight or argument with someone. If it only happens once, that’s not bullying even though it can be upsetting
  o Bullying is not fair. It feels awful. You have a right to feel safe.

Harmony Day – wear orange!

On Thursday 20 March North Ryde Public School will be celebrating Harmony Day. Harmony Day celebrates “Everyone Belongs”. Students will participate in Harmony Day activities in class. The activities will focus on how all Australians, from diverse backgrounds, equally belong to this nation and enrich it.

All students are encouraged to wear orange clothing to school to celebrate this day. Further information can be found:  
## Coming events for Term 1

### Week 8
- **Tue 18 March**: Stage 2 Botanical Gardens excursion
- **Wed 19 March**: School Photos – full school uniform
- **Thu 20 March**: Harmony Day celebrations – wear orange
- **Fri 21 March**: National Day of Action – Say no to bullying
  No PSSA

### Week 9
- **Thu 27 March**: Whole school assembly – 2.20pm

### Week 10
- **Mon 31 March**: Young Leaders Day – SRC students attend
- **Wed 2 April**: School Disco

### Week 11
- **Tue 8 April**: Kindergarten Parent Info Afternoon at 4.30pm
  P&C meeting – 7.00pm – staffroom
- **Wed 9 April**: Student leaders camp – SRC attend
- **Thu 10 April**: Student leaders camp – SRC attend
  Whole school assembly – 2.20pm
- **Fri 11 April**: Last day of term

### Term 2

#### Week 1
- **Mon 28 April**: Staff Development day – no students
- **Wed 30 April**: ANZAC Day assembly – time TBC

#### Week 2
- **Mon 5 May**: Gymnastics program commences
- **Wed 7 May**: Gymnastics program
- **8 May**: Mother's Day Stall - TBC
- **Fri 9 May**: Stewart House Blue Day

#### Week 3
- **Mon 12 May**: Gymnastics program
- **Tue 13 May**: NAPLAN – language, writing
  Anti-bullying performance – Years 2-6
  P&C meeting – 7.00pm – staffroom
- **Wed 14 May**: NAPLAN – reading
  Gymnastics program
- **Thu 15 May**: NAPLAN – numeracy
  Whole school assembly – 2.20pm

### Term 3
- Tuesday 15 July – Friday 19 September

### Term 4
- Tuesday 7 October – Wednesday 17 December

---

### P&C News

#### Huge Walk-a-thon Success – Thank you!
Thank you to everyone that has returned their walkathon forms and cash donations. The total cash donations received to date is $5111. Thank you to all of our generous sponsors that have helped us to achieve such a fantastic result. We are still receiving online donations and we can’t wait to share our final walkathon success at the end of this month. The winner for the class that raises the most online donations will be revealed in early April.

We have now collated all the walkathon cash results and the class winners are:
- KM with the most cash funds raised, having achieved $733.
- 2S with the highest percentage response by 14 March, with 20 out of 23 children returning their forms and money.

Both of these classes have now won a party and we will work with the teachers to organise this in the very near future.

We know not everyone has collected all their donations or returned forms. We look forward to receiving this soon.

#### Online Donations for the Walk-a-thon
We have received over $2800 in online donations so far and sponsors are still donating each day. Is KR still in the lead? Has another class overtaken KR to win the last class party? We will find out in just a couple more weeks.

#### School Disco – Wednesday 2 April
We hope this date is saved in your calendars as the Disco Night will be an event you don’t want to miss!

Please ensure you read all the information that was sent home yesterday about the disco. It contains important details about tickets, menu prices, how to order, dinner options and lots more.

This should be a fun event for the students as well as other family members.

#### Online Ordering – School Disco
This year we are encouraging everyone to buy disco tickets, snacks and dinner online using the ‘School24’ system. Not only will this minimise queues on the night, but will alleviate the workload for our volunteers. As a way to reward families who to use ‘School24’, all students that purchase disco tickets online will receive 3 free glowsticks.

**The last day to order online is Friday 28 March - 11.55pm.**

Please remember to top-up your online account as soon as possible, to ensure you don’t miss the cut-off date.

Information on how to top-up was included in the letters sent home yesterday.

#### Volunteers for School Disco
Thank you so much to those people who have already offered their time to help on the day. We really appreciate the support to make this an exciting event. Please help to complete the volunteer form that was sent home yesterday. We would appreciate if these could be returned back to school by 27 March 2014.

Jannet Pawsey & Chaitali Desai – Fundraising Team
fundraising.nrps@gmail.com
Canteen News

Volunteers
If you have time to spare, even if it is just for an hour, we would really appreciate it. If you are able to help please write your name on the roster posted on the canteen doors or contact: Jodie Hutchison at jbehutchison@gmail.com or 0402 424 556

This week’s canteen roster:
Wednesday 19 March        Year 5/6
Hanna Hasan
Carolyn Foster – lunch sales
1-2 volunteers needed
Thursday 20 March
1-2 volunteers needed
Friday 21 March                 Kindergarten
Kiran Sharma
Fiona Fong
Wendy Fong

Volunteers are needed for Thursday and Friday next week.

Class Volunteer Roster – Term 1

<table>
<thead>
<tr>
<th>Year</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>21 March</td>
<td></td>
</tr>
<tr>
<td>Year 1</td>
<td>26 March</td>
<td></td>
</tr>
<tr>
<td>Year 2</td>
<td>28 March</td>
<td></td>
</tr>
<tr>
<td>Year 3/4</td>
<td>2 April</td>
<td>4 April</td>
</tr>
<tr>
<td>Year 5/6</td>
<td>9 April</td>
<td>11 April</td>
</tr>
</tbody>
</table>

Online Canteen Ordering

Registration Process
If you would like to order lunch for your child from the canteen, this can only be done through the School24 system.

Registration only takes a few minutes to complete. Go to http://www.school24.com.au and enter in the School ID as 25162963. Remember that you can top up your account either through a bank transfer or by paying cash at the banking table on a Monday morning in the COLA. Please remember that a bank transfer can take up to 2 working days to process so ensure you top-up in advance of when you need to order.

Special events, such as our Disco, and our popular Sushi Fridays can only be ordered through the School24 system. So register and top-up now to ensure you are ready to order.

Membership Fees – changes
If you use the online canteen, you will be charged a family membership fee of $2.20 per term that you use the canteen. The P&C has agreed to cover 50% of the cost to use the system this term, making the fee extremely reasonable.

The P&C has been supporting families for the last 12 months by covering half of the membership fee. Please note however that from Term 2 onwards, families will be required to pay the full fee of $2.20 per term.

If you have any questions regarding the Online Canteen, please contact Jannet at Canteen.NRPS@gmail.com

Sushi Friday

Last week’s Sushi Friday was a great success! Our next Sushi Friday will be on the last day of term, Friday 11 April.

Please note that the regular menu will not be available to order on this day as the canteen will be doing a stocktake. However the canteen will be open for over the counter sale of snacks, drinks and icy poles during lunchtime.

Canteen Survey
Just a reminder to parents – we would appreciate parents taking the time to complete our Canteen Survey. https://sites.google.com/site/nrpspc/website-survey

All volunteer forms need to be returned to the school office as soon as possible. Thank you.

Uniform News

Band T-shirts
The band T-shirts have arrived and will be available for sale on Thursday morning. All students in the Training Band and the Concert Band require a Band T-shirt. The tops are $10.00.

Bookclub Orders – due Thursday 20 March
Just a reminder to all parents that bookclub orders are due in on Thursday 20 March. Parents can pay by cash, cheque or credit card. Please refer to the back of the book club order forms for the credit card payment process. If parents have any questions, please don’t hesitate to contact Sue Goggins on 0422 352 062 or mscgoggins@bigpond.com
School Band News  
P&C Funding - Thank you!  
We have had some very encouraging news this week in support of our school band program. The P&C have decided to fund the purchase of 25 new, quality music stands (and trolley). With our band having recently doubled in size, music stands have been an essential item to secure. Thank you P&C members for this generosity!  

The purchase of these 25 music stands will make music making so much easier at NRPS. It is an excellent investment for all current and future students enrolled in our school band program.  

Code of Conduct and Workshop Notes  
Last week your child received two notes regarding band participation:  
1) Code of Conduct Note  It is an important agreement between our school and students. Please do read through this note with your child and return it, signed, as soon as possible.  
2) Band Workshop Note  Sunday 6 April (12.00-4.00pm) is approaching and we require that all students complete and return the permission note to the school office.  

Band Information Booklets  
These went home with all band students today. They are also available on the school website.  

Any enquiries can be addressed to susanblencowe@gmail.com  

Rehearsal Times  
Training Band Rehearsal: Tuesdays 8:00 - 9:00am  
Concert Band Rehearsal: Tuesdays 3:00 - 4:00pm  
It is expected that students will arrive early and stay back after each rehearsal to help pack chairs and equipment away.  

Tutorial Catch Up  
Last week, Rachael Tindall was unable to teach her tutorial lessons. Key Music Australia will contact parents to arrange a catch up lesson for students impacted last week.  

Band Shirts  
As part of the Band Program, students are required to purchase a navy embroidered band shirt. The cost of this shirt is $10 which has been kindly subsidised by the P&C. These shirts are available for sale this week. If you have any questions about this item or any other matter, please contact susanblencowe@gmail.com  

Susan Blencowe - Band Coordinator  

Class Parents  
Yesterday, a note was sent home with your class parent details. There were a few parents who were not able to attend our information nights earlier in the year, so if you would like to provide your contact details to our class parents, please complete the tear-off portion of the form and return it to the class teacher.  

Your class parent contact will email you during the year to notify of P&C events, class assistance requests, outside school gatherings during the school holidays.  

Your information will only be used by the class parent and will not be distributed to other parents without your permission.  

Stewart House  
Last chance - bags due tomorrow  
Stewart House is a children’s charity supported by NSW public schools. It provides short term respite in a quality environment, to improve the self-esteem, resilience and general well-being of children in need from NSW and ACT public schools.  

Twice each year they hold a clothing drive in conjunction with the Smith Family to raise much needed funds. So now is the time to clean out those cupboards and place any good, clean clothes, manchester or blankets that you no longer need, in the bags provided and return them tomorrow. March 18. Bags can be placed in the corridor outside 3/4F.  

Mrs Gail Morris – Charity coordinator  

Just to let you know that the numbers for this year are now consistent with an average of 35 in the mornings and 65 in the afternoons. As we have approval for up to 75 children for each session there are currently casual spots available if you require one. Please contact the centre by phone, email or come in and book in person.  
The focus this week has been on making fuzzy animals and felt animals amidst the French knitting frenzy. The children have also been making a keen start on their homework straight after their afternoon tea, hopefully this is making the time at home a little less stressful when everyone gets home.  
The week is also going to be acknowledging Harmony Day on Thursday the 20th.  

Please feel free to pop into the centre to have a look and have a chat. We are open from 7am to 11am and then again 2pm to 6pm. Alternatively please contact us on 0408825733 or email nroshc@primaryoshcare.com.au  

Kind regards - Kerry, Fei Lin, Kristin, Dani, Lewis, and Sorcha
Importance of Oral Health

Last Friday we were lucky enough to have a free presentation about oral hygiene. Each student also received a “showbag” with information and a toothbrush and tooth paste. We hope this serves as a reminder for everyone to visit the dentist regularly and about the rebate available.

Practicing good oral care is essential to the health of your teeth and your overall well-being. New research suggests that the health of your mouth mirrors the condition of your body as a whole. For example, when your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems.

If you don’t take care of your teeth and gums, your poor oral hygiene can actually lead to other health problems.

Seeing a dentist regularly helps to keep your mouth in top shape and allows your dentist to watch for developments that may point to other health issues. A dental exam can also detect poor nutrition and hygiene, growth and development problems and improper jaw alignment.

At home, you can practice good oral hygiene:

- Brush for two to three minutes, at least twice a day, with fluoridated toothpaste.
- Floss daily to remove plaque from places your toothbrush can’t reach.
- Eat a healthy diet to provide the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.
- Exercise preventive care and schedule regular dental checkups — the surest way to detect early signs of gum disease.

Summer PSSA results

Congratulations to all our teams.

<table>
<thead>
<tr>
<th>Sport</th>
<th>NRPS v Meadowbank</th>
<th>Players of the match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball girls</td>
<td>1 - 3</td>
<td>Gia</td>
</tr>
<tr>
<td>Softball mixed</td>
<td>3 - 9</td>
<td>James C</td>
</tr>
<tr>
<td>TBall girls</td>
<td>13 - 21</td>
<td>Whole team</td>
</tr>
<tr>
<td>TBall boys</td>
<td>12 - 13</td>
<td>Whole team</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>NRPS v Putney</th>
<th>Players of the match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior cricket</td>
<td>Lost</td>
<td>Cooper</td>
</tr>
<tr>
<td>Senior cricket</td>
<td>Lost</td>
<td>Jarrod, Jimmy</td>
</tr>
</tbody>
</table>

Ryde Zone PSSA – Swimming Carnival

Congratulations once again to our zone swimming team. The highlights were Sarah Brown, who made it to breaststroke final, and Eloise Vuong and Elly Pawsey who made the freestyle finals.

Other good performances included Jewel Goggins (backstroke, freestyle), Nathaniel Chappell (backstroke, freestyle), Sarah Brown (breaststroke, butterfly), Thomas Csano (butterfly), Junior Girls Relay, Junior Boys Relay and Senior Girls Relay.

Congratulations all!

KM Gardening

Last Tuesday, KM enjoyed their first time in the school garden with Jimmy, our local gardener. The students were very excited and enjoyed watering and weeding the garden beds. They also got to plant some celery seedlings. They asked Jimmy some great questions about the need for regularly weeding, why you plant things in rows and how old Jimmy was when he started gardening. It was a very rewarding experience for everyone.

Tennis Court Hire

The school tennis court is available for hire after school and on weekends.

To make a booking, please contact Lynne-Marie Bowen on 0402 488 432

Skoolbag app

Available on the iPhone
Available on Android

SEARCH OUR SCHOOL NAME IN:
Schoolhouse Museum News
A Stroll into the Past
We enjoyed having the NRPS Year 1s visit last Thursday. Imagine time travelling back to the early 1900s in North Ryde. If you strolled down Cox’s Road from the school and turned right into Wicks Road you would have walked beside paddocks and orchards and had views across to the city. It is claimed that with binoculars you would have been able to read the time on the GPO’s clock!

The farm bound by Wicks and Cox’s Roads was Heard’s Orchard, named the Model Farm. As a boy, Fred Heard attended North Ryde PS then followed in his father’s footsteps to run his portion of the farm. He had vineyards, loquats, oranges, lemons, mandarins, oats, rye, cereals and 20 varieties of summer fruits.

An article published on 6 November, 1902 gives a vivid description of the area http://www.rydehistory.org/html/a_north_ryde_farm_1902.html.

This image shows a gathering at North Ryde PS in 1910. Imagine wearing those outfits on your stroll.

Year 1 Museum Excursion
Last Thursday Year 1 was transported back in time and attended their first excursion to our very own Schoolhouse Museum. This term we are learning about our own families and their heritage. It was so interesting seeing classrooms from the 1880s and 1910s!

Daniel writes, "When I found out that we were going to do ink writing I was surprised! It was very hard but I liked it."

We also enjoyed some outdoor games such as Maypole dancing. We all had a fantastic day visiting the Museum. Stay tuned for the Week 9 Assembly for a special presentation from Year 1 all about our excursion and our families unit.

Year 1 Teachers and Students
More great work

Stage 2 assembly about “Plants” last week
Languages class at North Ryde Public School
Are you interested in your child learning another language? We already offer LCF Mandarin classes after school. Now there is the opportunity to learn French, Spanish, Italian or German. If you are interested, contact s.eliezer@lcfclubs.com.au ASAP.

Community news

Field of Mars
DISCOVERY

Bring your picnic rug, friends and family and discover what Field of Mars Reserve has to offer.

Date: Sunday 30 March 2014
Session 1: 10:00am - 12:15pm @ Field 2; 1:00pm - 3:00pm @ Field 1
Location: Field of Mars Reserve, Pittwater Rd, Gladesville
Cost: FREE
Bookings: Essential; ph. 9952 8222; Book early as places are limited.
Parking: Kennedy St, Westminster Rd and Monash Rd. Limited parking at Field of Mars main entrance.
Note: Sorry no dogs or pets.

Online Orders

Disco Ticket $5
Includes 3 Free Glowsticks, PLUS a drink (water or juice)

Snacks $1 each
(will be provided during a short disco break to students)
- Freddo Frog
- Chomp Bar

Dinner $5 each
(available to all family members)
- 2 slices of cheese & ham pizza (optional free green salad)
- 2 slices of cheese pizza (optional free green salad)
  • Note: All pizzas will be made fresh on the night.
  • Students must be accompanied by an adult to collect their meal.
  • Family members can order through School24 using any of their child’s names.

Disco Night Menu

Cupcakes $2
Cookies $1
Honey Soy Chicken Chips $1.20
Sea Salt Chips $1.20
Chomp Bars $1
Freddo Frogs $1
Fruit Juice Poppers $1
Slushies – Cola / Apple Raspberry $2
Cans of soft drink $1
500mL Water Bottles $1

Disco Tickets will also be available for cash purchase on the night. $5 entry includes a free drink only.

Additional glowsticks can be purchased on the night. 50 cents for 1 or 3 for $1.