



# Rocky River Public School Newsletter

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## IMPORTANT DATES TO REMEMBER

- Green Valley Farm  
Excursion 15th, 16th  
17th October.
- Thunderbolt Festival  
25th October
- Seasons of New England  
8th November
- RRPS P&C Golf Day  
7th December.

## CANTEEN

### Price List:

Pizza Singles.....	\$3
Chicken Nuggets (4)...	\$2
Hot Dog. ....	\$2.50
Beef Lasagne.....	\$3
Spaghetti Bolognese...	\$3
Sausage Roll.....	\$2.50
Pie .....	\$2.50
Banana Bread.....	\$1
Ice Cream .....	\$1.50
Popper .....	\$1.50
Devondale Smoothie...	\$1.50
Devondale Plain Milk..	\$1

### Canteen Volunteer Roster

\* 8th October

Mathew Peterson

\* 15th October

Leanne Waters

## TERM 4, WEEK 1 - 9th October 2014

## PRINCIPALS MESSAGE

Welcome back for term 4 which will again be a very busy term. The excursion to Green Valley Farm is going ahead next Wednesday and all money should now be paid. Today we are sending home a copy of the itinerary for the excursion, a check list of what to bring, medical and consent forms and other necessary information. We will be leaving school at 8:00 am and all students must be at school by 7:50 am. All students will need to wear school uniform on the 3 days we are away. This includes strong black walking shoes.

The Thunderbolt Festival is coming up on Saturday 25<sup>th</sup> October. The students will be asked to represent the school in the street parade and more details will come closer to the time. The P&C will again be holding a cake and lolly stall and families are asked to donate cakes, biscuits, slices and sweets. Rocky River has a great reputation for the fantastic cooking and we have people seeking out the stall each year so we don't want to disappoint them. The P&C is also calling for volunteers to set up, man the stall throughout the day and pack up at the end. More information will be going out shortly.

The P&C is also running the annual golf day on Sunday 7<sup>th</sup> December. Donations for prizes are being called for as well as volunteers for the day.

Our **2015 KINDERGARTEN TRANSITION PROGRAM** will be held on 13th, 20th & 27th October from 9am-1pm and the final day will be on 3rd November and will run for a full day from 9am -3pm. Please contact Jo Thornton at the school for further information. 6778 4122 or [rockyriverp.school@det.nsw.edu.au](mailto:rockyriverp.school@det.nsw.edu.au)

## P&C

The next P&C meeting will  
be held on Wednesday  
**5th November at 3.30pm**

**ALL WELCOME**





A wonderful improvement to our outdoor area took place over the holidays. More photo's on page 5.

## Look what's been happening in Lower Division



Lower Division students and staff were treated to a lovely violin recital from Bella Marsh on the last day of Term 3. Thank you Bella what a treat it was for us to hear and watch you play.

In the holidays I  
watched my dad/shear the  
sheep and we went  
to do some fishing.





**Bridie**



Spring really has sprung....these beautiful big flowers appeared in our playground today and the Lower Division students have been having fun with them. Paicey and Kam were the first to try them out.

7.10.14 7.10.14 In the holidays  
I went to nans for a sleep  
over with Holly. We played  
hide and seek and tips as  
well, watch some movies! We  
had a great time!



Well done  
Nicky!  
Nicky

We have all settled back into class beautifully after the holidays and once again are producing some fantastic work. Well done to Bridie and Nicky for these great recounts.





## Look what's happening in Upper Division



FROM OUR  
STUDENT LEADERS

### It's our first week back!!

How exciting! We're all back at school after two weeks of holidays!

Over the holidays Mark Hunt came in and levelled out our old concrete and replaced our woodchips with brand new concrete!!! We have also put in a new volley ball court by the play equipment but we are still putting up the net.

All parents are welcome to come and have a look.

As this is our last term we have a lot coming up including our excursion to Green Valley Farm, new tests, Christmas Play and much more!

By Chris Rassatti, Nick Page and Rose Burke.

Mrs Thornton demonstrates fractions to students using Unifix Blocks.



# schoolatoz

Don't forget to have a look at the School a to z website, it has loads of tips and ideas to help you and your child negotiate the world of school and learning. There are tips for wellbeing, homework and study, lunchbox ideas and much more.

Students and staff were treated to some delicious Ice Cream Birthday Cake on the last day of Term 3 thanks to Nick and Emma Page celebrating their birthdays!

We welcome our new prac. student, Miss Taggart who will be with us for ten weeks. She is enjoying her placement at Rocky River PS and Jacob is seen here receiving some help with maths.







# Spring Pop-Up Store!

**Fri 10 Oct - Sun 12 Oct**

Shop on cnr Jessie & Beardy Sts  
(old Fabric Fair)

Friday 10am - 5pm  
Saturday 9am - 3pm  
Sunday 10am - 12pm

Featuring local designers and producers:

- \* Sister Spice \* Vera Thora
- \* The Eclective \* Calamity Jayne
- \* Sunhill Skin Essentials

With additional guests:

- \* Matchymatchy \* All Things Candles
- \* Aurelia's Farm \* GlassWorx

Find "The Pop-Up Store" on Facebook

## Indoor Hockey Competitions 2014

**Armidale, Uralla & Guyra**



Indoor Hockey competitions will be running during term four in Armidale, Uralla and Guyra.

Guyra will again host a junior competition at the Showground on Tuesdays. Uralla will utilise the Community Hall also on Tuesdays and Armidale will play their games at "The Den" at Armidale HS.

Indoor hockey is available to anyone wishing to participate. It is not necessary to have played outdoor hockey to play the indoor game. The pace of the game makes it very attractive and keeps the participants focused the whole game. We encourage children of any age to give it a try as the game has so much to offer.

Contacts for each competition are:

- |                     |                 |                          |
|---------------------|-----------------|--------------------------|
| # Armidale & Uralla | Paul Eichorn:-  | peichorn@bigpond.com     |
| # Guyra             | Leanne Savage:- | leannesavage@bigpond.com |

Starting soon is the

## Armidale Community Weight Loss Challenge

Our goal is to get

# healthy

and lose weight together over 10 weeks of  
**informative and supportive** group sessions.

**Begins Tuesday 7th October. Costs \$49 for full 10 weeks**  
(which funds a prize pool for those who achieve the best personal results)

For details please call

Dee Ritch: 02 6772 6936 or 0414 892 162

Karen Browne: 02 6771 4553 (after hours)

*"Wellness. It's Time!"*







### HEAD PHONES FOR STUDENTS

As we will be using computers more and more in the classroom we are requesting that all kindergarten students purchase a set of headphones to use in class. The year one and two students already have them. This type of headphones can be purchased from K-Mart for around \$10 they will be kept at the school and should have your child's name clearly marked on them. Thank you.



While we were away over the holidays there was a lot of work going on at our school, it looks fabulous. Thank you to all of those hard workers who completed this task.



### PIANO LESSONS

We now have a piano teacher coming to the school each week so if you are interested in your child having lessons please phone Richard Smith on 0427 810 755.

Each session goes for 1/2 an hour at a cost of \$25 per lesson. The books are supplied.



Ella Peterson and Harrison Miller are taking advantage of this opportunity and they are really enjoying it.







### Tricks for encouraging kids to read

Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they've enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at <http://bit.ly/HLPmB9>

### How much water does your child really need?

Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don't feel thirsty until they are already dehydrated, so packing a drink bottle with your child's school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child's age at <http://bit.ly/ZjwUjo>

### Private tutoring

Are you thinking about a private tutor to complement your child's education? School A to Z explores questions about what to look for in a tutor, what you would want your child to achieve and tips on what to ask a potential tutor. <http://bit.ly/K5aczo>

### Leaving your child at home alone

At some point it will be necessary to leave your child home alone for a short period of time. There is no actual law in Australia that states what age a child can be left alone, but parents are legally responsible for their child's safety and wellbeing. You may be nervous the first few times (although most kids are excited about the independence) so making some clear 'home alone' rules with your child gives them an understanding of their boundaries and how to stay safe. Read more here: <http://bit.ly/1u5vTa9>

### Team sports – more than health benefits

As well as helping kids stay fit and healthy, team sports help them learn that things don't go their way all the time and that they need to respect their peers. Sports also help children and teens with resilience, how to respond to setbacks and loads more benefits discussed here: <http://bit.ly/HlgxVO>





## Create good habits for life.

**Did you know?**  
 Unprotected exposure to the sun on our children's delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, two out of three Aussie kids at school today will be diagnosed with skin cancer in later life – some of them with deadly melanomas.

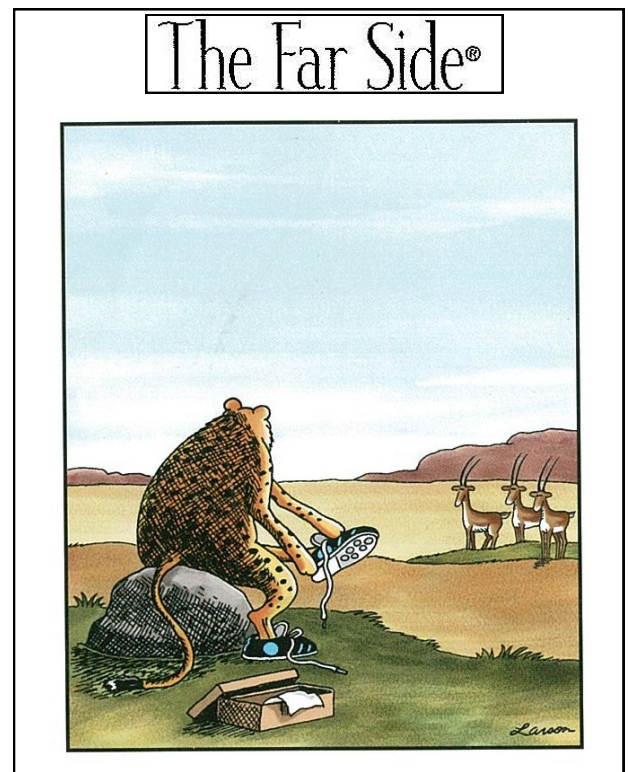
The good news is that skin cancer is very preventable. Creating good sun protection habits for life helps reduce the risk of skin cancer and helps prevent freckles, moles and painful sunburn.

**When do we need sun protection?**  
 Most areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days. Check the SunSmart UV Alert daily:

- In daily newspaper weather forecasts
- Go to [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)
- Google the free SunSmart App for smartphones

**Balancing sun protection and vitamin D needs**  
 Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW most children will get enough vitamin D during their everyday outdoor activities. Children with very dark skin may be at risk of low vitamin D. It's important to talk to your doctor if you have any concerns for your family.





Warm regards Rocky River Students & Staff.