

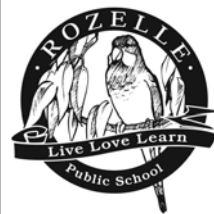
## NEWSLETTER

[www.rozelle-p.schools.nsw.edu.au](http://www.rozelle-p.schools.nsw.edu.au)  
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# ROZELLE RUSTLINGS

Rozelle Public School

*Valuing children and their communities since 1878*



## DATES TO REMEMBER

Thurs 30th Oct Circus Beserkus  
Tues 4th Nov Transition  
Tues 11th Nov Transition  
Wed 26th Nov French Big Breakfast

### ALLERGIES

We have five students at our school this year who have severe allergies - We do request that peanuts and foods containing any nuts or sesame seeds are not brought to school.



## Assembly News

Thursday mornings 9.30am

All parents / carers welcome.

Week 4 Nungali  
Week 5 Mulluk Mulluk

### BOOK CLUB NEWS

Book club brochures have been sent home this week. All orders are due back to school by **Monday November 10th**, please include the correct payment as change cannot be given.

Please also note that we've been informed by Scholastic that the following books will NOT be available:

From the LUCKY brochure: Item no 47 L'il Bratz Body Art and Activity Book  
Item no 60 Bratz and Friends Intro Club Pack  
From the ARROW brochure: item no 24 Cool Cruise (Bratz Totally Awesome Tales)

### THANK YOU TO ALL PARENTS AND CHILDREN WHO MADE A CHRISTMAS BOX.

We had a grand total of 93 boxes—the most we have collected. This is a fantastic result, and it will give children from poor countries who have nothing much, joy at Christmas. Thank you for all your efforts. Jane Taylor



## FROM YOUR PRINCIPAL

### Week 3 Term 4 Mon 27th—Fri 31st October 2008 Conference in Canada

My holiday in the US was very enjoyable and my presentation at the international conference on restorative practices went very well. It was a pleasure to show the DVD about our journey and receive such positive feedback. In fact a copy has gone with Terry O'Connell as he works in many school regions there. I have also been inundated with requests for copies of the DVD by educators overseas. A huge thank you again to those talented parents who made it all happen. Thanks to Alex Peters, Cathie Schnitzerling and Campbell Baird for their skill and patience in making it all happen.

I arrived back from my trip on Sunday morning and went straight to my grand daughter's first birthday so am feeling a little worse for wear but happy to be back at Rozelle. It is great to see the grass on the ovals flourishing, the canteen in full swing, the solar panels on the roof, the water tank all connected, the Transition Program ready to roll and to hear there was vigorous debate re the healthy eating suggestions put forth by some parents!

Our school has a deeply embedded inclusive philosophy which would never allow marginalising of children and/or families around food etc. The article from parents which appeared in the newsletter while I was away was merely to ascertain reactions to the idea of displaying healthy eating 'suggestions' on charts around the school. The use of the word 'policy' was mistakenly used by those wanting to undertake the information gathering exercise. Encouraging healthy eating involves children making positive choices as they learn and grow together.

At the P&C meeting last week many misconceptions were cleared up and thank you to Howard and P&C executive who guided the discussion.

A huge thank you to Violetta for relieving as principal when Mike was called away and to Heather, Beth and Carlie who also relieved as assistant principals. All did an exemplary job in my absence.

### Stage 3 Camp

Congratulations to all Stage 3 children who made such an impression on their guides in Canberra as being self disciplined and imaginative thinkers. Thank you to Kristi, Heather, Peter and Matt for accompanying the children and for ensuring the trip was so well planned.

### Canteen

Well done to Dina and the canteen helpers who have made a terrific start to the operation. A committee comprising parents and staff will meet this week and regularly to discuss and monitor the operation and assist Dina to smooth out any little glitches.

### Opera House

At the end of last term I was privileged to be present at the Opera House to hear our choir sing so beautifully in the combined Sydney Region Choir. Hats off to all the children and to Jill Hall and Helen Crimmins for their wonderful training of the choir.

Huge congratulations to Jamie Luscombe from Stage 3 who played so well in the Sydney Region Orchestra.

### Gardening Bee

A huge thank you to all those who volunteered to purchase plants and spent last Friday working so hard to beautify our school. The grounds are looking very pretty.

## Circus Beserkus

The children are abuzz with excitement as they gear up for the Circus activities.

The posters around the school reflect both their enthusiasm and initiative.

### Grounds

I believe it won't be long until the children can roll on the lush grass of the ovals. Thank you for your patience as it is so important that the grass develops strong roots.

Thank you to Campbell Baird who toiled so hard to connect the water tank and irrigation pumps and to Greg Poynter who relieved as GA during Term3 and cared for the ovals during the holidays.

Thank you to all parents who each in their own way make Rozelle such a lovely learning community. We value your input and expertise so much. In an increasingly disconnected world we value the special inclusive and diverse community we have right here.

Have a great week everyone.

Kind regards Lyn lyn.doppler@det.nsw.edu.au

## SCHOOL NEWS

### STUDENT BANKING

Is there a parent out there who could take over the weekly student banking role. Takes up very little time once a week to collect deposits from the office then deposit money at local commonwealth bank and then do netbank transfer (requires internet connection). It's a really simple process and raises \$5 for every \$100 deposited for the school. My time at Rozelle Public School is sadly coming to an end this term so I need to hand over. Contact Janelle Tinslay (Emma's mum Yr 6) for further details.

## Circus Beserkus

Circus Beserkus is on this Thursday 30/10/08 and will be happening in the middle session. This is an event run by the SRC and is for the students to participate in some fun circus activities held by each class. Each activity costs between 50c and \$1 for a turn so please make sure your child brings in a few dollars so they can have a turn at some activities. All of the money raised will be donated to UNICEF.

### Big Congratulations to:

Charlotte B and Finlay M for being finalists in the 2008 Sydney Youth Writing Competition. Charlotte wrote "The Mystery" and Finlay wrote "Feathered Sun". They will be published in a collection of best entries called Asphalt and Feathers.

Dear Parents, Students and Staff,

The last edition of the Newsletter contained an item entitled "The Rozelle Public School Health Food Policy". This article generated a vast response both written and oral and resulted in one of the largest P&C Meetings in recent times. My purpose is to set out a bit of the background to the article and to inform you of the discussion which took place at the last P&C Meeting.

At the September P&C meeting parents raised concerns about unhealthy foods which included such foods being brought to school in children's lunch boxes; unhealthy foods being available at external events such as Circus Beserkus and unhealthy foods being used for fund raisers. As I understand it the P&C encouraged the parents to gauge opinion by putting their concerns and suggestions in writing in the last Newsletter. It was never anyone's intention (including the concerned parents) that a "Policy" would be formulated. Indeed there is no power in either the P&C or the School for such a policy.

Issues of eating habits such as when children can have treats and what those treats are are unique to each family culture. Each family has differing family rules about such things as how much television is watched; the frequency and type of discipline imposed; the level of responsibility placed on each child in the family etc. These differences reflect how each family adapts to circumstances such as both parents working; neither parent working; maturity and number of children etc. Most parents would feel that they are doing the best job of parenting they can possibly do in their particular circumstances. All of us probably feel we could make improvements here or there. I take great comfort in the concept of "good enough parenting".

It is clear from the very considered responses to the article that a large number of parents at the school while being sympathetic to the principle of encouraging healthy eating in our children were uncomfortable about having policies or even guidelines on the subject.

At the October meeting of the P&C, having discussed the article and the responses to it, it was decided not to take this matter any further. This is not to say that concern about healthy eating disappears, but rather that it will be tackled by education about healthy choices rather than guidelines.

For example the monthly articles in the Newsletter about food additives has been informative. It has resulted in a number of "staple treats" being removed from the menu at my home.

I am encouraged by the high standard of discussion generated by this particularly sensitive topic and thank everyone for the time and effort they put into it.

Bon Appetite

Howard Packer  
President Rozelle Public School P&C

### LIBRARY NEWS

"Fuel your mind" competitions:

Collage poster - Katie T;  
Door hanger - Kirsten F;  
How to train a mouse/cat/dog - Caitlin H;  
Fleeing on a boat - Brydie A;  
Poem - Saidhbh C, Alex K

**Contacts for P&C**

Do you have a question or comment for P&C to discuss? Just contact the members below or come along to our next meeting on 19 November at 7.30pm in the staff room.

President - Howard Packer

Publicity - Lisa Smajlov

Deputy President - Jenny Curtis

Music Committee - Kristen Dunphy

Secretary - Maxine Bartlett

Canteen Committee - Bronwyn Suzuki

Treasurer - Cathy Newman



**Canteen Committee Update**

Thank you to Dina who has invested considerable time and money in starting the canteen up for the school. The committee is made up of interested parents who work with the school and Canteen Manager and report to the P&C. There have been teething issues but overall the canteen is working well. If you have any policy issues please contact the school who will then liaise with the Canteen Committee. At last weeks meeting the committee discussed menu options, fundraising, recycling and also agreed to donate a microwave to the canteen.



**Greener Grounds**

Have you noticed the new plants around the basket ball court and garden bed areas? Thank you to all parents Robyn L, Kim L, Kymme D, Lisa S, Debbie W, Abby, Katrina K, Helen A, Karen F, Belinda, Andrea, Andrew, as well as Stage 3 students Zac and Keiran, and students from Pini and Kangalu and student volunteers who spent last Friday breaking compacted soil and finding new homes for the new additions. To help them grow strong please remember to keep out of the garden beds. Your committed green finger efforts are appreciated. Special thanks to Jenny Curtis and Carolyn Loton for organising the green day with funds raised from this years fundraiser. parents .



**Safety Committee**

The Safety Committee has been liaising with Verity Firth MP to discuss the schools ongoing traffic issues at the front of the school and the parking area near the music room. A meeting is organised with the Minister of Education in November to discuss options to make the area safer. The school has also got the attention of Leichhardt Council who has agreed to work with the P&C, the topic is moving forward – watch this space for updates.



**Driver Pedestrian Beware**

Meanwhile please remember to take care when using the drop off or parking area. At all times be pedestrian aware and keep a look out for children and parents making their way to school. Council Rangers have also been seen targeting the area - so watch out!



**Tax Deductions Available - looking to reduce your tax bill?**

Why not donate to the Rozelle Public School building fund? The funds will be used for maintenance and extension of school structures. Contact office staff for details on how to help the school and receive a tax deduction for your support.



**Food Awareness**

With the recent discussions about food policy and allergies the Canteen Committee is investigating a forum on healthy food choices. If you would be interested in this topic or have contacts in the health industry who would be willing to speak to parents please email [bronwynsuzuki@hotmail.com](mailto:bronwynsuzuki@hotmail.com) or [lsmajlov@yahoo.com.au](mailto:lsmajlov@yahoo.com.au)

**Communication Box**

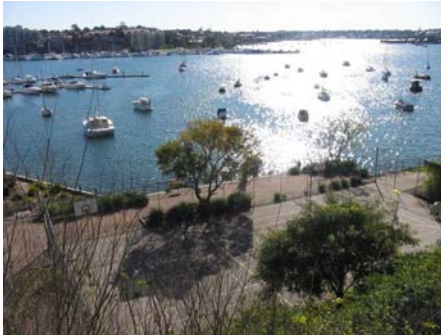
If you have ideas or feedback you can place them into the black box in the front office marked for P&C.

You can be or leave your name or if you prefer remain anonymous - all responses will be replied and discussed in this section of the newsletter.

**GOT A TRAILER or TRUCK & A FEW HOURS?**

We need a volunteer with trailer or truck to drive to Dural to collect a load of Mulch for the garden – sometime in the next few weeks. The mulch has been donated to the school garden. If you are able to help, please contact Jenny Curtis 0405031781.

SYDNEY SECONDARY COLLEGE  
BALMAIN CAMPUS



**Year 7 2009/2010**  
**SELECTIVE STREAM INFORMATION MORNING**  
**Friday 31 October 2008**  
**9.30 am - 11.00 am School Library**

Prospective students for Year 7 2009/10 are invited to visit Balmain Campus. We feature an academically selective stream, a comprehensive stream and an enrichment stream. Students are guaranteed access to Blackwattle Bay Campus in Years 11 and 12.

**Terry Street Rozelle 2039**  
**9810 0471**  
[www.balmain-h.schools.nsw.edu.au](http://www.balmain-h.schools.nsw.edu.au)



**FACT Did you know** that the average Australian household throws away almost one tonne of waste a year, 39 per cent of which is organic waste, such as garden and food scraps. Organic waste that breaks down in a rubbish dump (with no fresh air) generates up to four times more greenhouse gas than if it decays in the presence of air, such as in a worm farm.

**TIP Try this** Buy a worm farm and start composting all your food scraps. You will reduce your rubbish and reduce your contribution to greenhouse gases.

**WHAT'S ON Walk Against Warming.**

On Saturday, 11am, November 15, you can join us and thousands others to walk at Martin Place in support of renewable energy and a safe climate future.

**Climate Change Balmain-Rozelle is an a-political grass roots organisation serving the community to inform on issues of Climate Change:**

For more see: [www.climatechangebr.org](http://www.climatechangebr.org)

For a copy of the Newsletter or any comments contact us at:

[cbrmail@aapt.net.au](mailto:cbrmail@aapt.net.au)

**HOLIDAY SCHOOL MUSICAL is here!**

This coming January, at the Balmain Tigers Leagues Club, 120 creative kids will perform in the TREE OF ROCK! Leading up to the show, 3 days of workshops with top teachers and performers will be held at the Sydney College of the Arts and Writers Centre nearby in Rozelle. The whole experience is open to children from the ages of 9 to 12 years old and can include anyone with an interest in the areas of singing, dancing, acting and visual arts. We are looking for fun loving and talented kids who live to be on the stage! For more information, check out the website [www.holidayschoolmusical.com.au](http://www.holidayschoolmusical.com.au) The event takes place from January 19<sup>th</sup> – 22<sup>nd</sup> 2009. Applications are now open and will be closing late November. Help us spread the word, and apply online now!! COME AND BE A PART OF HOSM 09 – TREE OF ROCK!

## COMMUNITY NEWS

Food Additives Awareness - What's really in the food you eat?

This column will feature a different food or drink each newsletter. It will expose the additives in the food and effects they have. I hope to help you make healthier food choices for you and your family.

This week we look at **Western Star Spreadable Blend Traditional Butter**. Butter is an every day staple used on sandwiches and in cooking, so it's good to know what's in the butter you use. Butter kept in the fridge is usually too hard to use so many people like to use the spreadable butters available.

However, **Western Star Spreadable Blend Traditional Butter** contains more than just butter and salt. It has 10 different ingredients including the following additives:

**320 or Butylated hydroxyanisole (BHT)** - 320 is known to cause cancer in animals and disrupts the body's hormone balance. It accumulates and is stored in body fat. Laboratory studies have shown 320 causes cancer and harmful reproductive effects in rats.[1] It is banned in foods for infants and young children in Australia. 320 has been banned in Japan since 1958. McDonald's eliminated 320 from all its American restaurants in 1986 due to the evidence of the harmful affects of 320.

**160a Carotene** - carotene adds a yellow colour to the butter and is not known to be harmful.

A great alternative for convenient spreadable butter is **Mainland Butter Soft** which only contains cream, water and salt. **Mainland Butter Soft** make a regular and a reduced salt spreadable butter option. For those of you who prefer margarine, I'll look at different margarines in the next newsletter.

Thanks! Kellie Lintott

Sources:

[1] <http://carcin.oxfordjournals.org/cgi/content/full/20/11/2159>

Oxford Journals: Carcinogenesis, Vol. 20, No. 11, 2159-2165, Nov 1999

For more info visit [www.additivealert.com.au](http://www.additivealert.com.au)



### St George Girls High School

An academically selective high school for girls.

#### Enrolments for Year 7, 2010

Applications for entry to selective high schools are to be forwarded to primary school principals by 14<sup>th</sup> November 2008.

Interested parents and prospective students of Year 7, 2010 are invited to visit St George Girls High School commencing at 9.30am on **Friday 7<sup>th</sup> November 2008**.

The Principal's address in the school hall will be followed by morning tea with the Principal, Staff and Prefects.

**St George Girls High School**  
Victoria Street  
Kogarah NSW 2217  
Phone: 9587 5902, 9587 4109

## THE JAZZ SWING SUPPER DANCE

Friday 14th November 2008 - Arrive 6.30pm-7pm start  
Black Bay Campus, Taylor Street Glebe  
Tickets \$20 per adult, Double (2 adults) \$35  
Student \$10, Family \$50  
Platters of food available, must be ordered by 29th Oct.  
More information: Janet Burstall 9555 7704 or  
Wendy Pritchard 9799 3336



student exchange  
AUSTRALIA

### BRING HOME A BROTHER OR A SISTER

In February 2009, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website: [www.studentexchange.org.au](http://www.studentexchange.org.au)

# THE WATER CYCLE

## THE WATER CYCLE

All the water that is used by plants, animals and people come from rain.

Rain collects in puddles, streams, rivers and dams, or sinks into the ground and is trapped by rocks.

The heat from the sun turns the water into an invisible mist, this is called Vapour. This vapour rises up into the sky. (Evaporation)

The higher in the sky the vapour goes, the colder the air gets. When the Air is cold enough, it makes the vapour turn into water.

These big drops gather together to make clouds. As more drops gather, the Clouds get bigger and bigger.

When the drops are too heavy, they fall to the ground again as rain.

This rain gets collected in puddles, streams and rivers, or sinks into the Ground and is trapped by rocks.

They raise from the sun... and so the cycle keeps going.

By Rohan Gupta

Dharug 2008

## poem maker

### poem maker

Advertisement

**COME AND SEE THE ONE AND ONLY BROK THE POEM MAKER  
THERE WILL BE DRINKS AND FOOD. COME AND BUY BROK PARDEYS  
MAGNIFICENT POEMS TO RAISE MONEY FOR CHARITY.**



**It will be at 7 evergreen terrace 1<sup>st</sup> of march  
31&4 Saturday 7pm and there will be live music  
and jokes and it is a fund raiser for charity.**

TAKE YOUR WALLET INCLUDING YOUR CREDIT CARD  
AND LOTS OF MONEYS AND YOUR CHILD.

BY BROK DHARUG  
2008

