### **DALMENY PUBLIC SCHOOL NEWSLETTER**

We work together to achieve a culture of quality learning



Cnr San Marino & Dalmeny Drive, PRESTONS PHONE: 9826 9033 FAX: 9826 7433

School Website: www.dalmeny-p.schools.nsw.edu.au

Term 4 Week 7

A big thank you to students, parents and friends who joined us in raising money for the Year 6 fundraiser this year. The Beepathon was our most successful event of the year with a total of around \$970 being raised towards the end of year formal dinner for Year 6. There were some great efforts by many students in collecting funds; four students all

Tuesday, 22 November, 2011

Mr Mathews

### THE BEEP-A-THON

collected a brand new Ipod Shuffle for their efforts. It's a great cause and a healthy way of raising money, so let's all get behind it next year.

#### ... and THE OZTAGGERS

The summer PSSA season has finished successfully for the Oztag teams with both Senior and Junior A sides making it through to the final series. Our Senior A team met the minor premiers Holsworthy in the semi and managed to hold a 1-Nil lead through most of the game before being run down 3-1. The Junior A team entered the finals undefeated through the season and looking very formidable. The challenge here was our arch enemies and longtime Oztag superpower, Hammondville. After battling a strong Hammo B team to a draw in the semi-final we progressed through to the final due to our higher finish on the table. Here we met, as expected, the Hammo A team. A super high quality game of Oztag was delivered by these two teams who battled right up to the final minutes to secure the trophy. We scored twice but one of Hammo's tries was by one of their talented girls and was worth 2 points, leaving the final result at 2-2. The competition is to be shared. Same result and score as last year against the same opponent.

It was a great job by our super talented players. They'll be all the better for the run and the next two seasons look good for our PSSA sport. Thanks to the boys and girls for all their energy at training and playing through the year, as well as their great sportsmanship on the field. Thanks also to the many mums and dads for coming to support us.

Mr Mathews, Ms Peronis and Mr Hart ANGLICARE - TOYS'n'TUCKER:

#### **VOLUNTARY CONTRIBUTIONS:**

Thank you to the many families who have paid a Voluntary School Contribution this year. These contributions have contributed to the increased quality of learning materials in our classrooms.

We would like to make a final appeal to parents who have not yet paid a Voluntary School Contribution this year (\$30 for one child / \$50 for two or more children) to please consider doing so. This contribution makes a big difference to the range and quality of resources available for all students.

David Eggins Principal

#### SPORTS, DANCE & SPECIAL GROUP PHOTOS

Sporting teams and other school group photos are on display near the administration foyer. The cost of these photos are 1 for \$14, 2 for \$26, 3 for \$36, 4 for \$44 or 5 for \$50. Any additional orders over 5 photographs are \$10 each. Order forms are available from the office. Please include cash (exact money), cheque or credit card details in the envelope.

Orders close on Monday, 28 November to allow time for delivery before the end of year.

#### TERM CALENDAR

Event		
Principal's Afternoon Tea 2.15pm		
1) Kinder Transition 9.15-10.30am		
2) Cricket NSW Milo Cup - Regional Final		
Parents Thank You Afternoon Tea 1.30pm		
Year 6 Berry Camp (3days)		
Kinder Transition and Uniform Sales		
End of Year Reports distributed		
Variety Club Christmas Party - M7, M10 &		
B8 at Darling Harbour		
School Presentation Day		
9.30 Yr 3-Yr 6 11.30 Kinder - Yr 2		
Year 6 Farewell at Hunts 6.30-9.30pm		
Final day for students		



Every year, ANGLICARE distributes food and gifts to thousands of families who would otherwise go without and for some families in our community it is also a time with little to celebrate. With your help Anglicare can provide struggling families with the support they need during the Christmas period and into the New Year. Following consultation with our Student Representative Council, Dalmeny PS has made a decision to support Anglicare's "Toys'n'Tucker" Appeal this year.

You can assist by donating the following:

- Gifts for children and teenagers: new toys, board games, sports equipment or retail gift cards:
- <u>Christmas food for festive meals</u>: Christmas puddings, Christmas cakes, long-life custard and tinned ham.

A tree has been set up inside the front foyer of the office for families to donate new toys and perishable foods. Just one, two or three extra items in your shopping trolley will mean that as a school we can give to others and make the festive season a much more enjoyable. Please send your donation to the office between now and 9th December. Please do not wrap gifts - they are packed and distributed to families according to need and therefore need to be sighted prior to packing. Also, please do not send glass jars or anything fragile that may break in transit. We look forward to the generous support of this worthy charity cause from the Dalmeny community and in teaching our children more about sharing and giving to others. For further donations, please visit www.toysntucker.org.au or phone 13 26 22.

# REMINDER - BUS PASSES FOR STUDENTS IN GRADE 3 IN 2012

A note and new bus pass application form has already been sent home to all students in Year 2 who will be eligible for a bus pass in 2012. This is a clerical requirement for current



Yr 2 students only. Please return this application <u>as</u> <u>soon as possible</u> or your child will not automatically be issued with a bus pass next year.

Students in other grades who currently do not have a bus pass but will be requiring one next year, should make application for it now.

Уr	1 & 2		Kinder
Friday (Even Weeks)		Fride	ay (Odd Weeks)
2.10pm			2.10pm
2 Dec	M10/B8	25 Nov	1/KR
Yr 5 & 6			Yr 3 & 4
Thursday (Even Weeks)		Thur	sday (Odd Weeks)
2.10pm		2.10pm	
		24 Nov	Year 4 SRC

#### STUDENT OF THE WEEK AWARDS

We would like to congratulate the following students who will be awarded their "Student of the Week" certificates at the Kindergarten assembly on



Friday of this week. This assembly will be hosted by 1/KR. Parents, family and friends are welcome to attend.

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#### **EXCURSION REMINDERS**

Cricket NSW Milo Cup Regional Final

**Date:** Thursday, 24<sup>th</sup> November, 2011 **Where:** Endeavour Reserve, Fairfield

**Time:** Meet at school by 8.15am and return by 3pm **Payment:** No cost – parent helpers for transport. Permission notes are required at the office by

Wednesday, 23 November

Year 6 Casula High School Mini Orientation Visits

Date: Each Wednesday on 16th, 23rd November and

7<sup>th</sup> December, 2011

Where: Casula High School

Time: Leaving school 12.30pm and returning approx.

2.45pm.

Payment: There is no cost involved and permission

notes are due back as soon as possible.

Year 6 Berry Sport & Recreation Camp

Date: Wednesday, 30th November to

Friday, 2<sup>nd</sup> December

Time: Leaving school 9am and returning

approx. 3pm

Payment: All outstanding balances should be finalised

immediately please.

## Support Unit B8, M7 & M10 Variety Christmas

<u>Party</u>

Date: Tuesday, 6<sup>th</sup> December, 2011

Where: Convention & Exhibition Centre, Darling

Harbour

**Payment:** Permission note and payment of \$12 (or \$24 with accompanying parent) are required at the office by Thursday, 24<sup>th</sup> November, 2011.

Year 6 Fun Day

Date: Thursday, 8th December, 2011

Where: Bankstown YMCA

Time: Leaving at 9am and returning by 3pm

What to wear: Full sports uniform, enclosed shoes

and school hat.

**Payment:** Permission note and payment of \$13 are due back to the office by Monday, 5<sup>th</sup> December.

Kinder End of Year Fun Day

Date: Friday, 9<sup>th</sup> December, 2011 Where: Dalmeny Public School

What to wear: Students may wear appropriate comfortable, casual clothing. Enclosed shoes and

school hat.

**Payment:** Permission note and payment of \$10 are due back to the office by Friday,  $9^{th}$  December.

Year 5 Fun Day

Date: Friday, 9th December, 2011

Where: Bankstown YMCA

Time: Leaving at 9am and returning by 3pm

What to wear: Full sports uniform, enclosed shoes

(joggers please) and school hat.

**Payment:** Permission note and payment of \$13 are due back to the office by Tuesday,  $6^{th}$  December.

Year 2 Fun Day

Date: Tuesday, 13th December, 2011

Where: Koshigaya Park & Dumaresq St Cinemas Time: Leaving at 9am and returning by 2pm Payment: Permission note and payment of \$20 are due back to the office by Thursday, 8<sup>th</sup> December.

Year 4 Fun Day

Date: Wednesday, 14<sup>th</sup> December, 2011
Where: Dumaresq St Cinemas, Campbelltown
Time: Leaving at 10.15am and returning by 2pm
Payment: Permission note and payment of \$14 are due back to the office by Friday, 11<sup>th</sup> December.

Year 1 Fun Day

Date: Thursday, 15th December, 2011

Where: Dalmeny Public School

**Event:** Craft activities in classroom, "Cars 2" movie with a packet of chips and pizza lunch with a juice.

**Payment:** Permission note and payment of \$6 (\$1 if supplying own lunch) are due back to the office by Tuesday, 13<sup>th</sup> December.

Year 3 Fun Day

Date: Thursday, 15th December, 2011

Where: Koshigaya Park & Dumaresq St Cinemas Time: Leaving at 9am and returning by 2pm Payment: Permission note will be distributed to

students by the end of this week.

Year 6 Farewell Graduation Evening

Date: Thursday, 15<sup>th</sup> December, 2011

Where: Hunts Function Centre, The Crossroads Time: Arriving at 6.15pm and concluding at 9.00pm Payment: Permission note and payment of \$20 is required at the office by Monday, 5<sup>th</sup> December.

PERSONAL LABELS - LABEL KINGDOM

Lost property is an ongoing concern in our school. Much of the clothing in lost property is not labelled with student's names



Dalmeny PS has now registered with Label Kingdom which offers a very simple fundraising process. Parents independently order and pay for their choice of labels, using the Fundraiser Code on the order forms. A small percentage of sales is then paid to the school.

We hope to encourage more families to ensure that all belongings are labelled, easily identified and more readily returned to owners. Order forms for Label Kingdom are available from the front office.

### AUSSIE FARMERS DIRECT FUNDRAISING

Since 2009, parents from Dalmeny have supported the Aussie Farmers Direct Fundraising program who will donate \$10 to the school for each family who signs up for their home delivery service (bread, dairy items, eggs, fruit and veg) and stays with them for 6 months

If you are interested, please contact Aussie Farmers Direct on 1300 645 562.

#### TERM DATES

<u>2011</u> - The last day of the 2011 school year for students is **Friday 16 December**.

<u>2012</u> - **Monday 30 January** is the first day back in 2012 for Year 1 - Year 6 students.

Kindergarten children will begin at Dalmeny PS on either Tuesday 31 January or Wednesday 1 February. Parents of Kinder students will soon receive a letter indicating starting time and date for their child.

#### HOLIDAYS / LEAVERS



Parents of students returning from holidays after school begins next year are asked to let the school know in writing.

This will ensure we have the right number of teachers to begin the 2012 school year. If you are moving residence and not intending for your child to return to Dalmeny PS next year, please let the school office know as soon as possible.

### SHORT FILM COMPETITION



Bicycle NSW is calling all budding film makers to submit a three-minute video to promote bike riding as a sustainable, healthy and environmentally friendly form of

transport and recreation. The film does not have to have dialogue and is free for all schools and students under 16. The prizes are \$1000, \$500 and \$250. Entries close 3 February 2012. For more information and to register:

 $\frac{\text{http://bicyclensw.org.au/content/calling-all-budding-film-makers}}{\text{film-makers}}$ 

# **Generalised Anxiety Disorder**

Children with generalised anxiety disorder worry about a broad range of issues including: everyday, catastrophic, and/or novel events.

# Obsessive Compulsive Disorder

The thought is obsession.
The need to act is the compulsion. These children have repetitive thoughts and/or actions, eg erasing their work to find perfection.

#### **Social Anxiety**

These children are very shy and concerned about how others view them. They will avoid social situations or circumstances where people of most concern to them will be present.

#### **Separation Anxiety**

Separation anxiety as a disorder appears in older children who fear leaving their caregiver. They may have morbid fears about the well-being of their caregiver in their absence.

#### **Specific Phobia**

These children show strong irrational fear reactions to certain objects or events (eg thunder storms). They avoid these objects or events in order to avoid the fear associated with them.

For parents and teachers the following issues are covered:

- the difference between normal anxiety and anxiety disorders
- types of anxiety disorders
- signs and symptoms of anxiety disorders
- managing anxiety disorders at home and school



#### Presentation involves:

- PowerPoint presentation
- reference materials
- a question and answer session
- no cost to the participant



ANXIETY IS SPELT – <u>FALSE EVIDENCE APPEARING REAL</u>

#### **ANXIETY DISORDERS IN CHILDREN**

# A PRESENTATION BY "SMALL STEPS" from the Mental Health Association of NSW

All community members are invited to attend this specialist presentation at Dalmeny Public School (in the front demountable), Cnr San Marino & Dalmeny Drives, Prestons 2170, on Tuesday, 29 November, 2011 at 7.30pm.

TYPICAL ANXIETY DISORDERS

**PRESENTATION**