



# Rocky River Public School Newsletter

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## IMPORTANT DATES TO REMEMBER

- 5th February-first P&C Meeting for the year.
- 6th February-Small Schools Swimming Carnival.



## CANTEEN

There will be a meeting held in conjunction with the P&C meeting next week with regards to canteen for this year.

We will be asking for volunteers to assist with the running of our school canteen. All money raised from the canteen contributes to the end of year presentation book awards.

Canteen is held on Wednesdays and without volunteers we won't be able to run it.

## P&C

The next P&C meeting will be held on  
**Wednesday  
5th February 2014  
at 6pm.  
ALL WELCOME**

## PRINCIPALS MESSAGE

Welcome back everyone to a new and exciting school year. I would especially like to welcome our new families, all 11 of them. I look forward to a long and happy association with you. Our kindergarten students have all settled in very well and are a delightful group of children who are very keen to learn and are rearing to go.

This year Mrs Beal will be teaching Lower Division for the entire year. Miss Pye will be returning in Term 3 for 2-3 days per week. She will be doing the same role as Mr Sanders was and Miss Miller will be doing for Terms 1 and 2. Mrs Jewell will be the student support teacher and we have a new staff member, Mrs Sally Castles, who will be working as a teachers' aide in Lower Division Monday to Thursday and Mrs Anne Stace will be teacher's aide on Friday.

The next P&C meeting will be held this coming Wednesday at 6:00pm in the school library. Everyone is welcome.

Its wonderful to see all the students in their school uniforms but I would like to give a gentle reminder that all students are required to wear black closed in shoes.

Joggers are to be worn on Friday's which is our sport day.



Congratulations to Sarah Page who celebrated her 5th birthday on her first day at school !



If your child has been absent from school please let us know by sending in a note, phoning or sending us an email. If you know in advance that your child will be away you can also advise us prior to their absence.



## Look what's been happening in Lower Division



Students enjoyed learning what time we do things at school with Mrs Beal.

Aubrey and Kellen are completing work from their "time" lesson.



Phoenix doing some wonderful work with Mrs Castle.



Bridie and Tori-Lee doing some quiet reading.



How lovely to see all these smiling faces in our playground !





## *Look what's happening in Upper Division*

### FROM OUR 2014 STUDENT LEADERS



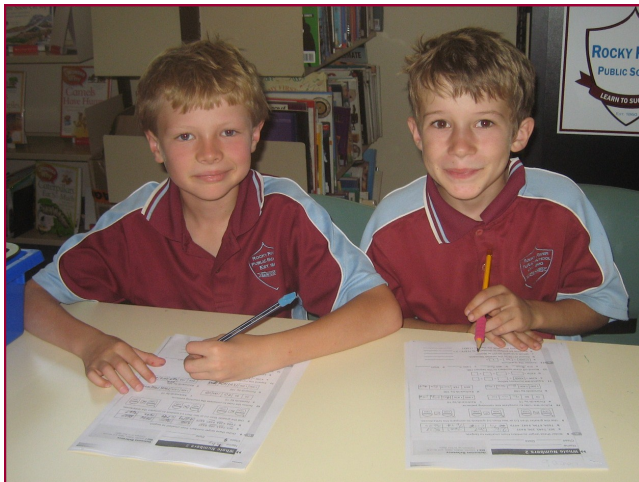
### Back to School

Hello everybody, we are the Rocky River School Leaders for 2014. We are very honoured and excited to be in this role and we look forward to representing our school and performing the duties of a school leader. It's good to be back at school for 2014 and we hope everyone is having as much fun as we are !!! The new kindergartens are having fun at their new school and are settling in as well as Year 3 into Upper Division. We all miss the 2013 Year 6 and hope they are having fun in High School. We also hope Mr Sanders is having a good time at his new place !!

Remember to prepare for the Small Schools' Swimming Carnival next week.

From your School Captains;

Nick Page, Rose Burke, Chris Rassatti and Sophie Byers.



Upper Division students have settled straight back into learning its wonderful to see them so keen.

Here they are working under the watchful eye of Miss Miller who is taking the place of Mr Terry Sanders.







## Total Communication Workshops

**Northcott**  
supporting choice & opportunity

Total Communication includes using talking, gestures, Key Word Sign, objects and visuals to assist children to understand what is happening and to express their needs, wants, thoughts and ideas. Using this approach promotes children's language by increasing interactions and sociability and can reduce children's frustrations.

**The session will benefit:**

- Teachers, Early Childhood Educators, FDC
- Parents and Carers
- Community and sporting groups

**Workshop Facilitator- Kerri-Ann Spanko**

Kerri-Ann is an Early Childhood Educator who has worked in a range of Early Childhood settings and roles during the past 18 years. She has been a teacher and coordinator in Preschools and Long Day Care settings, reviewer for the National Child Care Accreditation Council and provided consultancy to staff in Early Childhood settings.

**When: Tuesday 11<sup>th</sup> March. 10.00am to 3.00pm**

**Where: Uralla – RSL Memorial Club Hall, 27 Salisbury Street Uralla**

**Costs: This is a FREE workshop provided as part of the Northcott Skill Development Program**

**RSVP: By Tuesday 4<sup>th</sup> March. To Wayne Nagle Team Leader Moree**

[wayne.nagle@northcott.com.au](mailto:wayne.nagle@northcott.com.au) OR Phone 67526953. Note RSVP is confirmation of a place.

Proudly brought to you by: Northcott Services & Uralla Neighbourhood Centre




## Exploring Challenging Children

### Free help for frustrated parents

Does your child:

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

Exploring Challenging Children covers:

- How best to deal with extreme behaviour;
- Negotiate physical or verbal aggression;
- And find workable solutions that satisfy both adults and children.

This program provides an understanding of children with ADD, ADHD, ODD, OCD and Autism Spectrum Disorder.

If needed, this program will also cover how to help children who have experienced trauma, abuse and neglect.

**WHEN:** 3 Wednesdays  
5th, 12th & 19th February  
2014, 12.30pm - 3pm  
**WHERE:** 3/150 Rusden St,  
ARMIDALE  
**COST:** FREE  
For more information or to  
book, please call  
**1800 372 826**  
or **67387200**







# COUNTRY LIVING

## *Seasons of New England*

**SATURDAY 8TH MARCH 2014**

URALLA SHOWGROUND, KING STREET, URALLA

**MARKET & FAIR DAY 8AM - 3PM**

### *Free Entry*

**Gourmet Food, Delicious Baking,  
Local Olives & Oils, Trout, Honey,  
Eggs, Confectionery,  
Lovely Lunches, Local Wine, Beer,  
Home Decor, Jewellery,  
Children's Accessories,  
Producer's Crates, to name a few...**

**FULL BAR FACILITY FROM 11AM**  
Serving local wine and beer on tap

**TEDDY BEAR'S PICNIC FROM 11AM**  
Teddy Bear's Picnic Tickets \$5 pp from  
Uralla Neighbourhood Centre on 6778 3277

*Pony Rides, Showbags, Face Painting,  
Giant Bubble Wands, lots of fun for children*



**TWILIGHT DINNER FROM 5.30PM**

NEW ENGLAND CHEF ROWAN TIHEMA IS  
PREPARING A 3 COURSE MEAL + SHARE  
PLATES DRAWN FROM LOCAL AND  
SEASONAL PRODUCE.

Hosted in the Showground Pavilion, the bar will  
be open and serving local wine and beer.

**TICKETS \$70 EACH**

from the New England Brewing Co, the Uralla  
Visitor Information Centre, NERAM Harvest Cafe,  
Aurelia's Farm B&B (0434 408 163) and online at  
[www.seasonsofnewengland.com.au](http://www.seasonsofnewengland.com.au)

**PICNIC IN THE ARENA FROM 5PM**

Sample some of the options available with  
our late night stallholders, enjoy a drink from  
the bar and some FREE music.  
BYO Picnic permitted, NO BYO alcohol.



[info@seasonsofnewengland.com.au](mailto:info@seasonsofnewengland.com.au)  
[www.seasonsofnewengland.com.au](http://www.seasonsofnewengland.com.au)  
[www.facebook.com/seasonsofnewengland](https://www.facebook.com/seasonsofnewengland)  
**0434 408 163**



## ARMIDALE PHYSIE

Physie is a fusion of dance and sport that empowers girls for life! In every class girls will increase strength, fitness, flexibility, coordination and rhythm. The increased levels of confidence, self esteem and social skills are always clearly evident to parents who involve their daughters in this life changing dance sport. Classes resume week commencing 3rd February. For more information or to book please contact Julie on 0409 260 878 or [www.armidalephysie.com](http://www.armidalephysie.com)

Many thanks,  
Julie Pearson



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# AUSTRALIAN DANCE ENTERPRISE



6th of February @ the  
Community centre

Whether your little ones want to be ballerinas or the next great hip-hop dancers, these children's dance classes in Armidale and Guyra will keep them on their toes—literally. With styles ranging from modern dance to classical ballet, in both introductory and professional-track classes, the only skill necessary for these dance classes is the willingness to get moving.

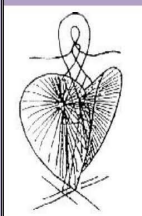
ADE is a training ground for students, ages 3-18, who are interested in exploring various dance styles, as well as for those students already focused on a particular discipline. ADE offers classes in Classical Ballet, Jazz, Tap, Creative Modern, Contemporary, Hip Hop, Speciality Boys Classes as well as Australian Dance Vision (ADV) Syllabus Classes in Classical Ballet, Jazz and Tap. Eisteddfod work & private lessons are also available.

ADE has a highly experienced and dedicated team of teachers. Our teachers aim to provide your children with the best dancing experience and share knowledge from their consistent training with ADV (Australian Dance Vision) and other avenues which are improving their teaching ability. Miss Samantha Bullen, Madison Mcfayden and Eliza Clark have over 11 years of dancing experience and cannot wait to start the New Year and start teaching dance again.

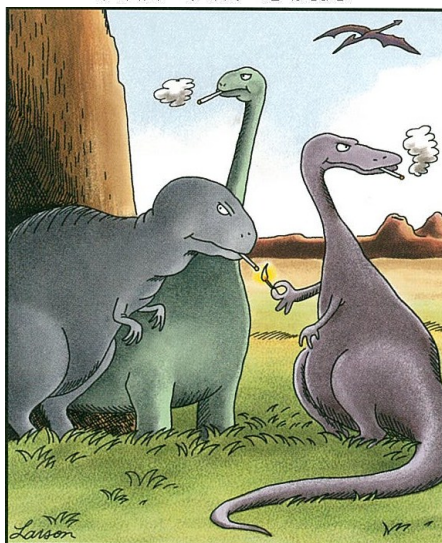


Please join us for our orientation day on the 6<sup>th</sup> of February @ the Community centre to hear about our fantastic classes this year. Classes commence the following week. We cannot wait to meet you all!!! ☺

Any enquires please don't hesitate to contact Samantha Bullen on 0434576147 or send me an email at Samantha.bullen96@gmail.com



## The Far Side®



The real reason dinosaurs became extinct

### Kik messenger

Does your child use Kik? Police have described it as "the No.1 social media problem involving teenagers", but most parents would barely have heard of messaging app Kik before last week.

Find out what it is: [http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology\\_glossary/7w0F/5353/Kik+messenger](http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger)

Why cyber safety experts are concerned: <http://www.smh.com.au/digital-life/digital-life-news/experts-warn-of-apps-hidden-dangers-20131130-2yif3.html#ixzz2mYlkXFyd>

### Choosing school shoes

Are expensive school shoes the best option for happy feet? Let's face it. School shoes have never been at the cutting edge of fashion. In fact if you look at what your parents were wearing, the humble school shoe really hasn't evolved much at all. Tips for choosing shoes: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes>

### Teach your kids to be waterproof

As temperatures rise, the risk of drowning increases too. Review these water-safety tips to help keep your family safe this summer. Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/water-safety-tips>

### Boys and body image:

AUDIO: Rachel Friend talks with paediatrician Associate Professor Michael Kohn about the issue of body image and how it impacts on young men in particular.

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image>

### Girls and body image:

AUDIO: Rachel Friend talks with the Butterfly Foundations Education Manager, Danni Rowlands about body image issues affecting young girls. Research shows young people feel under more pressure than ever to look a certain way.

Warm regards Rocky River Students &  
Staff.