Thank you 2015 class parents

We would like to welcome the parents below to the role of “class parent” for 2015. We sincerely thank you for agreeing to take on this vital communication role. Notes of introduction will be going home to each class shortly. We encourage all parents to provide your class parent with contact details so that you are kept informed and don’t miss out on school and class social events.

KM  Amanda Moscos  2N  Lonni Aylett
KR  Kat Israel  3L  Christina Holt
KA  Samar Al Jabr  3/4N  To be confirmed
1C  Treacy Devlin  4W  Volunteer needed
1N  Tania Black  5M  Sue Goggins
2W  Lisa Davidson  5/6C  Di Price
2B  Stacey Wright

Annual Walk-a-thon – Tuesday 3 March

The annual Walk-a-thon is just next week. Last week students received their Walk-a-thon sponsorship forms. Please assist your child/ren to collect pledges from family, friends and neighbours. Don’t forget that children can even seek donations from people they know who may not be living in Sydney, by donating online. More details in the P&C section.

This fun event always raises a significant amount of money that the P&C uses to improve and enhance the learning environment of our students. We look forward to your support again this year. Thank you.

Congratulations cricketers

Last week two of our school’s talented cricketers, Sid Pandit and Nick Everitt, tried out for the area cricket team. Both boys showed impressive form. A big congratulations to Nick Everitt, who was selected to play in the Ryde-Beecroft representative team.

Personal Strengths

This week, students are beginning to explore their personal strengths. This topic will require students to reflect on the personal strengths they already have and those they wish to develop. Examples of strengths include honesty, patience, curiosity, kindness and perseverance, just to name a few. Older students will put into place strategies to specifically target the development of these strengths. The students will also be looking at how their strengths positively contribute to friendships, family life and the broader school community. At home, parents can discuss with their children the personal strengths they use to cope with challenging situations.

Miss Jess Fazl – Personal Development Teacher
**P&C Committee News**

**A Word from the New P&C President**

Thank you all for your lovely warm welcomes to this new role as P&C president. It has been the most welcoming time for me so far, with many parents offering our P&C assistance. I am extremely humbled by the amount of volunteer work that that our current team are doing!

Kate Derbidge, I cannot THANK YOU enough for this extremely thorough hand over. You have worked so hard in your role as P&C president, Uniform Shop, band and the list goes on!

Without our Volunteer P&C team and all the extra helpers we would not have these incredible opportunities for our children. So as you walk along and see large instruments, neat and tidy uniforms, beautiful playgrounds and smiles everywhere just remember that parents, careers and our community have helped make this happen in our public school!!

Looking forward to meeting more faces throughout the school and our next P&C meeting Tuesday 10 March!

Daniela Zepeda - pcpresident.nrcp@gmail.com or 0417 331 889

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**Annual Walk-a-thon – next Tuesday**

We will be holding our annual Walk-a-thon next Tuesday 3 March. We always welcome parents, grandparents or carers to join us for this fun event. Thank you to those parents that have already volunteered their time. If you would like to help on the day, please contact Jannet Pawsey at fundraising.nrps@gmail.com

Thank you to everyone who has already started returning their Walk-a-thon forms and donations. Don’t forget that all cash donations are due back by Friday 13 March 2015. Online donations can be made up until 31 March 2015.

**Online Donations for Walk-a-thon**

This year, we have offered students the opportunity to receive online donations. This means that you have the chance to email those long-distance friends and family and ask them to donate securely online. We hope this encourages a wider network of donors. The feedback so far has been very positive!

Note that when donations are made online, the donation is made towards the class, not the individual student. However, donors still have an opportunity to make a comment or note of encouragement to a child.

Instructions and class links for how to donate online using the ‘Go Fundraise’ website were sent home last week. If you visit www.gofundraise.com.au, under the ‘Events’ menu, click on ‘Find a Friend or Team’. Then in the ‘Find a Friend or Team’ field, type NRPS and click on Search. This will take you to the links for your class.

If you have any concerns or would like another copy of the links, please contact us at fundraising.nrps@gmail.com.

At the moment, KM is in the lead for the online donations! However, there is still plenty of time left to ensure your class wins the class party.

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**Coming events for Term 1**

**Week 5**

| Mon 23 February | Stage 3 Incursion – Tinkering with Electricity |
| Thu 26 February | Dance2BeFit – Years K-6 |

**Week 6**

| Tue 3 March | Walk-a-thon |
| Wed 4 March | Stage 3 Excursion – CARES Bike Safety |
| Thu 5 March | Dance2BeFit – Years K-4 |
| | Whole school assembly – 2.20pm |

**Week 7**

| Mon 9 March | Stage 2 – Schoolhouse Museum visit |
| Tue 10 March | Zone Swimming Carnival |
| Thu 12 March | P&C meeting – 7.00pm – staffroom |
| | Selective High School placement test |
| | Dance2BeFit – Years K-6 |

**Week 8**

| Wed 18 March | Disco K-2 5.00-6.15pm/ 3-6 6.30-8.00pm |
| Thu 19 March | Dance2BeFit – Years K-4 |
| | Whole school assembly – 2.20pm |
| Fri 20 March | National Day of Action – Say no to bullying |

**Week 9**

| Mon 23 March | Young Leaders Day – Year 6 attend |
| Wed 25 March | School Photos |
| Thu 26 March | Dance2BeFit – Years K-6 |
| Fri 27 March | Schools Clean-up day |
| Sat 28 March | State Election |

**Week 10**

| Thu 2 April | Stage 3 – Schoolhouse Museum visit |
| | Dance2BeFit – Years K-4 |
| | Whole school assembly – 2.20pm |
| | Last day of term |

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**School24 Registration Process**

Online registration only takes a few minutes to complete. Go to http://www.school24.com.au and enter in the School ID as 25162963.

**Top-ups using Bank Transfer**

The P&C Canteen account that was used last year has now been closed. Please ensure that you update your details to reflect the Lion Catering Group bank account. The new account details are:

- **Bank:** NAB
- **Account Number:** 149396592
- **BSB:** 082286

**Contact Details**

Over the course of the coming weeks, the P&C Canteen email address will be shutdown. For any queries relating to the canteen, please begin to address them directly to Lion Catering.

school.canteen123@gmail.com or 0424423265
Uniform Shop News

Uniforms or Unicorns?
Trish's daughters, Rachel and Jennifer, have re-named us the Unicorn Shop. We think it's a magical place – come and visit to see for yourself!

Week 5 and Winter Uniforms
Can you believe we are halfway through Term 1 already? Winter still seems a long way off but from the beginning of Term 2 the students wear their winter uniform, so now is the time to do a quick check of what you will need.

As you do this, you may find uniform items suitable to donate to us for re-sale. We welcome your donations! A big thankyou to all those who have responded to our request in last weeks’ newsletter for second hand stock and who have brought us items, bags and boxes.

Trish and Emma have been busy with stocktake and ordering to make sure there will be enough stock to cover your children's winter needs (and winter knees). When it arrives, we will let you know via the newsletter so you can order.

Online orders
It will be busy in the shop when everyone starts to buy their winter uniform. If you know what size you need, make the most of the online payment and ordering option and avoid the queues. Details are available on the price list/order form on the school website.

Hats, hats, hats
Sadly, the problems with supply of hats continues. While we have received some of the smaller sizes from our new supplier, they are significantly smaller than the previous models. If you are still waiting on a hat in a small size, pop in and see us. Please make sure you bring your child's head with you when you do, so we can try it on them to make sure it fits. This is most important as hats cannot be returned or exchanged due to hygiene restrictions.

The medium hats remain on backorder from the supplier and we hope they should be here next week. An alert will go out via the Skoolbag App, newsletter and school website as soon as they arrive. We are very sorry for the inconvenience.

Thank You
Thanks to all our wonderful volunteers this week – Sam Culham, Natasha Kruger, Sam Al Jabr and Natalie Wren.

Feel free to contact us at any time on uniforms.nrps@gmail.com and we will respond as quickly as possible.

Trish Cleary and Emma Underwood

Band News

Instrument Hire Agreements and Code of Conduct

Band Code of Conduct was sent home with each band child on 13 February. Many students also received an Instrument Hire Agreement. Please complete these forms and return to the school office promptly.

Information about Band
For those parents who could not make it to the information evening, Key Music Australia has a comprehensive online portal. It is the first place to go to find out about the costs of participating in the band, how a band program works, instrument assembly, maintenance and care, and other answers to your questions.


Please take the time to read the 2015 Band Information Booklet which was sent home last week or can also be accessed on the school's website at:

Should you have any further questions, please email northrydepsband@gmail.com

Term 1 Band Rehearsals
Performance Band – Mondays 8.00-9.00am
Concert Band – Tuesdays 3.10-4.10pm
Training Band – Tuesdays 8.00-9.00am (starting later, when ready)

Students are expected to be in the hall by 7.50am or 3.00pm for set-up and roll call. All students must help set up the chairs and pack away afterwards. Parents are encouraged to supervise and help where possible.

Where do the children put their instruments?
On band lesson days, instruments should be stored safely inside their classroom (or in the staffroom if there is a specific reason) – not outside or on verandahs.

On tutorial day – Friday – all instruments are to be put on the long timber benches inside the hall. They will remain there all day (except lesson time) and should be collected at the end of the day. Any instruments forgotten will be moved to the office.

Alanna Hector – Band Committee

Term 1 school invoices
Thank you to all the people who have already paid their invoice. Your prompt payment is greatly appreciated. Please remember that your child's participation in activities is dependent on payment. Payments are due Friday 27 February. Thank you.
This week we will be making banana bread for cooking club on Tuesday – including a gluten free option! We will also be decorating the centre in red lanterns and Chinese New Year orientated artwork! Please bring in more newspapers for our newspaper fashion parade on Monday if you have spares at home. The excitement is sure to extend for the next few days!

With Clean Up Australia Day on the first of March, we will be undertaking our own clean-up project of cleaning the school on Friday afternoon, and having discussions of how we can keep our country clean through other projects.

We have purchased some new books for our centre – with more still to come – and the children are avidly and enthusiastically reading them!

The centre has organised a visit from the RSPCA this Friday, the 26 February, at 4.00pm. They will be helping the children to understand what it takes to look after their pets and create the best environment for them. Feel free to come in and have a look and a listen while they’re here.

Schoolhouse Museum News
Lost Key
Did you know that the key to the front door of North Ryde PS (now the museum) disappeared in the 1940s? NRPS was surrounded by farms and St John’s next door was a small timber church. We have been told that some boys stole the key and hid it in the church fence and there it stayed for many years.

As teenagers they returned to the hiding spot and recovered it and kept it in their family. Being an ornate key, it took pride of place on the top of the twenty-first birthday cakes for each family member and others in the neighbourhood. Several years ago that very key was handed back to one of the museum staff and is now an important part of our collection!

Open afternoon
Yesterday the Schoolhouse Museum team kindly opened their doors for the afternoon just for North Ryde Public School families. We thank the staff for this wonderful opportunity to step back in time.
Library News

2015 Premier’s Reading Challenge

The Premier’s Reading Challenge (PRC) is a NSW government initiative that “aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier’s Reading Challenge (PRC) is available for all NSW students in Kindergarten-Year 9, in government, independent, Catholic and home schools.”

https://online.det.nsw.edu.au/prc/home.html

The PRC runs from the beginning of March to the end of August. Participation is voluntary, not compulsory, but we do strongly encourage students of all reading abilities to enter (including those not yet able to read on their own). Registration for the PRC opens on 2 March, and detailed information will be sent home this week. If you’d like to find out more in the meantime, please visit the PRC website at the above address.

Ms Kate Bowyer - Teacher-Librarian

Stewart House

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 the 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 closets and place any good, clean clothes, manchester or blankets in the bags provided and return them to school by Tuesday, March 17.

Bags can be placed in the corridor outside 3L.

Mrs Gail Morris

Wakakirri – still places available

Get inspired. Take a look at some of the Youtube videos of other primary schools who have competed in the fabulous event. Just search for ‘Wakakirri’.

Students from Years 3-6 were given a note explaining Wakakirri, with an expression of interest. Students are asked to return any expressions of interest slips to the office ASAP so that we can confirm our school’s participation in this performance opportunity.

World cup excitement!

One of our very lucky young students had the opportunity to share the limelight with the visiting Indian cricket team!

Summer PSSA

Congratulations to all our teams.

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<tr>
<th>Sport</th>
<th>NRPS v Kent Road</th>
<th>Players of the match</th>
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<tbody>
<tr>
<td>Softball girls</td>
<td>5 – 10</td>
<td>Kayla, Tamara</td>
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<tr>
<td>Softball mixed</td>
<td>1 – 12</td>
<td>Will J, Nathan</td>
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<td>TBall girls</td>
<td>13 – 12</td>
<td>Melenaita, Natasha</td>
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<tr>
<th>Sport</th>
<th>NRPS v Eastwood Hts</th>
<th>Players of the match</th>
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<tr>
<td>Junior cricket</td>
<td>64 – 61</td>
<td>Whole team</td>
</tr>
<tr>
<td>Senior cricket</td>
<td>11/33 – 3/62</td>
<td>Nick E, Blake</td>
</tr>
</tbody>
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Parent Tutor Reading Program – thank you!

Thank you to the wonderful people who responded to our call for tutors. We can now include a few more children on the program. However, we would love to expand the program even further, so if you can spare an hour a week please contact Mrs Gail Morris.

What kids eat vs what they should eat...

Kids are eating less than half the veg they should be. How can you educate and encourage kids to eat more?

In addition to lunchboxes and dinners, Crunch&Sip is a great opportunity to promote veg. Kids really don't do too badly when it comes to eating fruit, so maybe it's time to update your child's fruit break to really encourage veg.
Wonderful art work

Barbara Petchenik Children’s Map Competition 2015

Competition’s theme is “My place in today’s world”. Entries can be nominated in four age groups: under 6 years, 6-8 years, 9-12 years and 13-15 years. The deadline for participation in the contest is Thursday, 2 April 2015.

For more detailed information about the competition, please visit the MSIA website http://mappingsciences.org.au.

Allergic reactions

At North Ryde Public School we have several students who have food allergies and intolerances. This includes reactions to peanuts, tree nuts, milk, eggs, seeds, wheat, etc. For some of these children the issue is life threatening.

We therefore ask that you do not send birthday cakes or treats to share with your child’s class.

Thank you for your understanding and support of this decision.

Allergies in schools

Peanuts and tree nuts can cause allergic reactions in some children. If your child’s school chooses to have a nut free policy the following nuts and nut products should not be included in the foods your child brings from home:

- Almonds/almond butter
- Brazil nuts
- Cashews/cashew paste
- Chestnuts/ground meal
- Hazelnuts/ground meal
- Macadamias
- Mixed nuts
- Peanuts, peanut butter/paste, flour or oil
- Pecans
- Pine nuts
- Pistachio nuts
- Walnuts
- Marzipan (almond)
- Nutella spread (hazelnut)
- Praline, Baci (hazelnut)
- Arachis, Rhen flakes, Satay sauce (peanut)*

Foods commonly containing nuts include:

- Textured or hydrolysed vegetable protein
- Friands and flourless cakes (often contain almond meal)
- Flavoured cheeses (fruit and nut, walnut)
- Peanut and satay sauce (peanut based)
- Nut filled chocolates (can be peanut or other nuts)
- Baklava, Greek pastry (walnut or peanut)
- Marzipan icing, confectionery or cake decorations (usually almond based)
- Praline, fine nut (usually hazelnut) product added to desserts and chocolates
- Nut biscuits such as Amaretti, macaroons, Florentines (almond)
- Crushed nuts on top of desserts e.g. cakes, fruit buns, ice cream
- Breakfast cereals
- Muesli bars and health bars
- Energy mixes or trail mix
- Fruit crumble mix
- Christmas cakes and puddings
- Nougat and fudge
- Pesto
- Salad dressings
- Fruit cake icing (marzipan)
- Waldorf salad (walnuts)
- Asian style meals
- Worcestershire sauce*


Packaged foods that contain nuts must state this on the label. You can also look for the statement ‘May contain traces of nuts’ which indicates there’s a possibility of cross-contamination during the manufacturing process.
Sorting fact from fiction

Help your child develop their “dodgy website” antennae when doing homework. Here are ways your child can tell a good website – or any document – from a bad one.


Community news

The CoolKids and Adolescent Health Program:
Helping distressed children & adolescents suffering from somatic health complaints (including recurring headaches, stomach-aches etc).

About 40% of children and adolescents may experience functional somatic health complaints, which are medically benign (that is, they have no identified organic cause). The most common somatic-health complaints experienced by children and adolescents include recurring abdominal pain, gastro-intestinal symptoms, recurring headaches, chest pains, dizziness and nausea. Research has shown that these children are prone to have increased rates of school absenteeism, and this may also have an impact on their learning, peer relations and overall quality of life. Studies have also indicated that up to 80% of children and adolescents struggling to cope with these recurring functional somatic health complaints may also be experiencing anxiety and/or depressive problems.

Our new, CoolKids and Adolescent Health Program is designed to specifically help children learn how to concurrently cope and manage their somatic symptoms as well as learn stress management skills. This program is specifically designed for children aged 7 to 17 years who are experiencing recurring somatic health complaints for at least 3 months (and which a GP or medical specialist has confirmed that the symptoms are medically benign). The program is individually based and involves 10 x 1 hour weekly therapy sessions held at the Emotional Health Clinic at Macquarie University. Interested families will be invited to attend a screening assessment to determine eligibility.

Organisation: Centre for Emotional Health, Macquarie University.

Researchers: Associate Professor Maria Kangas, Prof Ron R apee, & Prof Mike Jones.

Who is eligible? Children and adolescents aged 7-17 years who are experiencing recurring somatic health complaints for a minimum of 3 months.

Contact: For more information, please contact Assoc. Professor Kangas (email: maria.kangas@mq.edu.au) or telephone (02) 9850 4082.

Holy Cross College, Ryde
Open Day – Sunday, March 8th, 2015
10.00am – 2.00pm

Quality Catholic Education in the tradition of the Patrician Brothers

Enrolling Now for 2017, Limited Vacancies for 2016

ALL WELCOME!
517 Victoria Road, Ryde
Telephone: 9886 1033

Email: info@hcr.ryde.catholic.edu.au
Website: www.holycrosscollege.org
(Car park entrance via Frank Street)

Preschool Open Day
10am to 2pm
Saturday 7th March 2015

Child focused
Holistic
Innovative
Life skills
Developmentally appropriate

The Children’s House
109 Cressy Road, North Ryde
PH: 98890400
www.sydneymontessorisociety.nsw.edu.au

Confident Independent & Creative Young Women
Open Day
Thursday March 5, 2015, 3:30–6:00pm
PRINCIPAL’S OFFICIAL WELCOME 4:30PM
EXHIBITIONS | ACTIVITIES | GUIDED TOURS | GIFTED & TALENTED Q & A
RIVERSIDE GIRLS HIGH SCHOOL
Huntleys Point, Gladesville Ph: 9835 4204 www.riversideghs.nsw.edu.au
Tinkering with Electricity
On Monday 23rd February, Stage 3 were able to participate in an incursion based on electrical circuits. We learnt how to make an electric circuit, strip electrical wires and take apart and put back together electric appliances. We made an electric circuit using a battery, wires, LED light and a switch created by two split pins. We then attached the circuit to a lighthouse, robot or car shape using a hot glue gun. We then had some free time to explore and experiment using circuit kits. We had lots of fun and learnt a lot about electric circuits.
By Aidan and Boula