



Rocky River Public School Newsletter

TERM 4 WEEK 9 5th December 2012

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IMPORTANT DATES TO REMEMBER

- ◆ 3-14th December:
Swim School
(excluding 12th Dec
due to presentation
night)
- ◆ 12th December:
Presentation Night
- ◆ 5th December:
Carols by
Candlelight 7.30pm
- ◆ 19th December:
Students last day at
school

PRINCIPAL'S MESSAGE

Swimming school has started this week and so far the weather has been beautiful.

Lone Petrov had her last day at Scripture today as she is taking a break after more than 20 years. She will be attending our Presentation Night next Wednesday night which starts at 6:00pm.

Students need to be at school in their costumes at 5:45. We will be performing a Christmas musical followed by our Presentation and BBQ.

There will also be a very special visitor coming. Please come along and celebrate the end of a very busy and productive year.

Reports will be going home on Friday 14th December. The last day for students will be Wednesday 19th December. This day will be clean-up day in the morning with a BBQ lunch and giant waterslide in the afternoon.



CANTEEN

12th December:

Cooking: Jaz Taylor

Serving: Meagan Page

19th December:

Cooking: Jaz Taylor

Serving: Jaz Taylor

WE ARE STILL 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.

Attached to this newsletter you will find a book of raffle tickets. Please return these to the school

by 14th
December.

Thank you



BEAT THE HEAT

Health tips for a safe season

- ☒ Drink plenty of water
- ☒ Plan your day around the heat — avoid being outdoors between 11am and 5pm
- ☒ Minimise physical activity
- ☒ Avoid alcoholic, hot or sugary drinks
- ☒ Check on elderly friends, neighbours and relatives, especially if they live alone
- ☒ Wear light coloured, loose fitting clothes made from natural fibres like cotton
- ☒ Take cool showers or baths
- ☒ Cool your house by shading windows, shutting curtains and, if it's safe to do so, opening windows at night to let in cool air
- ☒ If you have an air-conditioner, make sure it is working before you need it
- ☒ If you don't have air-conditioning, spend time in a cool place like a library, shopping centre or cinema. Try to go early, so you're not outside in the middle of the day

For more information about staying healthy in the heat go to www.health.nsw.gov.au

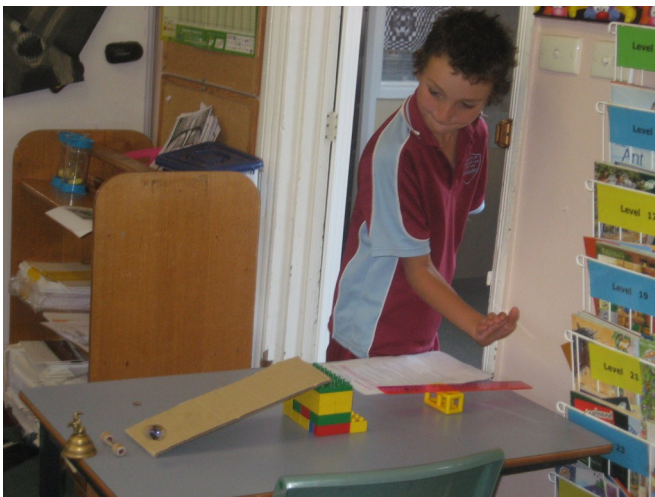


Health

P&C

There will be no more P&C meetings this year.

FROM THE CLASSROOM



Upper Division students presented their Science projects at the Upper Division assembly last week.

HAPPY BIRTHDAY EVERYONE!



PARENT/CAREGIVER TIPS

Leaving your child at home alone

Making some clear 'home alone' rules with your child gives them an understanding of their boundaries and can also keep you from worrying. Most kids will be fine on their own when the appropriate time comes, so long as some guidelines are followed.

Find out more: <http://www.schoolatoz.nsw.edu.au/en/wellbeing/development/leaving-your-children-at-home-alone>

Developing a team spirit

Team sports help kids to learn that things don't go their way all the time, and that they need to respect their peers. They also help kids with resilience and how to respond to setbacks.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports>

Confidence in public

Kids need to develop their skills for speaking in front of others long before their 21st birthday. If your tips for keeping nerves at bay during public speaking are limited to imagining your audience in their underwear, here is some advice to help your child prepare for their big moment in the spotlight.

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/public-speaking-in-primary-school>

Motivating lazy children

Why do some children lead a lazybones life, while others tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

Find out more: <http://www.schoolatoz.nsw.edu.au/en/wellbeing/fitness/motivating-lazy-children>

Body image

For girls

Body image is the number one personal concern for young people aged between 12 and 24, with research showing they feel under more pressure than ever to look a certain way. In a revealing podcast, an expert in the area explains what healthy behaviour is and what parents should be concerned about.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image/body-image-and-girls>

For boys

Body image issues don't only affect girls and young women. Some boys also worry excessively and unnecessarily about their weight and the way they look. This podcast discusses the signs to look for when your child has body image issues and what you can do to help.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image>

FOR YOUR INFORMATION



**School Banking is
coming soon!**

Watch this space



We are seeking donations of lollies for our presentation evening. We would appreciate if they can be left at the school office before 11th December please. Any donations will be greatly appreciated. Thank you.



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**



URALLA PRINTERS - 02 6778 4426

Membership of the Uralla Neighbourhood Centre Inc.

\$3.00

Become a member of the Uralla Neighbourhood Centre and help support a great community resource and the many services and activities run by the Uralla Neighbourhood Centre.

Members make a difference!

Your membership shows your support for the work of the Uralla Neighbourhood Centre.

Membership offers you a chance to;

- Support the Community
- Support the efforts of the Uralla Neighbourhood Centre
- Contribute your ideas
- Participate in the Annual General Meeting
- Raise matters of concerns within your community

Being a member of the Uralla Neighbourhood Centre adds your voice and your ideas to help shape a community of the future



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**

**"We must use time
wisely and forever
realise that the time is
always ripe to do
right"**

Nelson Mandela

**Please return all Library
Books to our school before
the end of term.**

**There will be no more
borrowing this year.**

*Warm regards
Rocky River Students
& Staff*