



Rocky River Public School Newsletter

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TERM 4, WEEK 4 - 30th OCTOBER 2013

IMPORTANT DATES TO REMEMBER

- 22nd November-Play at Armidale Town Hall for UD.
- 2nd December –13th December–Swim School Begins
- 11th December- Presentation evening.

CANTEEN



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

Prices are as follows:

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

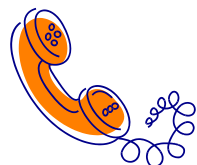
The next P&C meeting
will be held Wednesday
6th November at 6pm

PRINCIPALS MESSAGE

A huge thank you to everyone who participated in the Thunderbolt Festival. We had a fantastic response to the sweets and treats which looked beautiful and tasted good too. Thank you to those who were able to cook and/or assist in manning the stall. I don't have the final figures on how much was made yet but I will publish the information when it comes to hand.

The next P&C meeting will be held next Wednesday evening at 6:00. It is very important that everyone who is able to attend is there as we haven't had proper formal meetings for the last 2 meetings. There will be some important items on the agenda to be discussed. Please attend if possible.

CONTACT DETAILS



Could parents and caregivers please remember to inform us of any changes to your contact details. This is vital in order for us to keep our records up to date and ensure we can quickly contact you if necessary.

School Banking Day Reminder



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

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. The first token will be received upon the first deposit at school. Once students have individually collected 10 tokens they can then be redeemed for a range of great, exclusive reward items in recognition of their continued savings behaviour.

Thank you for supporting the School Banking program.

Look what's happening in Lower Division

Wow! What a Weekend
on the weekend I went
to the thudbold festival
my sister and I
a lollypop and a cup cake
and ~~we~~ we ~~as~~ ^{also} got a toy
I got a toy baby and my and
Claudia got a perse and
got a ^{koala} ~~ka~~ ^w ~~ala~~
Well done Tilly.
A great recount!

Wow! What
a weekend!

2. ~~10.5~~ 10.5

I played my games, it
 The ~~Ban~~ time ^{man} f u b. ✓

 $\sqrt{28/10}$ 

Well done
Paicey!

SOME OF THE PHOTO'S FROM OUR EXCURSION



KINDERGARTEN 2014 ORIENTATION



At this week's Orientation our new kinder's enjoyed listening to a nursery rhyme and finding words that rhyme. Unlike all the king's horses and all the king's men, our clever kinder's were able to do the puzzle to put 'Humpty' together again, well done all of you!!



Here are some healthy lunch box ideas from the Schools A to Z website. There are many more great recipes, tips and ideas on there so make sure you have a look.

5 minute hummus

Ingredients

- 400g can chickpeas, drained and rinsed
- 1 clove garlic, crushed
- ¼ cup lemon juice
- 1½ tbsp tahini
- Pinch of cumin
- Pinch of paprika



Preparation

1. Place all ingredients in a blender or food processor and process until smooth.
2. Serve in a small container with slices of capsicum, carrot or cucumber sticks or fresh snow peas.

Ham and corn wraps

Ingredients

- 100g canned pineapple pieces, drained
- 2 tsp mayonnaise or half avocado sliced
- 125g can corn kernels, drained
- 1 lavash bread (Lebanese or mountain bread as alternatives)
- 2 lettuce leaves, roughly torn
- 1 slice ham (sliced chicken is an alternative)
- Sliced cucumber (optional)
- Finely sliced Spanish onion (optional)



Preparation

1. Dry pineapple with paper towel.
2. Mix mayonnaise and corn in a bowl. Add the optional cucumber, onion and cheese.
3. Top each lavash with lettuce, ham, pineapple and mayonnaise mixture.
4. Roll tightly to enclose filling. Slice in half for small children, or leave whole for older children.
5. Wrap in plastic wrap, greaseproof paper or foil.

FROM OUR STUDENT
LEADERS

On the 31st of October we will be having a **SPOOKY** halloween party but it doesn't **have** to be spooky. There will be a gold coin donation but it is for a good cause, year six will be buying the school a present .

Harry Rowbottom Yr 6

HALLOWEEN DRESS UP DAY



On Thursday 31st October
2013



We will be having a dress up day

A gold coin donation is required,

The money will go towards the year 6's money to
buy the school a present

You don't have to dress up scary,
but you need to dress up

**HAPPY
HALLOWEEN**



HAVE FUN

By Katahna Griffiths

Yr 6



Uralla Swimming Club



Tigersharks

Uralla swimming club is up and running again this season.

If you are interested and you can swim 20m or more, then come along to the registration day on Wednesday 30 October at the pool from 4pm. The first club night will be the following Wednesday.

Club Nights will be every Wednesday from 4.45pm to 6pm

Fee \$65 per swimmer. New members will need to provide a copy of their Birth Certificate or Blue Book.

For more information please contact
Kassy – 6778 9145

or email urallaswimmingclub@gmail.com



Uralla Supported Playgroup

Tuesday Mornings 10-12

Free Transport & Morning Tea Provided

Uralla Neighbourhood Centre (RSL Memorial
Hall Salisbury Street)

Contact Michelle

Ph. 0438 141 857

For all Children 0 – 5 years



A free service brought to you by Families NSW, Armidale Family Support and The Uralla Neighbourhood Centre.

Keeping Your Kid's Healthy...more from the schools a to z website.

At a glance

Get your child to help pack their lunch box so they are more likely to eat what's in it.

Try to include protein in your child's lunch box to keep them full and energetic.

Exercise is vital in helping manage weight, keeping muscles strong, helping their hearts and lungs develop, and improving their hand-eye coordination.

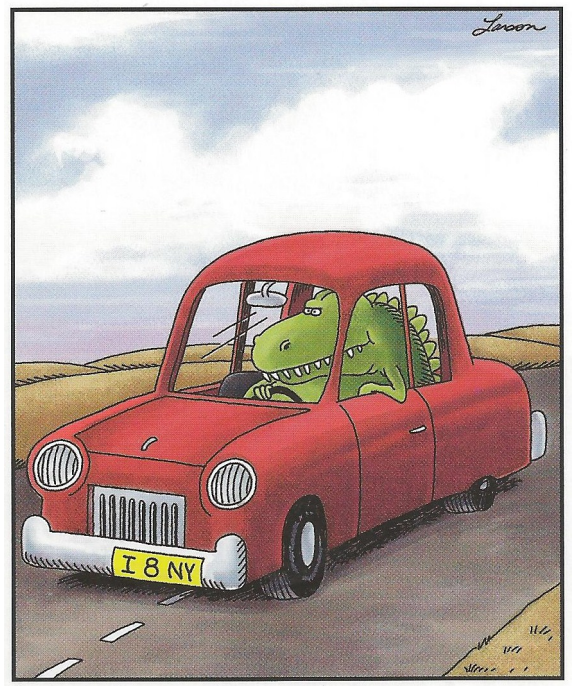
Wash your hands regularly to avoid germs.

Cough into your elbow, not your hands.

The healthiest drink options for kids are water and milk.

Look after your child's emotional health too – try not to overschedule them, having some 'down time' is important too.

The Far Side®



*Warm regards Rocky River Students &
Staff.*