School Newsletter
Ryde Public School
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Telephone: 9809 3181 Fax: 9808 2732
E-mail: ryde-p.school@det.nsw.edu.au

Issue 17 – Term 4 – Week 6

Coming Events for Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>13/11/2013</td>
<td>Gelato Day</td>
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<tr>
<td>14/11/2013</td>
<td>Kinder Transition Day</td>
</tr>
<tr>
<td>15/11/2013</td>
<td>Rugby Sevens Tournament Assembly K-2</td>
</tr>
<tr>
<td>18/11/2013</td>
<td>Ryde Schools Spectacular Opera House</td>
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<tr>
<td>19/11/2013</td>
<td>Sydney Dancesport Championships</td>
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<tr>
<td>21/11/2013</td>
<td>Variety Club Xmas Party</td>
</tr>
<tr>
<td>26/11/2013</td>
<td>Kinder Transition Day P &amp; C General Meeting 9.05am-11.00am (Staff room)</td>
</tr>
<tr>
<td>27/11/2013</td>
<td>Market Day</td>
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<tr>
<td>28/11/2013</td>
<td>Whole School Disco</td>
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KINDERGARTEN 2014

RYDE PUBLIC SCHOOL IS NOW ACCEPTING ENROLMENTS FOR KINDERGARTEN 2014. IF YOUR CHILD WILL BE TURNING 5 BY 31 JULY 2014 THEY ARE ELIGIBLE TO ENROL. PLEASE CONTACT THE SCHOOL OR COME TO THE SCHOOL OFFICE TO COLLECT AN ENROLMENT FORM.

Kindergarten Transition Days
- Thursday 14 November, 9.30am-10.45am
- Tuesday 19 November, 9.30am-10.45am
- Tuesday 26 November, 9.30am-10.45am

Achievement Awards
Congratulations to the following students who have been presented with an Achievement Award for earning five Ryde Rewards:

- JD: Preesha C, Ezra D
- MG: Aimee B, Rian J, Cassandra P
- MK: Ammal N, Nathan B, Lachlan C
- SM: Shara S, Nina D, Kaitlyn N
- OC5: Benjamin J, Deborah C, Max S, Helena F, Alex L, Michael S, Marie C, Elisa H, Jacob S
- MSB: Isaia F, Conor B, Daniel K, Jeffery W
- MSD: Sam M
- MSF: Jessica C
**UNIFORM SHOP**

**OPENING DATES & TIMES**

**TERM 4 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Thursday 14/11/2013</td>
<td>8.30am-10.00am</td>
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<tr>
<td></td>
<td>10.30am-11.30am</td>
</tr>
<tr>
<td></td>
<td>Kindy Orientation</td>
</tr>
<tr>
<td>Tuesday 19/11/2013</td>
<td>10.30am-11.30am</td>
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<tr>
<td></td>
<td>Kindy Orientation</td>
</tr>
<tr>
<td>Thursday 21/11/2013</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Tuesday 26/11/2013</td>
<td>10.30am-11.30am</td>
</tr>
<tr>
<td></td>
<td>Kindy Orientation</td>
</tr>
<tr>
<td>Thursday 28/11/2013</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Thursday 5/12/2013</td>
<td>8.30am-10.00am</td>
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<tr>
<td>Thursday 12/12/2013</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Thursday 19/12/2013</td>
<td>8.30am-10.00am</td>
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</tbody>
</table>

**OPENING DATES & TIMES**

**TERM 1 2014**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday 28/1/2014</td>
<td>9.00am-12.00noon</td>
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<tr>
<td></td>
<td>Pupil Free Day</td>
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<tr>
<td>Wednesday 29/1/2014</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Thursday 30/1/2014</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Friday 31/1/2014</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Thursday 6/2/2014</td>
<td>8.30am-10.00am</td>
</tr>
<tr>
<td>Thursday 13/2/2014</td>
<td>8.30am-10.00am</td>
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</tbody>
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**P & C**

The P&C would like to thank the Commonwealth Bank of Australia, Top Ryde City branch for the kind donation of a Cricket Bat signed by Michael Hussey.
COMMUNITY NEWS

Benelong Music

GENERAL INFORMATION

Benelong Music offers instrumental and band tuition at your school. Our program aims to offer the highest standard possible for the Primary age group. Band members have opportunities to play at concerts, community events and school concerts. We also hold a 3-day overnight band camp at Naaman’s in Lane Cove. Instrumentalists have opportunities to perform at assemblies and our annual Music Suite.

TIMETABLES

Your child’s instrumental music lesson will be given on a specific school day (to be advised) during school hours and will be at a FIXED time each week. Please advise us if your child is absent from school on their lesson day.

Band sessions are at a set time BEFORE school on an agreed school day (to be advised).

MAKE-UP LESSONS

Make-up lessons are only given when there is a clash with school activities or if a teacher cannot be present. Make-up lessons are not given when a child is absent from school for reasons of sickness, holidays, medical appointments etc.

TUITION COSTS

30-Minute Private Lesson - $36.30 each
Band Tuition - $95 per term
30-Minute Group Lesson (2 per group) - $22.00 each
30-Minute Group Lesson (3 per group) - $16.00 each
30-Minute Group Lesson (4 per group) - $11.00 each
Annual Administration Fee - $22

HIRE

Benelong Music offers Saxophones, Flutes, Trumpets, French Horn, Tenor Horn, Trombones, Cellos, Guitars, Ukulele (limited). Keyboards on a 'first come, first served' basis. Prices range from $50-$55 per term. Please ask us for an application form.

PAYMENTS

On receipt of your application, an invoice will be sent to your nominated email address. You will be given 14 days to pay. Late payments will incur a late payment fee of $15.

**IT IS ESSENTIAL THAT YOUR EMAIL ADDRESS IS CORRECT AND KEPT UP-TO-DATE WITH US, AS WE COMMUNICATE WITH YOU CONTINUALLY THIS WAY.**

PERFORMANCES

There will be opportunities throughout the year for your child to perform. You will be notified via email of all news and events.

CONTACT

We prefer all contact to be given by email: info@benelongmusic.com.au
Ph: Rachel 5402 471 247 Office: 9302 788 130

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'Mastering Success'

Established for over 25 years providing music tuition in Piano, Violin, Woodwind, Vocal & Theory!

Our experienced and highly qualified teachers will ensure your child’s success from Preliminary up to Diploma Level AMEB Exams.

Located in the heart of Ryde in a caring and family friendly environment.

Our students have been very successful in regional eisteddfods & our most recent success story has landed one of our students with a scholarship to the ‘Sydney Conservatory of Music’.

We would love to welcome new students!

Phone: 0414 897 230 or
Email: musica@live.com.au
Next Generation Ryde

The Best for Family Fitness

Call 1800 077 177
Free Seven Day Trial
*Terms and conditions apply

Next Generation Ryde
504a Victoria Road, Ryde
(next to Ryde Aquatic Centre)
Tel 1800 077 177
info@ngclubs.com.au | www.ngclubs.com.au

LOOKING FOR A CAREER IN INTERIORS?

Sydney Design School is Australia’s only school focusing exclusively on interior design and decoration. We offer Nationally accredited courses in:

- Certificate IV in Interior Decoration (LMF40408)
- Diploma of Interior Design & Decoration (LMF50408)

Contact:
- Telephone: 61 2 9437 1902
- www.sydneydesignschool.com.au

Epping Boys High School
Engaging All Boys: Building Film Men
Orientation Day
Wednesday 4 December 2013

All incoming Year 7 students and parents are invited to Epping Boys High School to get to know more about your new school before you commence in 2014.

Registration commences at 8:30 am and students will be available for collection at 1:15 pm.

Take this opportunity to meet your son’s Year Advisor, Deputy Principal and support staff. Information about classes and expectations for education will be given.

Telephone: 9800 2781
Email: education.b.boys@det.nsw.edu.au
Address: 215 Victoria Road, Epping NSW 2121
International School of Music - Ryde

ADD MUSIC TO YOUR CHILD’S LIFE

The International School of Music Ryde will be operating from Term 1 2014, at Ryde Public School, Monday to Saturday 8 am - 6 pm. We will be providing music education for all age groups, with effective and fun filled group music courses.

Our group based curriculum is engaging, progressive and age-specific. All aspects of musicianship are covered in our curriculum and from age 4, group piano tuition is integrated into the lesson segments. By teaching in groups, we are able to expose a greater breadth of experience to the learning process and in an unpressured and fun-filled environment. Advanced level courses can follow the elementary levels.

Come and join us in a class course below:

JITTERBUGS 2-3 YEARS $13.50 per lesson
BEEBOPPER 3-4 YEARS $17.50 per lesson

PIANORAMA 4-10 year olds $22.00 per lesson

Enrol your children into The ISM-RYDE Summer Music Camp: Mon 13th - Fri 24th January 2014

Early Bird Fnces until Friday 13th December 2013

For camp or class enrollments and inquiries:
Contact us on 8096 8110
Email: ismryde@ismaustralia.com
Website: www.ismryde.com.au

Dec/Jan SCHOOL HOLIDAY CAMPS

TEEN WORLD NORTH RYDE

We are now taking bookings for our holiday camps!
Choose from a variety of activities including:

TENNIS  PUTT-PUTT GOLF  SOCCER
ICE-SKATING

Camp 1: 9/12 – 13/12
Camp 2: 16/12 – 20/12
Camp 3: 23/12 – 24/12
Camp 4: 6/1 – 10/1
Camp 5: 13/1 – 17/1
Camp 6: 20/1 – 24/1
Camp 7: 28/1

To secure your spot phone 9888 7466 or email northryde@tennisworldonline.com.au
Free bus transport available

Discounts apply for pre-paid & family bookings!
Carols by Candlelight

Where: Old Government House, Parramatta (Parramatta Park)
When: Saturday 7 December 2013
Time: 7.00pm to 9.00pm Gates open 6.00pm

Start the festive season with a night of carols played by NSW Railway Band. Enjoy performances from Parramatta City Choir and Model Farms High School and a visit from Santa Claus. Entry is via a gold coin and all funds raised go to support Old Government House and Experiment Farm Cottage (two of our most precious heritage properties). There will be a sausage sizzle, candles, drinks for sale. Please bring rugs or low chairs for seating at the front of Old Government House.

Advertisements placed in this newsletter are not necessarily endorsed by the school.
The simplest way
to create a delicious spring meal

This easy and delicious vegetable frittata can be enjoyed hot for dinner, and cold the next day in your kids’ lunch boxes!

Ingredients:
- 1/3 cup pasta (penne/boviettes/risoni)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tbsp parsley

Method:
1. Preheat oven to 180°C. Grease 20cm cake pan.
2. Boil pasta in water until tender. Drain.
3. Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
4. Combine all ingredients in large bowl. Mix well.
5. Pour mixture into prepared pan, bake for 45min.

(Serves 4)

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

The simplest way
to create a healthier breakfast

Choose these simple, tasty options for your child’s brekkie to give them the energy to get through the day.

When you make their breakfast tomorrow, have a think about healthier alternatives.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Healthier</th>
</tr>
</thead>
<tbody>
<tr>
<td>White toast</td>
<td>Wholemeal toast with avocado</td>
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<tr>
<td>with vegemite</td>
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<tr>
<td>Flavoured milk</td>
<td>Fruit smoothie with frozen</td>
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<td></td>
<td>raspberries, honey + reduced fat</td>
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<td></td>
<td>milk + yoghurt</td>
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<tr>
<td>Rice bubble</td>
<td>Porridge topped with banana +</td>
</tr>
<tr>
<td></td>
<td>honey</td>
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</tbody>
</table>

For more information visit
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or join us at facebook.com/eatittobeatit

The simplest way
to increase your fruit and veg intake

Myth: Frozen and canned fruit and vegetables don’t count towards your recommended daily intake of fruit and vegetables.

The facts:
- Frozen and canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost.
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you’re making the best choice!

Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

For more information visit
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or join us at facebook.com/eatittobeatit

The simplest way
to include 5 food groups in the Lunch Box

It’s really important your kids eat the right amount of fruit and veg, and food from all 5 food groups.

Follow this easy guide to pack the healthiest lunch box:

- Breads and cereals: Try wholemeal bread, wraps and pita.
- Fruit: It’s high in fibre, vitamins and minerals. Serve fruit in fun ways; try fruit kebabs or fruit in jelly, and remember kids are more likely to eat it if it’s cut up into small pieces.
- Vegies: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice.
- Reduced Fat Dairy: A slice of cheese, yoghurts and custards are all great lunchbox items.
- Lean Protein: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

For more information visit
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or join us at facebook.com/eatittobeatit