Welcome to the 2013 school year. We welcomed 48 Kindergarten children to Ringrose this week and these children are acclimatising to school very quickly. This year we have formed 12 classes. Careful consideration was given when placing students in classes. A full list of the classes appears on the following page.

This year we welcome two new staff and one staff member rejoining us after leave. Ms. Willis will be teaching Kindergarten, Mr. Mah Chut working with Miss. Crowe and Mrs. Elliott. Ms. Diab is returning to school after her leave.

Notes have been sent home regarding textbooks and voluntary school contributions. Textbooks are issued to students upon receipt of payment. We would encourage families to make this payment as soon as possible. If families are experiencing financial difficulty, please contact me to confidentially discuss how we may be able to assist your child.

I'm very impressed seeing so many children in uniform with their school hats and black shoes. Thank you parents for your efforts to comply with the uniform code.

We will be conducting our Meet the Teacher Evening on 26 February for families of students in Stages 1-3. All meetings will be for 45 minutes and conducted in the library. Stage 1 (Years 1 & 2) will commence at 5.30pm, Stage 2 (Years 3 & 4) at 6.30pm and Stage 3 (Years 5 & 6) at 7.30pm. The purpose of these meetings is to provide general Stage based information. If parents wish to discuss their child individually, please contact the school to arrange a private interview.

Kindergarten parents are invited to their meeting, in the library at 2.15pm on Monday, 11 February.

Last year parents and staff collected Woolworths' sticker sheets which were donated to the school. The photo following is of some of the Maths equipment we were able to redeem. Thank you so much for all your efforts as this equipment will be so valuable in classrooms.

Our Years 3-6 Swimming Carnival will be held on Monday 18 February at Wentworthville Pool. Notes have gone home. It is essential that parents carefully note their children's swimming ability and sign the note in the appropriate places before returning it to school with the $12 in the envelope attached to the note. We cannot take a child to the carnival without a note.

John Sparag (Principal)

DATES FOR YOUR DIARY –
Term 1
February 11 – Kindergarten Meet the Teacher meeting
February 18 – Yrs. 3-6 Swimming Carnival
February 20 – P & C Meeting
February 26 – Stages 1-3 Meet the Teacher meetings
March 6 – Zone Swimming Carnival
March 19 – Regional Swimming Carnival
March 20 – P & C AGM Meeting
March 21 – Harmony Day
March 27 – Combined Scripture Service
March 28 – Easter Hat Parade
March 29 – Good Friday
April 1 – Easter Monday
April 4 – Cross Country
April 9/10 – Parent Teacher Interviews
2013 Class Structure

Kindergarten
KH Karen Harrison
KW Karen Willis
K/1M Mandy Mallon

Stage 1
Yr 1-P Anna Piniros
Yr 1/2S Vasva Smajlagic
Yr 2-O Clare O’Neill (Donna Diab - Wed)
Yr 2/3S Danielle Sayers

Stage 2
Yr 3-A Lisa Atkinson
Yr 3/4C Alex Crowe (Brad Mah Chut - Friday)
Yr 4/5M Bronwyn Meese (Carol Lee - Thurs & Frid)

Stage 3
Yr 5/6C Lauren Cross
Yr 5/6E Laura Elliott (Brad Mah Chut - Thurs)

ESL
Lisa Taylor - Mon-Wed

Library
Wes Walker - Tues-Thurs

RFF
Bronwyn Jones - Tues-Thurs
Carol Lee –Tues
Donna Diab -Thursday
CANTEEN INFORMATION
Welcome Back. It is good to see everyone excited about the New Year.
We have a new canteen price list which you should have all received. If one has not reached you as yet spares are located in the rack in the foyer.
When sending along your child’s lunch order please do not use staples or sticky tape around the edge of the order. A folded up lunch bag with the correct money inside is all that it needed.
You will see our canteen roster for the term in this newsletter and as shown we are again in need of helpers. If you are able to help please fill in the form enclosed and place it in the canteen lunch box. Thank you.
Towards the end of term we will be having a Hot Cross Bun and Donut Day.

Our helpers for the Week 3 & 4 Term 1 are:-

Week 3

| Monday 11 February | Chris Fitzpatrick |
| Tuesday 12 February | Martina Giorgio t'il 12.00. Heather |
| Wednesday 13 Feb. | Nicholas from 12.00. |
| Thursday 14 Feb. | Helper required |
| Friday 15 February | Aisha Hussein |
| Friday 15 February | Helper required |

Week 4

| Monday 18 February | Mirijana Adamson |
| Tuesday 19 February | Melissa Galea |
| Wednesday 20 Feb. | Helper required |
| Thursday 21 Feb. | Melissa Galea |
| Friday 22 February | Sue Wilson-Deeth |

If you can help at any time please call 0411 143 609.
Thank you,
Ann Brett (Canteen Supervisor)
<table>
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<th>Monday</th>
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<td>Cheryl Ryan</td>
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Welcome to Canteen Term 1, 2013. Thank you to everyone for helping out. If you know of any other parent wanting to help please give them my number or let me know. Thank you If you are unable to come in on your rostered day please call me on 0411 143 609. Thank you – Ann Brett
EXPERIENCE THE JOY OF HOSTING

A place to call home
World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to one of our international students arriving in July 2013. Our students from Italy, Belgium, France, Switzerland, The Netherlands and South America are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

Messages from Overseas
Marc from Switzerland: "I want to meet the famous, friendly, Australians."
Domiziana from Italy: "I have always been fascinated with Australia. It’s like love at first sight."
Louis from Belgium: "It is my dream to live at the other end of the world!"

Find out more!
Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family.

Sylvia Kelly
Manager - Inbound Exchange Programs
Phone: 1300 884 733
Email: info@wep.org.au
Online: www.wep.org.au

Open your home and hearts to an international exchange student!

It’s easier than you think and a fantastic experience for all!

*IT’S BACK ON!!! Zumba with DEEDEE@Ringrose
Begins Thursday 21st of February, 7:30PM
FIRST CLASS IS FREE!!!
Multi passes available and usual price is $10 p/p
Bring a new friend for free every other week*!!!
It’s time to get back into the groove and sweat the holidays off!
Contact: Rick for more details on Mob: 0422364346
or email: carpediemplt@optusnet.com.au
*conditions apply."
RINGROSE PUBLIC SCHOOL Canteen - Fresh Card.

How does the Fresh Card work?

If you would like your child to have a Fresh Card please fill out the form below and return it with the amount of money you would like to start with in an envelope and place it in the canteen lunch box located on the staff room steps. Thank you.

You determine how much your child can spend per day and when they can use the card.
- The card can be used at Recess time or lunch time or both.
- It can be used just for lunch orders only it is all up to you.
- If ordering lunch please write Fresh card on the lunch bag as well as your child’s name and class.

We then record all the information on to a card with the child’s name, class, amount of money received and the amount of money that is to be spent per day and when it can be spent.

Your child is now ready to use their Fresh Card. All they need to do is come to canteen and say they have a Fresh card.

Once the card is running low or in minus I will send you a SMS text or send a note home.

Thank you for your time and have a wonderful 2013 at Ringrose Public School.

Ann Brett
Canteen Manager.

------------------------------------------------------------------------------------------------------------------

Fresh Card
Child’s Name: ___________________________ Class: ______

Total amount sent in: $__________

Your name ___________________________ Phone No. __________

Please indicate:

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<td>Recess - Lunch</td>
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Greystanes
Physie & Dance

* ballet * Jazz * contemporary * lyrical * pilates
*stretch and strengthening exercises

Australian Physie and Dance Association (APDA),
a professional association offering a new vision for physie

Fun, Fitness & Friendship

APDA aims to bridge the gap between the traditional school of
physie and the world of contemporary dance

Tuesdays - Greystanes Community Centre
Saturdays - Ringrose Public Schhol

0414 711 692 0421 951 223

www.greystanescphysiedance.weebly.com

Foundation Club of the Australian Physie & Dance Association
SUPPORT YOUR SCHOOL CANTEEN

Remember the excitement, how special you felt when your Parent was on duty at the school canteen?

The Sandwich always tasted better on those days.

Don't let your kids miss out on the memories.

Volunteer for canteen duty once a term.

Contact Ann 0411143609

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CANTEEN VOLUNTEER

YES I can help one day a month 9:00am – 1:30pm ________

YES I can help one morning a month 9:00am – 11:00am __________

Please tick preferred day to help:

MON TUES WED THURS FRI

NAME: ________________________________ PH: __________

CHILDS NAME: ___________________________ CLASS: ________
DEALING WITH SENSITIVE SKIN

PREVENT ECZEMA DEVELOPING

ECZEMA — often called dermatitis or atopic dermatitis — is a common itchy skin condition. Genetically-based eczema occurs in 10 to 20 per cent of children under 10 and often affects more than one family member. A child with eczema may also have asthma or hay fever.

A child with a tendency to eczema is born with dry, irritable skin that needs special care to prevent eczema developing.

For most children, environmental irritants are the only important contributing factor, although, in some children, allergic factors may also contribute to problems.

The skin of a person with eczema is generally dry and often itchy. In areas where eczema develops, the skin becomes inflamed, red and cracked and may be oozing or weeping.

The face of babies, the fronts of knees and ankles and the inside of wrists of toddlers are areas particularly affected.

In older children and adults, the folds of elbows and knees are often affected. Although rare, for some, the rash is all over the body.

Various moisturisers can help deal with dryness. Sorbolene cream with 10 per cent glycerine is best. Apply the Sorbolene all over the body, at least twice a day.

If an irritation occurs, try alternatives such as Eucerin ointment and emulsifying ointment.

Avoid creams containing urea, which will sting broken skin. Both oils, such as QV or Alpha Keri, are also helpful and are available from chemists.

Be aware of things that can irritate your child’s skin and try to avoid them. Some of these things may include:

- Some materials, especially wool and acrylic (carpets, furniture, car seats, stroller covers and some clothes);
- Sand;
- Perfumed and “medicated” products;
- Bubble baths;
- Using too much soap. If your child’s skin can tolerate it, it is OK to use a mild baby soap occasionally for the most soiled areas, or Sorbolene cream can be used as a soap substitute;
- Chlorine in pools;
- Rapid changes of temperature and active exercise to the point of sweating; and

A child with a tendency to eczema is born with dry, irritable skin that needs special care to prevent eczema developing

Dry air, such as heated rooms in winter or air-conditioning in summer.

If eczema develops, continue regular moisturising and avoid anything that irritates the skin.

Cortisone preparations will be prescribed to deal with the areas most affected by eczema.

In general, cortisone creams are better used in ointment bases (clear and greasy) than in cream bases (white) because the ointments are more moisturising. Cortisone tablets should not be used.

If the eczema is very severe and is not responding to treatment at home under a doctor’s supervision, a period of intensive treatment in hospital with wet dressings will usually bring the condition under control.

Children with eczema are at risk of developing severe infections from the herpes simplex virus, the same virus that causes cold sores. People with cold sores should not be allowed to kiss your child.

By Dr Ken Peacock, head of general medicine at The Children’s Hospital at Westmead.
Keeping children Safe

A four-session parenting group for mums, dads and carers, providing information about, and strategies to promote, the care and protection of children and young people.

Where: Parramatta/Holroyd Family Support Inc.
37 Collins St, Pendle Hill

When: Wednesdays, February 20 — March 13, 2013

Time: 10am—12.15pm

Cost: A gold coin donation each week

Places are limited, so bookings are essential.
To book your place, return the slip below.

FREE childcare and transport* available
*Transport only available in certain areas, and for families meeting specific criteria — please call for details

For enquiries, call Wendy on 9636 8437

Jointly run by Parramatta/Holroyd Family Support and UnitingCare Burnside

PLEASE CUT OFF AND RETURN IN ENVELOPE PROVIDED A.S.A.P TO ENSURE A PLACE
(Post to Parramatta/Holroyd Family Support, 37 Collins St, Pendle Hill, NSW, 2145)

NAME(S)______________________________________________

ADDRESS ____________________________________________

TELEPHONE__________________________________________

MOBILE____________________________________________

Please tick the appropriate boxes

☐ YES, I would like to attend the “Keeping Children Safe” parenting group in Term 1, 2013.

☐ I would like childcare during the group
  - For how many children?_____________________
  - What are their ages?_______________________
Bankstown Sports Hockey Club
The Crest - Georges Hall
For more info visit
www.bankstownhockey.org.au
or follow us on

FREE Summer Hockey Comp
FREE use of equipment *
FREE sausage sizzle after every game

Friday evenings from 6:00pm for 5 weeks
Starting on the 15th Feb until 14th Mar

to Register phone: Graeme - 0403 770 624
Darren - 0425 365 367 or Pat - 0418 224 667
Open to anyone aged from 7 years to adults
Small Fields - Amended Rules - Great Fun
At The Crest Hockey Fields - Georges Hall
Give hockey a try and enjoy the summer
evenings out with the family

Our winter registrations start in February

* club has Hockey sticks and some shin pads
* every player must bring their own mouth guard
HI BOY’S

Looking for something fun to do;
We are inviting you to join us
At BOYS’ BRIGADE

Learn new things + Make stuff + Earn awards
Make new friends + Learn gymnastics
Play indoor / outdoor games + Competitions
Do outdoor adventure activities on weekends.

YEAR 7 to YEAR 12
Tuesdays
7 PM to 9.30 PM

YEARS K to YEAR 6
Wednesdays
7 PM to 8.30 PM

18 Chelmsford Road Wentworthville
Ring for details; 9885 0912 or
Church office; 9896 0859 for details.

HAY GIRL’S

Looking for something fun to do;
We are inviting you to join us
At GIRLS BRIGADE

Fun way to make new friends +
Craft + play games + learn new things
Earn awards + cooking + dancing + and more
Come and have lots of fun with us.
Cadets - First year of schooling to year 2
Juniors - Year 3 to Year 6
Seniors - Year 7 to Year 8
Pioneers - Year 9 to 18 years
Young Leaders - 18+

Day; Monday
Time 6.30pm to 8.30pm

18 Chelmsford Road Wentworthville
Ring for details; 9896 0859
Your Child first Orthodontic Check-up

We are specialist orthodontists and are the best-qualified people to help with all conditions related to alignment of teeth and creating a beautiful, natural smile.

At what age my child should see an orthodontist?
To have a smile that’s good for life, your child needs teeth and jaws that are properly aligned — in other words, a healthy bite. Both American and Australian Associations of Orthodontists recommend that your child get an orthodontic check-up no later than age 7. By then, your child’s teeth have developed enough to where subtle problems can be spotted with jaw growth and emerging teeth.

What are the benefits of early orthodontic evaluation?
Early evaluation provides both timely detection of problems and greater opportunity for more effective treatment. Prudent intervention guides growth and development, preventing serious problems later and potentially enhancing the eventual attractiveness of the face and smile. When orthodontic intervention is not necessary, an orthodontist can carefully monitor growth and development and begin treatment when it is ideal.

At Smile Generation, we provide specialised care, our office has up-to-date equipment, facilities, and staff to properly address today’s most demanding orthodontic needs in a warm and caring environment.

Present this newsletter to receive a FREE orthodontic evaluation for your child.

Contact us today for an appointment

Address:
34 Station St, Wentworthville, NSW 2145
Phone:
(02) 96883588
Email:
wentworthvilleortho@gmail.com
Website:
www.smilegeneration.com.au