



# Rocky River Public School Newsletter

Phone: 02 6778 4122

Fax: 02 6778 3019

Email: rockyriver-p.school@det.nsw.edu.au

354 Thunderbolts Way via Uralla NSW 2358

**TERM 4, WEEK 1– 9th OCTOBER 2013**

## IMPORTANT DATES TO REMEMBER

- 21st –23rd October-  
School Excursion
- 26/27th October -  
Thunderbolt Festival



## CANTEEN

Could parents please ensure the correct money is put into their children's lunch order bags as some have not been paying enough.

***We will be adding  
Pizza Scrolls and  
Carrot Cake Muffins to  
our menu starting  
next week.***

Pies \$2, Lasagne \$2.50,  
Sausage Rolls \$2,  
Nuggets x4 for \$2, Chicken  
Burgers \$3, Pizza scrolls  
\$1.50, Carrot muffins  
\$1.50, Ice Cream \$1,  
Choc/Strawb milk \$1.50.

## P&C

The next P&C meeting  
will be held Wednesday  
9th October at 3.30pm

## PRINCIPALS MESSAGE

IT'S A GIRL!!!!!!!!!!!!!! Congratulations to Sam and Oomphs on the arrival of their little baby girl. No names, no details as yet but she looks a healthy little one. This is a great beginning to what is going to be a very busy term.

Thank you to all those who have paid in full for the excursion which is not far away now. Full payment is due this **FRIDAY**.

NAPLAN results will be available shortly for Years 3 & 5. Please ring to make an appointment to discuss these results.

Miss Leah Miller will be on Upper Division for the next 4 weeks completing her teaching degree.



At the end of Term 3 our school was very fortunate to receive a donation of lovely books from the Uralla Lions Club



## School Banking Day Reminder

Don't forget that **Tuesday** is School Banking day and students should bring in their weekly deposit.

Thank you for supporting the School Banking





## Look what's been happening in Lower Division



Lower Division students had lots of fun making these beautiful springtime pictures with Mrs Beal.

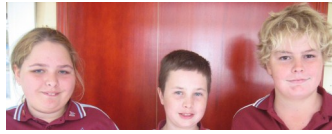
## 2014 Kindergarten Information Afternoon

We had a wonderful roll up of 2014 kindergarten students at the end of last term. Parents and students were able to find out more about our school and enjoyed a lovely afternoon tea. Our school leaders showed their excellent leadership skills in organising games for them to play. There were some very sad little faces when it was time to go home.



## Look what's happening in Upper Division

### FROM OUR STUDENT LEADERS



#### New Baby

Miss Pye has had a baby girl last night. She has not got a name for this lovely new miracle in our world. We hope she has luck finding a name.

By Harry. Rowbottom Yr6



#### Science

This term we will be studying gardening and growing plants. Another thing we have been learning is about healthy living and healthy eating.

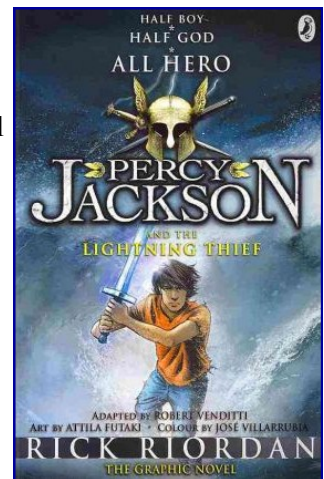
By Joseph Feitz Year 6



### BOOK REVIEW

During the holidays I read a book called Percy Jackson and the Lightning Thief. It is about a boy who lives in the city and he has dyslexia. He goes to a special school and one day he blows up his teacher, she is a monster and he makes her explode, then he finds out he is a Demigod and goes to Camp Half Blood. He then finds out that his father is the God of the sea and he makes a new friend. Percy and his friend go on a quest to the underworld to try and get his mother back.

By Katahna Griffiths Yr6



Last term Nick and Emma Page presented this whacky hat to Mr Sanders that even came complete with its own hair !!





## FOR YOUR INFORMATION



Hi to all

Thanks to the assistance of Uralla Central – Mr Dan Williams and local committee Leigh and Andrew, Uralla is to host a Milo in2CRICKET program at Uralla Central commencing on Wednesday 16<sup>th</sup> October the target age for Milo in2CRICKET is 5 to 10 years with no cricket experience necessary, all gear is supplied and each player registering for the program will receive a Milo Pack which includes, backpack, bat, hot, shirt, water bottle ball and packet of Milo, valued at \$40.00. The programs will run for 8 weeks at the school commencing at 3.45pm and finishing at 5.00pm each Wednesday – parents are welcome to come along and join in the fun games and cricket skills activities throughout the session. The final week for the program will be Wednesday 4<sup>th</sup> December.

To participate registrations will be taken on the first Wednesday from 3.30pm with the full cost be \$65.00 for the 8 weeks. For further information please contact Andrew Page, or Mr Williams at the Central School. Special thanks to the school for hosting the first program in term 4 to establish the program.

We are seeking your assistance to place this notice attached around your communities, newsletters, shop notice boards and circulate throughout your e-mail network.

Really looking forward to assisting getting this program going with Andrew and a couple of the local junior cricket boys – hope you come along and join us with your children.

Cheers

**Kathy Barber**  
Development Manager  
Central Northern - 6'ers Region

Cricket NSW  
Parry House - Northern Inland Academy of Sport (NIAS)  
Suite 3 Ground Floor 468 - 472 Peel Street  
P.O. Box 1144



[cricketnsw.com](http://cricketnsw.com)  
[facebook.com/CricketNSW](https://facebook.com/CricketNSW)  
[twitter.com/CricketNSWBlues](https://twitter.com/CricketNSWBlues) / [twitter.com/CricNSWBreakers](https://twitter.com/CricNSWBreakers)



## Armidale Supported Playgroups

Wednesday and Thursday Mornings  
Free Transport & Morning Tea Provided

Contact Katrina for times and Locations

Ph. 02 6772 7243

Mob: 0448 159 604

For all Children 0 – 5 years



A free service brought to you by Families NSW, Armidale Family Support, Newling Public school & Drummond Public school

## The Far Side®



"Well, here's your problem, Marge—if you and Bob really want kids, next time try sittin' on these little guys."



### LOCAL HOUSEHOLDS ENCOURAGED TO APPLY FOR ENERGY ASSISTANCE

HOUSEHOLDS across the region could be receiving up to \$250 to help manage their electricity bills with applications now open for the NSW Government's Family Energy Rebate for the 2013-14 financial year.

Member for Northern Tablelands Adam Marshall is calling on eligible families across the electorate to take advantage of the energy assistance on offer, with an online application form making it easy for households to apply and receive the rebate.

Mr Marshall said the rebate increased from \$75 to \$125 on 1 July 2013, rising to \$150 by 2014, and is available to households who currently receive the Commonwealth Government's Family Tax Benefit A or B.

"More than 540,000 families across NSW are eligible to receive the Rebate as a credit on their electricity bill and I want to make sure that any local household eligible for the rebate gets it," he said.

"If also eligible to receive the NSW Government's Low Income Household Rebate, households could be saving up to \$250 off their electricity bill.

"The process for local residents to apply for the Rebate has never been easier with an online application form to help busy households receive the assistance measure.

"The money is there, the funding for assistance is available and so I urge eligible families to submit their application for the 2013/14 financial year."

To be eligible for the 2013-2014 Family Energy Rebate, you must.

- \* Be a NSW resident; and
- \* Have submitted a tax return for the previous financial year and be eligible for the Federal Government's Family Tax Benefit A or B at any time during the 2012-2013 financial year, and have received a relevant payment; and
- \* Be an account holder of an electricity retailer, or a long-term resident of a caravan or mobile home park and whose name appears on the electricity account for supply to her/his principal place of residence.

To apply online, head to <http://www.energy.nsw.gov.au/customers/rebates> and select the 'Family Energy Rebate' link or call the Energy Information Line on 1300 136 888 for eligibility information for the rebate.

The Family Mental Health Support Service at Centacare NENW will be running a number of **FREE** courses and workshops in Armidale before the end of the year, these include:

#### **Families Matter**

**Thursdays the 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> of October  
and the 7<sup>th</sup> of November**

A free 4 week program for individuals, couples and families which looks at communication, resilience, self-esteem, problem solving, coping skills, self-care and anxiety and depression.

#### **Street and Anxiety Workshop 14<sup>th</sup> November**

A free 2 hour workshop which provides information on the sources of stress, reactions to stress and stress reduction along with the signs and symptoms of anxiety, types of anxiety and where to get support.

#### **Approaching Problem Solving Workshop 21<sup>st</sup> November**

A free 2 hour workshop which will uncover your unique learning style and how to approach problem solving in a supportive, challenging and fun environment.

#### **Depression Workshop 28<sup>th</sup> November**

A free 2 hour workshop which provides information on what depression is, the signs and symptoms, types of depression, self-care techniques and where to get support.

#### **Resilience Workshop 5<sup>th</sup> December**

A free 2 hour workshop which looks at what resilience is, the importance of resilience and ways to develop resilience.

**Registrations for these programs are being taken now (and are essential). For more information or to register phone Centacare NENW on 6762 9200.**

#### **Sharon Tonkin**

Family Mental Health Support Service Administrator  
Family Mental Health Support Service Youth Facilitator  
Centacare I Tamworth I P 6762 9200 I F 6762 6165  
V Guy Kable Building, 201 Marius Street  
E [stonkin@centacarenenw.com.au](mailto:stonkin@centacarenenw.com.au)

*Warm regards Rocky River Students &  
Staff.*