



Rocky River Public School Newsletter

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TERM 1, WEEK 10– 2nd April 2014

IMPORTANT DATES TO REMEMBER

- **2nd April-P&C Meeting 3.30pm**
- **4th April Small Schools Cross Country at UNE**
- **11th April-Easter Hat parade**
- **14th April-School Holidays begin**
- **25th April Anzac Day March**
- **29th April-students return to school.**



CANTEEN

If you are interested in helping out with canteen please contact Jaz Taylor on 0437 957 219. There is a price list in the front foyer of the school and a tote tray provided to place orders into when students arrive.

P&C

The next P&C meeting will be held on
**Wednesday
2nd April 2014
at 3.30 pm
ALL WELCOME**

PRINCIPALS MESSAGE

Thank you to everyone who was able to support the street stall and the Book Fair. Thank you to Anne for organising and selling the books. \$891 was the final tally for books sold.

This Friday is the Small Schools Cross Country to be held at the university. We are having an ANZAC assembly on Thursday at 2:00 pm and all parents are welcome. Friday will be our Easter Hat Parade at 2:00 pm. The students will be making their Easter hats at school. School will finish on Friday 11th April and resume on Tuesday 29th April.

HEAD LICE

Unfortunately these little creatures have appeared at our school again so please find attached an information sheet about head lice and please remain vigilant in checking your child's hair each day and promptly treating their hair if necessary.



Please remember that students are to be collected from the school at 3pm if they are not travelling by bus, if you are unable to collect your children at this time could you let the school know or make prior arrangements with staff. It is important that school staff are advised of changes to arrangements for children to be picked up from school. This is important to prevent anxiety in students and is essential for our staff duty of care to your child/ren.



Aubrey and Dean celebrated their birthdays today at school and shared a cake with the rest of the students.

Look what's been happening in Lower Division



Jasmine Peters and Mrs Beal carried their Lanterns in the Parade on Saturday night. and

Lower Division students had a great time decorating their lanterns last Friday and did a wonderful job!

We wish to extend a huge thank you to Jas for helping.



This Term our Lower Division students have been focusing on the 'Magic Words' and we have learnt the Please and Thankyou song.

"We talk about please and thankyou.
They are the magic words
If we want nice things to happen
They're the words that should be heard.
We talk about please and thankyou
They are the magic words
We talk about them every morning,
noon and night.
It's a great way to be polite
Please and thankyou are the magic words."



Look what's happening in Upper Division

FROM OUR 2014 STUDENT LEADERS

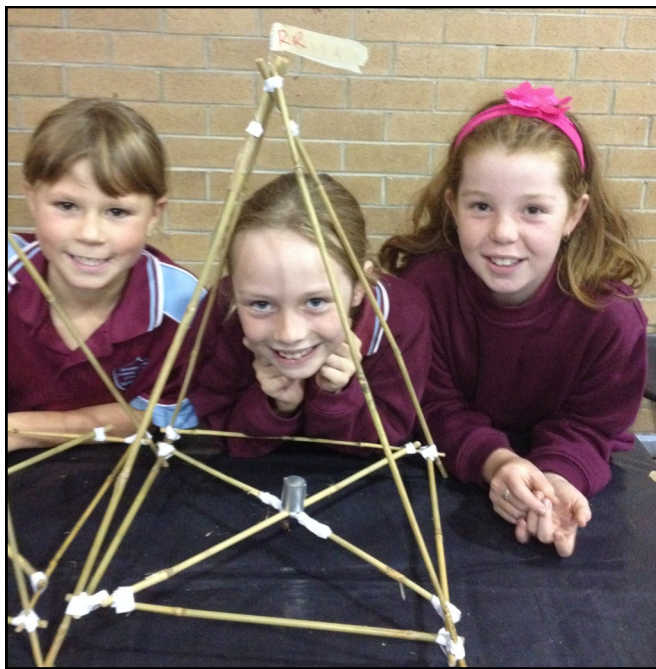


Community Fundraiser

We would like to show our support to the Doyle family, in this hard time for them, by having a BBQ fundraiser at the Easter Hat Parade.

Sausage sandwiches will cost \$1.50.

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



Upper Division students had a great time making their Lanterns at Uralla Central School last week.





P&C STREET STALL



A huge thank you to everyone who supported our street stall either by donating items or assisting with the running of the stall or both.

A total of \$914 was raised.



Head lice

The facts

Head lice infestations are a common occurrence, particularly in primary schools.

- about 23% of primary students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Treatment

daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)

Tips for parents in reducing the spread of head lice

As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children's hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use when they wash their hair.



Kids and phone bills

How do you teach your child to use their credit wisely? Ever seen the monthly phone or internet account and felt sick? It's called "bill shock", and there are many new ways families accidentally rack up hundreds of dollars of costs each month.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology/using-technology/avoiding-bill-shock>

Managing depression

One in four kids over 12 have symptoms of depression. Would you know what to look for and how to help? In this podcast, brain and mind specialist Professor Ian Hickie chats with James O'Loughlin on helping kids beat the blues.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

What makes a good book for young kids?

Books with vivid imagery, exciting stories and strong characters will not only entertain your child but set them up to enjoy reading for the rest of their life.

Find out more: <http://www.schoolatoz.nsw.edu.au/zh/homework-and-study/english/my-book-club/what-makes-a-good-book-for-young-kids>

Helping kids learn how to make friends

If children are happy socially they tend to be more engaged in their learning. Teaching your child about the importance of making friends is as vital as learning their ABCs.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning>

Vocational education at school

Your child can learn a trade while completing Years 11 and 12, giving them more options down the track. Many students now use their last two years to get a head start on a traineeship, an apprenticeship or other valuable industry experience.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/vocational-education-at-school>

Can kids really do their homework and multi-task?

Multi-tasking is an essential skill to have, but when you really need to study, it could be working against you.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology/using-technology/homework-and-multitasking-can-it-be-done>

BROCCOLI BREAD

Ingredients:

- * 1 lge head of broccoli
- * 3 eggs
- * 1 cup olive oil
- * 1 cup caster sugar
- * 1 tsp vanilla extract
- * 2 cups self-raising flour
- * 2 tsp baking soda
- * 1 tsp ground ginger
- * ½ tsp ground cinnamon
- * ½ tsp ground cloves
- * 2 tsp fine salt
- * Ricotta and honey to serve. Serves 4



Preparation:

- * Preheat oven to 170°C Cut the broccoli into quarters and steam until just tender, then pulse until a coarse paste appears
- * Combine the broccoli, eggs, oil, sugar and vanilla in a large bowl, then sift in the flour, baking soda, spices and salt.
- * Fold in gently then spoon into a greased 2 litre loaf pan and bake for 45 minutes or until a skewer can be inserted and removed cleanly.
- * Allow to cool before serving toasted with ricotta and honey.

How sneaky is this-Ed Halmagyi's delicious, sweet fruit-style bread that hides the king of green vegies! Wait till your kids are begging for more before you announce how good it is for them!

The Far Side®



The party had been going splendidly—and then Tantor saw the ivory keyboard.



ROCKY RIVER PUBLIC SCHOOL

Established 1860

2nd April 2014

Dear Parents/ Caregivers

I am writing to advise you that we suspect that nits/head lice are present in the hair of some students within our school.

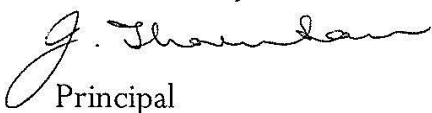
Please check your child's hair for nits/lice tonight using the methods recommended in information from NSW Health (<http://www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp>) a copy of which is attached.

If you find any eggs or lice please commence treatment as recommended.

Further information on head lice is available on the NSW Health website (details above) or through the Department's website at <http://www.schools.nsw.edu.au/studentssupport/studenthealth/conditions/headlice/index.php>.

I appreciate your assistance in this regard.

Yours sincerely



Principal

Jo Thornton

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