



Rocky River Public School Newsletter

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TERM 4 WEEK 7 21st November 2012

IMPORTANT DATES TO REMEMBER

- ♦ 3-14th December
Swim School
(excluding 12th Dec
due to presentation
day)
- ♦ 12th December
Presentation Day
- ♦ 5th December
Carols by
Candlelight 7.30pm
- ♦ 27th November @
2pm Visit from Police
Youth Liaison Officer



CANTEEN

28th November:

Cooking: De Kalinowski

Serving:

Tyreena Kalinowski

5th December:

Cooking: Stephanie Peters

Serving: Nick Endacott

P&C

There will be a general P&C
Meeting on 28th November
at 6pm.

PRINCIPAL'S MESSAGE

Hi everyone, as Mrs Thornton is currently away on the Lake Keepit excursion I am using this space today.

Its certainly quiet at school with Upper Division at Lake Keepit. It was lovely to have Joseph, Jackson and Dion join my class for the three days. Thank you for all your help boys.

Last Thursday afternoon our students participated in a tennis skills workshop by the New England Tennis Academy. The students all had a wonderful time. The Academy is offering free tennis coaching on Friday 7th December to students aged 5 and above followed by a sausage sizzle. Don't forget to RSVP to Peter on 0417 957 982 if you are interested.

Our new readers have arrived for lower division but need to be covered before we begin using them. If you are able to assist please contact the school.

Swimming school is just around the corner. Permission and parent volunteer notes will go home later this week, please return them as soon as possible.

On Tuesday of next week at 2pm we will be having a visit from the Armidale Police Youth Liaison officer-Senior Constable Fiona McCormack who will talk to our students about citizenship within the community.

Miss Pye

THANK YOU

Thank you to the P&C for their generous donation of new take home readers for the lower division. As these readers have arrived it is im-
portant that all students return any outstanding take home readers so that they can start borrowing these readers. The new readers have been specifically designed for reading at home and include strategies to assist parents when reading with their children.



Helpers Needed!

Lower division need helpers for reading and maths groups on the following days:

Monday: Reading 9.30am/Maths 11.40am

Tuesday: Reading 9.30am Maths 11.40am

Thursday: Maths 11.40am

If you can help please see Sam or
contact the school. Thank you



FROM THE CLASSROOM



Our students had a great time at the Tennis Skills Workshop last week.

Don't forget the free Tennis coaching and BBQ on Friday 7th December at the Tennis Courts at the Uralla Sporting Complex starting at 5pm.



Nick Page was the recipient of our "Rocky Award" last week for consistently showing kindness.

Well done Nick!



Our merit Awardees for last week were Harry, Dean, Katahna, Jacob and Bree.
Congratulations to these students!



WE ARE URGENTLY SEEKING DONATIONS for prizes and raffles at our Annual Golf Day to be held on Sunday 9th December at the Uralla Golf Club. If anyone has an RSA Certificate and is able to help out on the day this would be greatly appreciated. There are some sponsorship request letters and posters to advertise our Golf Day at the school for collection for anyone who is able to distribute them.

FOR YOUR INFORMATION



**School Banking is
coming soon!**

Watch this space

PRIMARY AND HIGH SCHOOL

When your teen's new best friend is a bad influence

Best friends are a key part of adolescents' lives. But what do you do when you suspect your child's best buddy is a bad influence? Experts discuss different approaches.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/behaviour/when-your-teens-new-best-friend-is-a-bad-influence>

PRIMARY SCHOOL

Copying and plagiarism

Copying other people's work and presenting it as your own is plagiarism. It's an increasingly common problem in the online world where material can easily be copied and pasted from websites. Students need to acknowledge the ideas of others when they use them in projects, assignments and assessments. Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/copycats-beware>

Help your kids enjoy reading

How do you make reading a joy and not a chore for your child? One way is to find information and interesting facts about things that intrigue or interest your child in books, magazines or on the internet. Read and talk about what you find out. Here are some other tips: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/ten-ideas-to-help-your-child-with-reading>

Uralla Community Carols

Alma Park - Uralla

Wednesday 5th December, 2012
at 7:30pm

Come along with family and friends
- bring a rug or a seat ...

An evening of music and celebration
Items by the local schools
Fire Brigade Lolly Drop
Rotary BBQ - 6:00pm

carols
by
candlelight

URALLA PRINTERS - 02 6778 4426

*Pack in a chiller bag with an icepack, and include some little soy sauce fishes, so it's just like the Sushi Train!

*Unlike white rice sushi, this can be made the night before. Feel free to adapt the filling to reflect what your kids prefer.

*To make this recipe gluten-free, use tamari instead of soy sauce. To make this recipe vegetarian, replace the tuna with tofu.

"The value of life lies not in the length of days, but in the use we make of them...."

Michel de Montaigne

*Warm regards
Rocky River Students
& Staff*

New England Tennis Academy

Free Junior Tennis

Coaching

Uralla Tennis Club

Plane Avenue, Uralla

Friday 7th December

4-6pm

Free tennis coaching for all children ages 5 years or older followed by a sausage sizzle BBQ.

Coaching will be conducted by New England Tennis Academy coaches, Peter Le Surf (Tennis Australia High Performance Coach) & Andre Garraud (Tennis Australia Club Pro Coach)

This is open to all children 5+ years of age and all levels from beginners to advanced.

Racquets supplied if needed

Bookings are essential

**To reserve your place call Peter 0417 957 982
or email peterlesurf@optusnet.com.au**

Brown Rice Sushi

- ½ cup brown rice
 - ¾ cup water
 - 2 tsp soy sauce
 - 2 tbsp rice wine vinegar
 - 2 sheets nori seaweed
 - ½ Lebanese cucumber
 - ¼ carrot, peeled
 - ¼ cup canned tuna, drained
- soy sauce, to serve

Preparation

1. Do not rinse the rice. Combine with the water and 1 tsp soy sauce in a small saucepan and set over a medium heat.
2. Bring to the boil, then cover with a lid and turn the heat to low.
3. Cook gently for 20 minutes, then set aside for 20 minutes.
4. Stir the remaining soy sauce and rice wine vinegar into the cooked rice.
5. Place a seaweed sheet on a bamboo sushi mat and press a thin layer of rice on top, leaving a 2cm margin at one end.
6. Cut the cucumber and carrot into matchsticks and arrange some along the leading edge, then place some tuna on top.
7. Roll up tightly using the bamboo mat to lift and turn.
8. Dampen the uncovered margin then seal well. Slice into rounds.
9. Continue until all the ingredients are used up.