

Rose Bay Public School

Newsletter

22nd July 2015



Dates for Your Diary

July

- 22 OC Placement Test
- 27 English ICAS Test
- 28 Athletics Carnival

August

- 3-7 Week of Tastes
- 4 Year 1 Excursion to Centennial Park
- 4 Violin Concert & Rehearsal
- 5 Senior Band Assembly Performance
- 7 Stage 3 Spelling Bee
- 10 ICAS Mathematics Test
- 10-12 Create East
- 11 SCPSSA Athletics Carnival (Full Day)
- 11 P & C Meeting 7pm in the Library
- 12 Kindergarten Farm Excursion
- 13 Rabbi Levy Stage 2 Incursion
- 14 Stage 2 Spelling Bee
- 17 SCPSSA Athletics Carnival (Half Day)
- 19 Proms Choir
- 19 Stewart House Bag Collection
- 24-28 Children's Book Week
- 24 Author Visit – Sarah Brennan
- 24 Junior Band Spotlight
- 28 Term 3 PSSA Concludes

September

- 2 Art Show Opening Night
- 2-9 Art Show
- 9-11 Year 5 Camp Kincumber
- 16 Proms Choir
- 18 Last Day of Term 3

Last Day of
Term 3
Friday 18th
September

First Day of
Term 4
Tuesday 6th
October

Enrol now for Kindergarten 2016



We are currently processing
applications for 2016

Please send enrolment
forms back as soon as
possible!

Primary Athletics



When: Tuesday 28th July
Where: E.S Marks Field
Who: Years 3-6
Travel: Bus
Time: Students need to be
at school by 8:30am

RBPS Primary Athletics Carnival

Tuesday 28th July 2015

Students, please wear/bring the following items:

- House Colour T-shirt and suitable clothes/shoes to participate in events.
- Hat and sunscreen
- Recess and lunch (food and drinks should be in an excursion bag labeled with name & class)

Remember... Lunch will not be provided by the canteen on this day

Important:

- Age groups are based on what age students turn in 2014.
- The 8 fastest times from 100m heats will be chosen for the 100m finals.
- The 200m, 800m races and field events are all straight finals

Schedule of Events

8.45am Students will be departing school on the buses.

9.45am (approximately) – The carnival begins.

100m Events: 8 years
 9 years
 10 years
 11 years
 12 years

10.45am (approximately)

200m Events: Juniors (8, 9 and 10 years)
 11 years
 Seniors (12 and 13 years)

11.15am (approximately): 100m Finals – Top 8 places in each age group

11.30am (approximately): Field events/novelty activities.

2.30pm (approximately): The carnival will conclude. If you are planning for your child to leave the venue with another parent, a note must be given to your child's classroom teacher including the arrangements and a signature.

Please note that these times are approximate as the times to complete activities during a carnival are unpredictable.



Canteen Corner



We have been so busy the first week back keeping the students (and teachers) of Rose Bay PS warm with toasted sandwiches, hot soup, homemade pesto pasta (using herbs from the garden), fresh made sushi and of course happy healthy hamburgers on Friday (sold out).

Check out our
daily specials.

Happy ordering.



Take a look at our menu!

Go to flexischools.com.au for
easy online ordering.

www.lovefood.co



0406 818 066



P&C News

Hope everyone had a fantastic winter holiday.

Fathers Day

Our next big event coming up in September is Fathers Day. We are still looking for someone to organise this special day. Please let us know if you have a idea for an event that you would like to run for this very special day. Email us on rosebaypc@gmail.com

P&C Meeting

The next P&C meeting is scheduled for Tuesday 11th August at 7pm in the Library. Hope that you can join us.

Lisa Cahill
P&C President



Year 4 will once again be participating in the Week of Tastes program in Week 4.

They will be visited by Samson Judge owner of D'Bees Cafe in Double Bay. During that week Samson will to run a workshop with the students which promises to be a wonderful experience.



Matthew Jones Art Award

This year Rose Bay Public School will be entering the 7th Annual Matthew Jones Art Award.

This year is '**My Favourite Place**' and all students from K to 6 are welcome to enter.

All works must be **A4** or **A3** on **art paper** only. You may use watercolour, crayon, oils, acrylics, photography, collage or a combination of methods.

Rose Bay Public School will enter one artwork for each of the following categories:

Category 1: Kindergarten, Year 1 & 2

Category 2: Year 3 and 4

Category 3: Year 5 and 6

The three art works submitted will be displayed at the Sherman Contemporary Art Foundation in Paddington on 11th November at 5pm.

This art experience acknowledges young local artists' creative spirit. All artworks submitted at the gallery will be sold by silent auction. All proceeds will be donated to Wairoa School in Bondi and The Warrah Society in Dural. In this way children are creating artworks and supporting children with disabilities.

Please have your artwork complete by **Friday 4th September**. Bring your artwork to the 4S classroom.

If you have any questions please see Miss Shein.

DIRECTIONS IN **music**

Inspire, Create, Perform.

Rose Bay Public School Band Program

Dear Parents and Band members,

Welcome back to another busy and exciting term for the band program at Rose Bay PS. Firstly can I say a massive congratulations to all who took part in the Winter Band Bash at the end of last term. I'm sure you will all agree that the musicians excelled in their performance and it was a great way to end the term. All band rehearsals and tutorials are now under way. Make sure you always come prepared with instrument, music, pencil and any accessories you will need. Have a great term of music making everyone and I look forward to our first performance of term 3!

Term 3 Performances!

- Assembly Performance, Senior Band – Week 3 Wednesday 29th July
- NSW Band Festival, Senior Band – Week 3 Sunday 2nd August
- Junior Spotlight, Junior Band – Week 9 Monday 7th September

What to practise!

- **Junior Band** – Junior Band should now be working towards page 14 and 15 for the end of the term as well as you new pieces of music, which you will be getting next week.
- **Senior Band** – The repertoire we shall be playing at the NSW Band Festival is **Trolls** and **Happy**.

Practice tip – Get your equipment ready

Before each practice session, make sure all the materials you will need are prepared and within easy reach. Aside from your musical instrument of course, here are other things you can use during your practice sessions.

Section of the week!

This week it goes to the.....**Flute section!!!**

Richard Sandham

RBPS Program Manager

www.directionsinmusic.com.au



STEWART HOUSE

NEWS

Donation bags for Stewart House will go home this week. This is a great opportunity to clear out the wardrobe and contribute to a great cause at the same time.

Every year Stewart House benefits financially from collections of clothing in schools. The Smith Family generously provides bags, undertakes the collection and pays Stewart House for each kilogram received. About \$25,000 is raised each year from this collection.

Please return your bag to the **school hall** by Tuesday 18th August. Thank you for your support.

Talia Shein and Kelly Frank
Stewart House Coordinators



PLUMER SHOPPING VILLAGE

2015 ANNUAL FOOD AND BLANKET DRIVE

FOOD AND BLANKET DRIVE

HELPING THOSE IN NEED

Winter is the time the disadvantaged and homeless need the most support. Between Saturday 25th July and Sunday 16th August the Plumer Rd retailers will be helping the community support those in need by providing donation bins for non-perishable foods and blankets. Thank you for making a difference.

MISSION AUSTRALIA

www.plumerdshoppingvillage.com.au

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ZOMEDY



Create East 2015



Congratulations to the students in Year 6 who auditioned for Create East's eleventh annual production "Zomedy" on the 22nd of May. It was a highly competitive and wonderful audition day with over 500 students applying.

Well done to the Year 6 students from Rose Bay Public School who were selected.

Paris Nilsson Art
Tara Linker Drama
Finnegan Callan Film
Alix Anastasiadis Band
Poppy Josef Choir
Gracie Hyde Dance



The students will now participate in three days of student workshops within the NIDA complex with the performance in the Parade Theatre on the final night.



Program Details

- Workshops Monday 10 August & Tuesday 11 August 9:00 am – 4:00 pm
- Continuing Wednesday 12 August 10:00 am – 9:00 pm approx. including performance.

The workshops and performances will be held at NIDA, the National Institute of Dramatic Arts, Kensington. Some of the Film component will take place at Vaucluse Public School.





As we begin preparing for Art by the
BAY 2015 ...

'BACK TO the FUTURE'

We would appreciate our families
collecting and donating odds and ends
that can be used to create our
artworks.

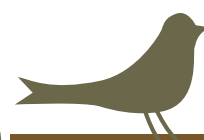
- + Buttons and beads
- + Material scraps – keys, metal scraps
- + Drop sheets
- + Newspapers
- + Glass jars with lids
- + Wool, yarn, rope
- + Coloured plastic bottle tops
- + Old papers
- + Street directories, maps
- + Ceramic plates and cups

We would appreciate it if all
donations can be placed in the tubs
outside the 3S classroom.
Thank You!





A Week of Tastes at Rose Bay!



Year 4 Students tend the garden with Costa!

Anyone entering the Wilberforce Avenue Gates at the Kindy playground will be met with a whole lot of fresh young seedlings in the garden up on the right once you have climbed the steps.



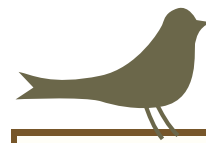
Well this is the work of our year 4 students who participate in a project called Week of Tastes every August. This year it is on from 1st -9th August and it involves usually a local chef coming into the school and engaging the students around the sense of taste. So last week in between the wonderful rain that has been falling, all the year 4's planted a mix of seedlings that will then be used to challenge, inspire and provoke their sense of taste in lots of different ways.

A little later in the week, after a local chef has worked with the students, I will come in and harvest some of the greens and concoct a variety of juices and smoothies, adding ingredients to illustrate as we go the impact on taste that different plant ingredients can have. This will be a lot of fun!





A Week of Tastes at Rose Bay!



Week of Tastes:
6th - 9th August

So take a close look this week and better still, next week when you return at some of the plants that are being grown: bok choy, chives, celery, coral leaf lettuce, cos lettuce, kale, sorrel and shallots.



Thanks to Emma and all those members of the school community who come down to our usual fortnightly garden bee on Friday afternoons from 3.30pm. Please feel free to come along and join us when you can as we are keen to welcome anyone happy to meet other school parents and to join in the joy of growing for our students and school.

Drop by anytime!

Costa

You can learn more about the Week of Tastes project at the website here : www.weekoftastes.com.au



Rose Bay Public School

Parent Mathematics Information Session

Anita Chin



Thank you to all the parents and caregivers who came along last term to the Parent Mathematics Workshop presented by our Academic partner Ms Anita Chin.

It was great to see everyone actively involved in the workshop and able to have hands-on experience using the concrete materials such as dominoes and whiteboards. The aim of the session was to demonstrate a variety of ways to support your child's learning around Mathematics through the use of concrete materials and open-ended activities.

We hope this further developed your understanding of the new syllabus and how Mathematics is now taught at Rose Bay Public School to meet the needs of all individual students.



This term Year 1 students are very excited to be doing gymnastics.



'Today I learned how to do bunny hops and the pencil!' - Sophia 1P

'I had a lot of fun today. My gymnastic instructors' names are Vicky and Amy.'
- Greg 1B





'Gymnastics makes you flexible and its fantastic!' – Sophie

1Z

Gymnastics makes you smile!' – Charlie 1Z



'Gymnastics makes me strong!' – Theodore 1H



ROSE BAY PUBLIC SCHOOL MENU



Fresh, Colourful, Nourishing & Sugar Free Food



Cup-A-Doodle-Soup Daily Specials - \$3.00
Takeaway / Litre 'Soup of the Day' - \$10
 (GF, SF, DF)

Monday - Vegetable & Lentil
 Tuesday - Roasted Pumpkin
 Wednesday - Creamy Potato, Leek & Corn
 Thursday - Tomato & Basil
 Friday - Roasted Carrot, Coriander & Coconut

Teacher Serving- \$5



DRINKS

Cheeky Monkey Smoothie - (GF) Mixture of Banana, Berries, Mango & Milk \$3.50
Tutty Fruit Juice - (GF, DF) Mixed Fresh Fruit & Vegetable Pressed Juice \$2.50
CoCo Nuts! Water - (GF, SF, DF) \$2.00

Moo Milk - \$2.00
Cocoa Crush Milk - (LF, SF) \$2.00
Strawberry Milk - (SF) \$2.00
Water - \$1.00

Key

GF – gluten free
 SF – sugar free
 DF – dairy free



SNACKS

KA POW! Ball – (WF, DF, SF) Homemade Oat Ball with Seeds & Dried Fruit - \$2.50
POP! Popcorn - (GF, DF, SF) - \$1.50
Tamar Valley Yoghurt (SF) - \$2.00
 Mix Berry, Strawberry, Passion fruit, Raspberry, Citrus Cheesecake & Mango
Seaweed (GF, DF, SF) - \$1.50
Bliss Ball – (WF, DF, SF) Dried Fruit, Oats & Rolled In Coconut - \$2.00
Veggie Sticks with Hummus (DF, SF, GF) - \$2.50
Pretzels (SF) - \$1.50
Seasonal Fruit Cup - \$2.50
Steamed Corn - \$2.00
Edamame in A Cup - \$1.50
Muffin – Banana/Blueberry - \$2.00



LUNCH

Googie Egg Cup (GF, SF)
 Eggs With Grated Veggies, Herbs & Topped With Melted Cheese \$3.50

Oodles of Noodles (GF, SF, DF)
 Rice Noodles with grated Vegetable, Herbs & Soya Sauce \$4.00
 Teacher Serving \$6

Classic Toasties
 Tomato – Cheese – Pineapple – Shredded Chicken \$3.50

Fresh Rolls (Organic SF Wholemeal or GF, SF bread)
 Chicken Rolls + Any Salad Item(s) \$5.00
 Egg Rolls + Any Salad Item(s) \$4.00
 Cheese Rolls + Any Salad Item(s) \$3.50
 Salad items: Tomato, Carrot, Cucumber, Beetroot, Lettuce, Gherkin



Hot Potato Hot Potato! (GF, SF) - Fillings: Mexican, Beef & Veggies and Cheese & Tomato \$4.00

Salads (GF, SF, DF)- \$4

Creamy Coleslaw Salad
 Roasted Potato Salad – Roasted Potato, Edamame Beans & Egg Salad
 Veggie Sticks – Selection of Vegetables with Hummus
 Chicken Salad – Shredded Chicken with Lettuce, Cucumber & Tomato

Teacher Serving \$6



Daily Specials - \$5.00

Teacher Serving-\$6

Monday Mexican Madness –
 Selection of Mexican Dishes

Tuesday Teriyaki –
 Chicken Curry with Rice & Vegetables

Wednesday Turning Japanese –
 Salmon & Avocado, Veggie Sushi, Chicken & Lettuce

Thursday - Green Monster Pesto Pasta (nut free)
 Macaroni with Bolognese & Vegetables

Friday –
 Happy Hamburger



For full online menu go to
<https://www.flexischools.com.au>

Moving on UP

Wednesday

2 September

6:30pm

A parent information session for families with children starting high school next year

Brought to you by Waverley and Woollahra Councils and WAYS

Guest speaker Angie Wilcock, author of 'The Transition Tightrope', will spell out the key steps to getting your child off to a good start in high school. Angie is joined by a panel of education and support service experts with resources to support you in your parenting role.

LEARN ABOUT

- How to detect and problem solve the key challenges
- Common changes to expect during the transition to high school
- Managing parent and child anxieties
- Negotiating new friendships and relationships



Cost: \$10. Light supper included
Date: Wednesday 2 September, 6:30 to 8pm
Location: The Harbour Room, Easts Leagues Club
93-97 Spring Street, Bondi Junction
Register: <https://moup.eventbrite.com.au>

For more information, contact:

Waverley: 9386 7927

Woollahra: 9391 7166



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communicate better

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Dr Henry Luiker

psychologists help kids* with sad, angry,
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(*and their families)

Colourful Minds | Kerry Gordon | Psychologist



Colourful Minds' is a children's psychology practice focused on helping children between the ages of 3 and 12 develop their social skills, build self confidence and enhance their ability to manage their emotions.

Programs address common children's challenges with:

- Aggressive behavior
- Anxiety
- Limited Attention Span
- Social Difficulties
- Self Esteem
- Sibling Rivalry

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Personalised sessions are held face to face with children both at home and in their school. Where appropriate, Colourful Minds also gains input from the child's school, and other relevant professionals.

Parents / Carers remain involved through **regular updates** and supporting the therapy with ongoing activities

For more information, do not hesitate to contact Kerry:



Kerry Gordon Bpsych(Hons)

medicare

M: 0411 276 552
E: kerry@colourfulminds.com.au
W: www.colourfulminds.com.au

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Family Systems Therapy

Who is Family Systems Therapy for?

Family Therapy: Adolescents and Children are usually seen with parents and other involved family members or may not need to attend at all when parents / carers attend sessions.

Couples Therapy: It's ideal to see both partners but not essential. A great deal of work can be done with one willing partner.

Individuals: if there are symptoms in a child or adolescent it is beneficial for the parents to attend sessions without the child in order to receive parenting coaching. If a family member is symptomatic either they or any motivated member of the family can attend.

Martina's areas of interest

- » Parenting issues - coaching parents with concerns about children & adolescents.
- » Couple counselling.
- » Tensions within families.
- » Separation & divorce.
- » Child & Adolescent emotional & behavioural problems - involving parents in assisting their child.
- » Problems emerging from childhood.
- » General Mental Health- Anxiety, depression, anger management.

Please Contact Martina Palombi / BFA, Adv Dip Gestalt; GANZ / 0423184955
9-13, Bronte Rd, Bondi Junction / affinitypsychotherapy.com

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or call

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ROSE BAY PUBLIC SCHOOL AFTERNOON MULTI-SPORTS TERM 4

ROSE BAY MULTI-SPORTS is a sports and games orientated program aimed at promoting sport for enjoyment and the development of vital fundamental movement skills.

The program is designed to provide children with the opportunity to:

- Enjoy a variety of games and activities
- Attempt new skills in a positive environment
- Further develop existing skills
- Engage with their peers in a fun setting
- Succeed

With who? Mrs Mills – Qualified Physical Education Teacher with a Bachelor Degree in Human Movement and Health Education.

Where? The RBPS school hall

When?

Mondays	Grades 2, 3 & 4	3.20pm – 5.00pm	Week 2 – Week 10	\$180
Thursdays	Grades K, 1 & 2	3.20pm – 5.00pm	Week 1 – Week 9	\$180

N.B - Monday sessions begin in Week 2 as Monday Week 1 is a Public Holiday
Thursday sessions end in week 9 as Thursday Week 10 is a Staff Development Day

Cost? Is shown in the above table.

For an alternative payment scheme, please contact me via email.

Reservations? Grades K, 1 & 2 (Thursday) <http://www.trybooking.com/144673>
Grades 2, 3 & 4 (Mondays) <http://www.trybooking.com/144672>

There is a limit of 25 children per class to ensure maximum involvement.

Contact? For all enquiries, please contact Mrs Mills at
rbmultisports@gmail.com



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