



Rocky River Public School Newsletter

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TERM 2, WEEK 6 - 5th JUNE 2013

IMPORTANT DATES TO REMEMBER

- Healthy habits for hearing visit for LD 13th June.
- Small Schools Athletics Friday 21st June.



CANTEEN

Thank you to those people who have volunteered for canteen duty, if there are any others who would be able to help, even if its only once a term it would be greatly appreciated.

Please remember if you are unable to do your day it is your responsibility to arrange for a replacement.

P&C

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

PRINCIPALS MESSAGE

There are lots of bugs going around at the moment so we are encouraging students to wash their hands or use hand sanitizer to try and stop the spread of these germs as much as possible. You can visit the Sneeze Safe Website, <http://www.sneezesafe.com.au/Parent/Default.aspx> where you will find interactive games and information. We will be using the Kleenex Sneeze Safe Program to educate students.



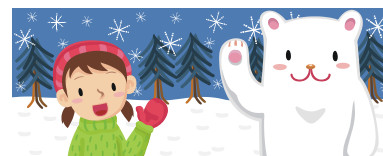
Students in lower division will also be learning about correct nose blowing to make sure their ears aren't blocked and they can hear more clearly.

Our small schools athletics carnival will be held on Friday 21st June at Kingstown. This date has been changed due to students attending the Zone Cross Country in Coolah.

SCHOOL JACKETS

We still have a number of winter school jackets that have been ordered waiting to be collected from the school.

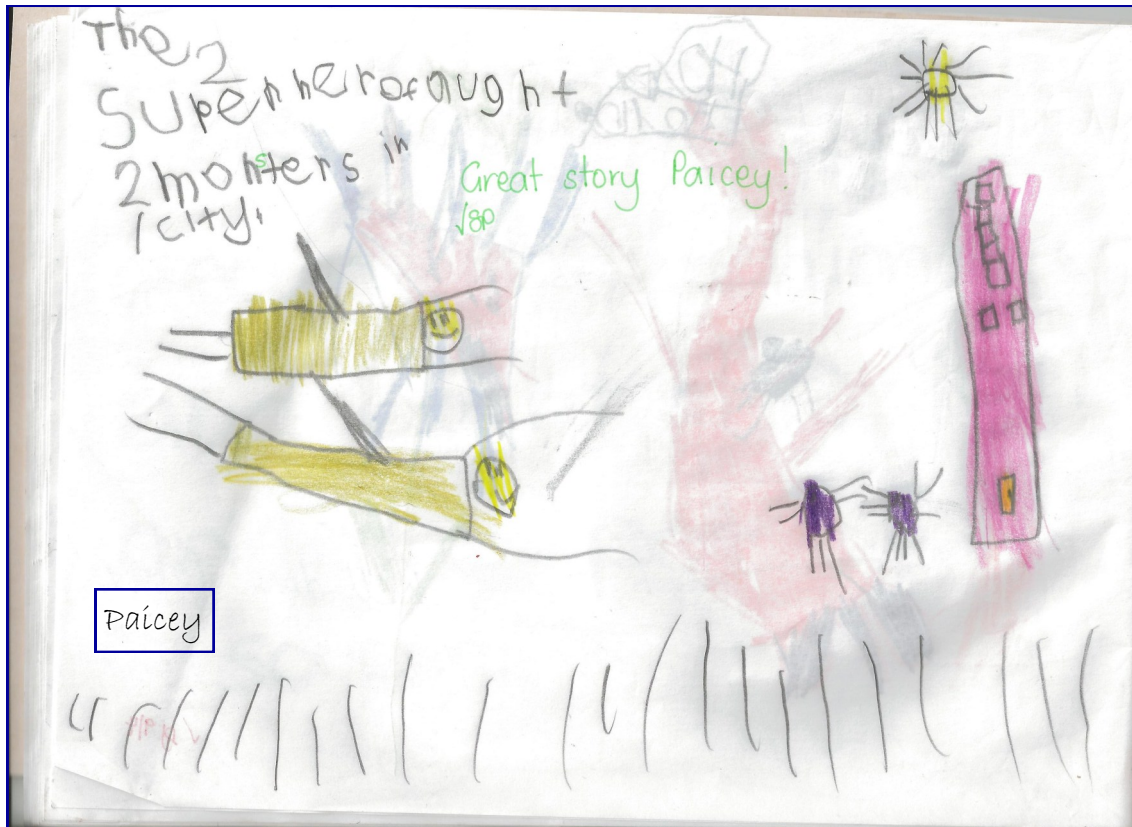
If you have ordered one could you collect it ASAP.



Fortunately the weather was much better this week than last and the students were able to enjoy gymnastics in the sunshine on the Tennis Courts as originally planned.



Look what's happening in Lower Division



Beautiful kites made by Lower Division students Harrison, Jesse, Lily and Jade



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.

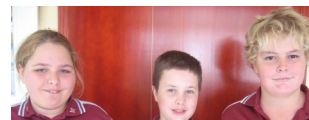
Lest We Forget

*Waiting, waiting for a chance
They hear the order and start to climb,
Climb down the ladder one by one,
Little did they know that someone was waiting,
Waiting for them,
They are nearly there,
They see a spark, from one of the boats,
BANG!
The first of many gun shots fill the air,
Men are falling, dying, drowning,
Some are wounded, some are fine,
But soon, soon they will fall too,
At any moment they could be dead,
Their mates are without any heads,
But they still fight on,
Fight on for us and our country.
Lest We Forget*

Excellent! ✨
Fantastic
Katahna
JT

By Katahna Griffiths

FROM OUR STUDENT LEADERS



SPACE PROJECT

With Mrs Waters we have been learning about space, we have been doing some space artwork and writing some space reports. Here are some examples of our artworks.

Katahna Griffiths Yr 6



SCHOOL GYMNASTICS - by Joseph Feitz

At our school the students are doing gymnastics with instructors called Cindy and Adel. The students enjoyed bunny hops, swinging on bars, doing hard balance tricks, jumping on the mini tramp and attempting to do summersaults.



ATHLETICS TRAINING

The school is participating in athletics training, we trained for long jump, shot put, high jump and age races the whole school is enjoying it and even the little kids are joining in.

By Harry Rowbottom Yr. 6



Building Connections

Building Connections is a free program to help separated parents have healthy and strong relationships with their children.

This is a pre-mediation program which covers:

1. The impact of separation and conflict on children
2. Ways of communicating with the other parent
3. Setting goals for future parenting
4. Support services available to you



Armidale — Wednesdays

5th JUN 9.30am - 12.30pm
26th JUN 5.30 - 8.30pm
17th JUL 9.30am - 12.30pm
7th AUG 5.30 - 8.30pm
28th AUG 9.30am - 12.30pm
18th SEP 5.30 - 8.30pm
9th OCT 9.30am - 12.30pm
30th OCT 5.30 - 8.30pm
13th NOV 9.30am - 12.30pm
4th DEC 5.30 - 8.30pm



Inverell

Friday 5th JUL 2- 5pm

Glen Innes

Friday 7th JUN 10.30am - 1.30pm

The Family Relationship Centre provides services throughout the New England North West region with offices in Tamworth, Armidale, Moree, Narrabri, Inverell and Walgett.

Keeping Kids In Mind

This course meets the requirements for parents who have been ordered by a court to do a post separation course

Keeping Kids In Mind is a 5 week post-separation parenting education program which helps parents understand the impact of separation or divorce on children.

It is an opportunity for parents to learn how to manage their own emotions better and benefit from improved parenting skills..

In this program you will learn about:

1. Grief and Loss
2. The Hidden World of Children
3. Building Resilience
4. Bridging the Gap
5. Looking Back and Moving Forward

This program works to help parents support their children through a time of change and uncertainty.

A \$50.00 fee applies for this course



Armidale Office
3/150 Rusden Street
(02) 6738 7200

2013 FREE PROGRAMS
Hey Dad!
Parenting Now
Challenging Kids
Parenting for Men
Better Relationships
Surviving Your Adolescents
Keeping Kids In Mind \$50.00



The Family Relationship Centre offers family education programs on a variety of topics all working towards developing or enhancing relationships.

The programs below are **FREE** however bookings are essential

Parenting Now

Being a successful parent is hard work

- Are you tired of repeating yourself to get your children to listen?
- Do you give in to stop the whining?
- Do you ever feel bad because your children won't behave?

If you answered "yes" to any of these questions Parenting Now may help.

Armidale - Two Thursdays - 6th & 13th June - 9.30am - 12.30pm

Challenging Kids -

Managing the meltdowns

Does your child:

- Show extreme behaviour?
- Have intense temper tantrums?
- Use physical and verbal aggression?
- Refuse to do what they are asked?

This is a 2 week program which could help you identify your child's triggers, understand their reactions and manage the "meltdowns" with useful and practical strategies.



Surviving Your Adolescents

Surviving Your Adolescents is a program which will provide parents with some useful skills for dealing with teenage behaviour. You will learn:

- What is normal behaviour for a teenager
- How to manage teenage risk-taking
- The Four Cardinal Sins (what not to do)
- Ways to maintain and improve your relationship with your teenager.

Armidale - Two Thursdays 20th & 27th June - 9.30 am - 12.30pm

Inverell - Friday 5th July 10.30 am to 1.30pm

Better Relationships

Better Relationships is a program designed to make your relationship better by building on your friendship

- Manage conflict
- Learn the 7 principles that make relationships work

Armidale - Five Thursdays 27th June and 4th, 11th, 18th & 25th July - 6-8pm



Hey Dad!

Hey Dad! is a program designed to explore the challenges of being a father.

- Getting closer to your kids
- How to talk to them and help them to feel good about themselves
- What kids need from you as they grow up
- Discipline and problem solving
- Work/ home life balance
- Stress reduction/ looking after yourself

Parenting for Men

Designed by dads for dads this program is a course for men to improve their relationship with their children while sharing parenting tips with other dads.

Armidale - Three Wednesdays - 12th, 19th, 26th June - 9.30-11.30am





The Peace Run is a global torch relay uniting thousands of communities and millions of people in over 100 countries.

We all carry within us a flame of hope – a yearning for a better world and a brighter future. As the Peace Torch passes from hand to hand, so this flame of hope spreads from heart to heart, encircling the globe.

The Peace Run does not seek to raise money or highlight any political cause, but simply strives to spread goodwill among people of all nations.

In Australia a team of runners from 16 nations will carry the torch over 15,000 kilometres around the entire continent.

The Peace Run is for all – from children to senior citizens, from everyday people to world leaders. Everyone is welcome to participate.

Take one or more of the 10 million steps around our continent; join a meeting or ceremony along the route; offer a poem, a promise or a prayer in person or online.

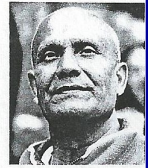
SRI CHINMOY ONENESS-HOME PEACE RUN

AUSTRALIA 2013

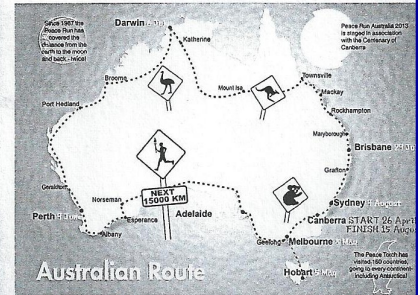
a 15,000 km torch relay around the continent



"Peace means
a flood of love
in the world family."



- Sri Chinmoy Peace Run founder



The PEACE RUN is for all - we are all torchbearers for a brighter future. To hold the Peace Torch or get involved in a ceremony when it travels through your town or city contact:

www.peacerun.org



Steve Hooker, Olympic Pole Vault



Carl Lewis, Peace Run spokesman



President Mikhail Gorbachev and wife Raisa Maximovna



President Nelson Mandela



Mother Teresa

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The Peace Run will visit our school on Monday 5th August at 10.20am

"The grand essentials of life are: something to do, something to love and something to hope for."

Allan K. Chalmers

Warm regards Rocky River Students
& Staff