

The Endeavour

West Ryde Public School Newsletter
Term 1 Issue No. 4 – 19th March 2014



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Upcoming events

Mar

19th P & C Meeting
20th SPORTSPRO
21st Harmony Day
Assembly – 4F
24th to 28th March – Healthy Harold
25th Regional Swimming Carnival
26th SPORTSPRO
27th SPORTSPRO
28th School Clean Up Day
Assembly – 1 D

Apr

2nd Uniform shop open & Dr Shoe
Parent/Teacher Interviews
4th Assembly – Leaders
PSSA Round 1

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Friendly Reminders

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Canteen News
Uniform Shop News

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P & C News

Principal's Message

We often have parents come to see their child's teacher, or myself, about their child's behavior. Often statements such as I can't get them to stop watching television or playing games on their ipad resonate with me.

Here are 5 ways to help you take charge.

- Lessen endless negotiating. If you think your child has "gone too far," you're probably right.
- Set limits that are enforceable, and follow through on consequences. Even a five-year-old knows that you won't actually ban TV for a year. Ask your youngest child whether he or she can tell the difference between a real consequence and an idle threat – and you'll be amazed at what they know.
- Help kids "open up" about what really matters in school and in their social lives, by being sensitive to their "talking-style." Do they tend to "open up" right before bed, while busy on a shared project or over dinner? Know how to tap into the times they are "open" so you can get to know your child even better, which will give you the compassion and understanding you need to stay in charge and reassure them.
- Increase genuine self-esteem. Kids love praise, but research shows that when we praise indiscriminately we undermine self-esteem. So, replace some of those automatic "good jobs" for starters. Instead praise the effort, especially when it's something hard for your child to do naturally.
- Don't try to 'get through' when you're upset – especially when you (and your kids) are running on empty. We now know from high-tech research that old-fashioned techniques like taking some deep breaths or standing up to stretch reduce stress and take the edge off. You can then navigate tricky situations from a (somewhat) calmer place.

Congratulations

Well done to all our swimmers who represented the school at the Zone Swimming Carnival last week. Their performance in the pool was outstanding, as was their behaviour out of the pool.

Due to their outstanding results our school won the Small Schools Trophy and the following children will be attending the Regional Swimming Carnival on the 25th of this month:

Claire, Haydyn, Claudia, Adelle and Casey

Thank you to Ms Belme, Mrs Lee and all the parents and grandparents who came to assist, or to be spectators.

NOTES/MONEY

Life Education – Healthy Harold 24 th to 28 th March	\$7.00

Reminders

Harmony Day

Don't forget that this Friday is Harmony Day and that children can come dressed in their cultural costumes or an item of orange clothing.

Life Education – “Healthy Harold”

The Life Education Program commences for all students on Monday 24th March.

Life Education New South Wales is a community-based, independent organisation at the front line of positive and preventative drug and health education. In NSW over 300,000 students in over 1400 schools take part in the preschool, primary and secondary programs each year. Helping young people make informed decisions about drugs and their health is at the heart of the program, which is driven by the popular Life Education mascot Harold the giraffe.

Specialist educators utilising their experience and training work with schools to develop programs to support the provision of best-practice drug education. Sessions are age specific and sequential with written and electronic resources provided to support both students and teachers in the delivery of ongoing drug education in their classroom. A visit to the mobile Life Education van facilitates the development of students' knowledge and skills to identify risks and make informed decisions.

School Clean up Day

On Friday the school is organising a clean-up as part of our Three for the Sea program. Could you send a pair of gloves with your child so we can pick up any litter in the gardens and around the school.

Parent Teacher Interviews

Don't forget that Parent Teacher meetings are on 2nd of April with the exception of KS. If your child has not given you the note please contact your child's class teacher.

School Cross Country Carnival – Years 2 - 6

The School Cross Country Carnival will be held on Thursday, 10th April at Meadowbank Park. Students should begin their long distance training prior to the carnival to increase their fitness level. The program will be available to see on the notice board in Week 10.

Mrs Ludmilla Lee

Did you know?

The P & C Building Fund Contribution is tax deductible. You can include this contribution when you pay your child's school fees.

School Bus Passes

The free school bus pass is available to children who are Australian Citizens or Permanent Residents and **ONLY ISSUED** to children in Kindergarten to Year 2. Children who are in Years 3 to 6 will have to pay for a bus pass. Both forms are available from the school office.

Illegal Parking

Please be aware that the parking officer is patrolling the school area and that you will be fined for illegally parking in and around the school surroundings. Please ensure that you park safely and legally to avoid being fined and do not park in or across the school staff car parks in Endeavour Street and Mons Avenue.

Speech Therapist

We are fortunate enough to have a Speech Therapist visit the school once a week. If you are interested in your child seeing the speech therapist, please see Mrs. Lloyd Jones.

CANTEEN NEWS

The canteen will be open on Monday, Tuesday, Wednesday and Thursday for Term 1 (on a trial basis only).

Please do not bring \$100 or \$50 notes to the canteen as we cannot give you change.

UNIFORM SHOP NEWS

The last opening day for Term 1 will be Wednesday (8.45am - 9.15am) 2nd April 2014 and

Dr Shoe will be attending.

Please note that we only accept cash or cheques (made payable to the West Ryde Public School Uniform Shop).

P & C NEWS

Time flies, when there's so much to do. The last fortnight has been downright busy for the committee with the planning for a canteen group, organising the Easter Hat Parade and Raffle and the pre-season sports activities on weekends. Add in the odd case of the flu, and there you have one busy fortnight.

CANTEEN WORKING GROUP

The Canteen Group will meet on Wednesday before the P&C Meeting at 5:45pm. This is a critical event as we will be making decisions on how the canteen group will be organised. A preliminary schedule will be created and the collection of menu items will start.

The canteen is an incredibly simple to run concept, made more difficult than running a normal café because of the myriad of views by the school community on how it should be run and what it should serve. However, most of the management effort will be driven by the group that will be operating the canteen day in and day out.

The canteen in West Ryde Public School will depend on the balance between what the volunteers can produce efficiently and how the school community is receptive to the operations of the canteen. It is run like a business, but with certain limitations in supporting a safe and healthy diet for the children. There are bound to be changes to how the canteen is run today, and we ask the community to be supportive of the volunteers.

Without volunteers, there will be no canteen. Without the school community support, there will be no canteen.

That said, the canteen group is an opportunity for the parents and citizens of the school to gain a financial advantage to provide for your children's opportunities in school.

BUILDING FUND AND VOLUNTARY CONTRIBUTION FUND

The P&C receives monies in two ways:

- Building Fund: This is a Tax Deductible contribution and the fund goes towards capital investments in the school. We have previously used the fund to install air-conditioning for all the classrooms to address the hot and cold days. This has made the school more bearable for our children.
- Voluntary Contribution Fund: The monies are collected at the beginning of the school year and goes into the general P&C pool of funds. This is in order to support the school in getting the right resources as and when needed by the school. We have used the fund for library resources and to hire additional support teachers.

Collection for the funds is voluntary, but the use of the funds is crucial in providing for an active P&C and the provision of complementary programs in the school. Please contribute into these funds if you can.

WRPS MARKETPLACE

The [WRPS Marketplace](#) highlights the sponsors and supporters of the school and we hope that you will support them in your everyday shopping or when you need specific services. Here are the two main sponsors' programs:

[Elizabeth Wiggins - McGrath](#)

[St George Top Ryde](#)

There are other providers as well who have helped us through donations on sale of their products such as Dr. Shoe, who comes to the school or from the comfort of your home for shoe fittings.

NEXT MEETING

After tonight's meeting the next meeting will be on 21st May. There is no meeting in April due to Term 1 holidays.

CONCLUSION

I look forward to seeing you at the P&C Meeting tonight.

Alan Khaw (Parent 5/6H, 3L)

President

CLASS PARENTS LIST

The Class Parents are as follows:

	Parent	Teacher
KC	Calvin Myles Holland	Mrs Colley
KH	Naith Chang	Mrs Hines
KS	Holly Kozlovsky	Ms Murray
KT	Mathimala Gobinath	Mrs Thompson
1A	Karina Martin	Mrs Aspee
1B	Karin Smits	Ms Black
1D	Jo Ahjong	Ms Dobbie
1M	Amy Bested	Mrs McDougall
2B	TBA	Ms Belme
2C	Raegan Stewart	Ms Cannon
3B	Milla Krivozhnya	Mr Bramley
3L	Farina Shah	Ms Lee
4F	Christine Han	Ms Farthing
4J	Jane Huang	Mr Jenkins
5/6H	Raquel Munoz	Mr Hayllar
5/6L	Dennice Perry	Mr Logan

Please provide your support for each of the volunteer class parent above.

The NEXT WRPS P&C MEETING DATE

19th March, Wednesday 7:00 – 8:00 pm

21st May, Wednesday 7:00 – 8:00 pm

In the school library.

GOLD SUPPORTER OF WRPS CHRISTMAS MARKETS



**RYDE-EASTWOOD
LEAGUES CLUB**

Click [here](#) to visit their website

SILVER SUPPORTERS OF WRPS CHRISTMAS MARKETS

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Elizabeth Wiggins
0411 434 696
lizwiggins@mcgrath.com.au

McGrath

Click [here](#) to visit their website



TOP RYDE CITY BRANCH

BRONZE SUPPORTERS OF WRPS CHRISTMAS MARKETS

Three Three's Condiments Pty Ltd



**Ryde Aquatic
Leisure Centre**

TAFFA'S HARDWARE
MIGHTY HELPFUL
MITRE 10
1 Chatham Rd, West Ryde, NSW, 2114 Ph: 9809 0222
www.mitre10westryde.com.au





TENNIS & SPORTS CAMPS

APRIL 2014 SCHOOL HOLIDAYS
@ NEXT GENERATION, RYDE

Camp 1 - 14th to 17th April (Beginner/Intermediate)

☐ 14th Mon ☐ 15th Tues ☐ 16th Wed ☐ 17th Thur

Camp 2 - 22nd to 25th April (Beginner/Inter./Advanced)

☐ 22nd Tues ☐ 23rd Wed ☐ 24th Thur ☐ 25th Fri

Student Name: _____

D.O.B.: ____/____/____

Parents Names:

Mum: _____

Dad: _____

Best Mobile Number:

Email: _____

Medical History: _____

(Asthma, Grommets, ADHD, Epilepsy, Allergies, etc)

☐ Do not use images of my child in marketing material

Our Tennis and Sports Camps are designed for children aged 4 to 13 yrs, from beginner to advanced level. They are a great way for your kids to spend their holidays, having fun, playing tennis and other games such as soccer, tag and volleyball with friends. We run a high quality wet weather indoor program in the case of rain.

Camp 1 14th -17th April & Camp 2 22nd - 25th April

Times:

9am - 3pm with supervision from 8:30am to 5:00pm

Location

Next Generation Club, 504A Victoria Road, Ryde

Enrollment:

To book a place please return this form to reception at Next Generation Club or email it to adam@voyagertennis.com

Cost: (4 day camp)

\$150 per week or \$50 per day

(Next Generation Club Members receive a discount)

Payment:

Please pay via Electronic Funds Transfer (EFT)

Account Name: Advantage Tennis Professionals

Bank: ANZ BSB: 012-405 Account: 278 389 399

Reference: Please use your surname

Payment is required to confirm your place in the camps.

Please Bring

Hat, water bottle, sunscreen,
racquet (if you have one), lunch and snacks

Enquiries:

Adam Feeney 0402 018 685 or adam@voyagertennis.com



FREE KIDS FITNESS SESSIONS

Diploma of Fitness students need primary school aged children to participate in fitness sessions designed to develop fitness and fundamental skills in children. No sport or fitness experience necessary. Sessions held at Meadowbank TAFE campus Health and Fitness Department with qualified staff.

WHEN: Wednesday Afternoons 3:30-4:15pm starting 26th March - 4th June 2014.

There will be three weeks of sessions then a two week break for the school holidays, followed by a further 5 weeks in Term 4

For more information contact Melissa on 9942 3056 or email on Melissa.Baker10@det.nsw.edu.au



Field of Mars DISCOVERY

**NATIVE
ANIMAL
SHOW**

**BBQ &
FACE
PAINTING**

**GUIDED
BUSH
WALKS**

**LOCAL
STALLS &
DISPLAYS**

**INDIGENOUS
CATCHMENT
TALKS**

STORYTIME

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 OR
Session 2: 12:45pm - 3:00pm

Location: Field of Mars Reserve, Pittwater Road,
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.

No parking permitted on Pittwater Rd.

Note: Sorry no dogs or pets.

Explore. Discover. Enjoy.



 City of Ryde

Lifestyle and opportunity @ your doorstep



Ryde-Hunters Hill
Flora and Fauna
Preservation Society

