



# Rocky River Public School Newsletter

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**TERM 2, WEEK 5 29th MAY 2013**

## IMPORTANT DATES TO REMEMBER

- 28th May - Gymnastics
- Armidale Zone Cross Country 30th May.
- Healthy habits for hearing visit for LD 13th June.
- Small Schools Athletics Friday 21st June.



## CANTEEN

A reminder of our New winter menu.

- Pies \$2
- Lasagne \$2.50
- Sausage Rolls \$2
- Nuggets 4 for \$2 OR 6 for \$3
- Chicken Burgers \$3
- Icecream party cups \$1
- Choc/strawberry milk \$1.50

(Please remember when ordering that nuggets only come in lots of 4 OR 6)

## P&C

The next P&C meeting will be held on  
**Wednesday 5th June at 3.30pm, all Welcome.**

## PRINCIPALS MESSAGE

Wow! We are already half way through the term. Things are very busy.

Gymnastics started yesterday. The students had a wonderful time and are really looking forward to next week. Just a reminder to any students that have not returned notes and money to return them as soon as possible.

Tomorrow Lily and Toby will be attending the district cross country. Good luck we hope you go well and remember to try your best.

Just a reminder that all absences from school must be explained. Students can bring in a note or parents can contact the school via phone or email.

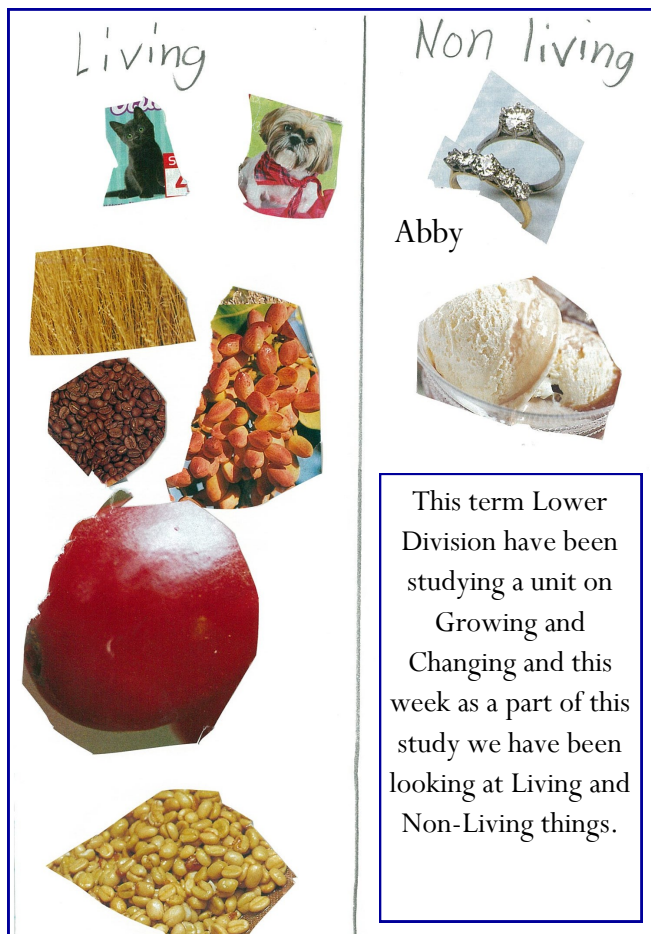
We welcome back Mr Sanders, he has returned to work at the school today after an overseas holiday. There was a lot of excitement in the air as he was presented with cards, flowers and even a cake from some of our students.

Our Merit Awardees for Week 4

Congratulations everyone!



## Look what's happening in Lower Division



LOWER DIVISION ENJOYED SOME "BUNNY HOPPING" DURING GYMNASTICS.





## Look what's happening in Upper Division

Over the next few weeks we will be publishing some of our Upper Division students' war poems. They are very moving and show compassion, empathy and understanding.

These poor ANZAC soldiers <sup>with</sup> bullets raining down <sup>on</sup> them. Many die many <sup>are</sup> wounded because of the Turkish bullets. They smell the strong smell of gunpowder and blood stains these <sup>is</sup> souls die <sup>They</sup> for their country. <sup>They</sup> dig and climb up a steep hill. Bullets still raining down on them.



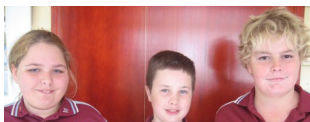
Well done, Jackson  
Very emotional.

Jackson

Excellent!

Louisa Rassatti was our "Rocky Awardee" for Week 4 for being Helpful and Caring.

Congratulations Louisa



### FROM OUR STUDENT LEADERS

#### Mandalas

With Mrs Thornton we have been doing some mandalas. A Mandala is a spiritual and ritual symbol in Hinduism and Buddhism, representing the Universe.



Katahna Griffiths Yr 6

#### HEALTHY HAROLD

Last week the school participated in the Healthy Harold van on Tuesday the 21st, we learnt about cyber safety. We all enjoyed it and now we know how to be safe on the computer and we all learnt a good lesson.

By Harry Rowbottom Yr 6



#### SCHOOL GYMNASTICS

At Rocky River Public School we are doing gymnastics and there are two times, the upper division students go before lunch at 12 o'clock and finish at 1 o'clock. Lower division have gymnastics after lunch at 10 to 2 and finish at 10 to 3.

Joseph Feitz Yr 6





## Cyberbullying – what the experts say

While research into cyberbullying is still in its infancy, the one thing we do know is the online environment is really just a new setting for age-old issues. Cyberbullying is an extension of face-to-face bullying. It's all about relationships.

Find out more: [http://](http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/what-the-experts-say)

[www.schoolatoz.nsw.edu.au/technology/cyberbullying/what-the-experts-say](http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/what-the-experts-say)

## Weekend family snow sports camp

"Affordable holiday" and "skiing" in the same sentence? Yes, if you're quick. Sport and Recreation offers weekend getaways in the snow from July – September.

Find out more: <http://www.dsr.nsw.gov.au/jindabyne/>

## Making music together

Music education produces many benefits, including strengthening children's abilities in reading, maths, and verbal intelligence. New research suggests it may also teach something less tangible, but arguably just as important - the ability to empathise.

Find out more: <http://www.psmag.com/culture/making-music-together-increases-kids-empathy-41627/#.T5j1f7R1SQM.facebook>

## Helping your child with homework

Video: **Teachers talk** about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more: [http://](http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework)

[www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework](http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework)

## Understanding poetry

Analysing a poem helps children to appreciate its meaning and the skills of the poet. There are often two levels of meaning to think about: one that is literal, and one that is more abstract.

Find out more: <https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4125.pdf>

## How teens are really using Facebook

New research says teens are finding Facebook a "burden" - but they don't want to miss out on the latest updates from their friends. It seems like more of them are using Instagram. Find out more:

[http://www.huffingtonpost.com/2013/05/21/teens-facebook-pew-study\\_n\\_3313812.html](http://www.huffingtonpost.com/2013/05/21/teens-facebook-pew-study_n_3313812.html)

## MORE GYMNASTICS PHOTO'S



*"Happiness walks on busy feet".*

*Kitte Turmell*

*Warm regards Rocky River Students  
& Staff*