



Rocky River Public School Newsletter

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IMPORTANT DATES TO REMEMBER

- 28th July-1st August
Education week.
- 31st July- 1pm BBQ,
assembly and games
afternoon.
- 1st August-Jeans for
Genes Day.
- 8th August-Armidale
Zone PSSA Carnival

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:

- 6th August
Kerrie Roylance

P&C

The next P&C meeting
will be held on

Wednesday

6th August at 5.30

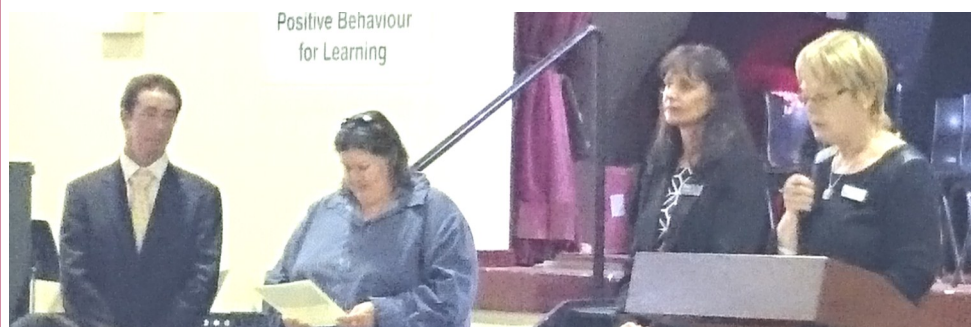
ALL WELCOME

TERM 3, WEEK 3 - 30th July 2014

PRINCIPALS MESSAGE

This week we are celebrating 60 years of education. The first Education Week was celebrated in 1954 with the tag "Light the world for a better place." We will be celebrating with a BBQ lunch at 1:00pm followed by an assembly and games afternoon on Thursday. On Monday we attended a presentation afternoon at Armidale High School where Ron Jackson, Meagan Page and Glenn Vickery were awarded with certificates for their outstanding contribution to the students of Rocky River School.

At the moment there are insufficient numbers for the excursion to Green Valley Farm to go ahead. Deposits and permission notes were due back to the school on 25th July. An extension will be given until Friday 8th August for parents to make a \$25 deposit for Upper Division students or pay the amount of \$13 for the Lower Division students.



P&C Raffle



Mrs Thornton presented Finlay Doyle with a laptop purchased from the sale of our raffle tickets. Finlay is studying childcare at TAFE and was very grateful to receive this gift to assist her with her studies.

Mrs Beal presented Finlay with the necklace she won from the raffle, as she felt it was only fitting that Finlay should have it especially since she has recently celebrated her 21st birthday.

Look what's been happening in Lower Division

Sadly we had to farewell Andy Boaden and his family on Tuesday, they have left for Lake Cargellico, but on a brighter note we were able to enjoy a piece of this beautiful cake courtesy of Mrs Beal & Mrs Castle. The school captains presented Andy with a farewell card signed by all students and staff at our school.



Children in Lower Division enjoy having word banks in the classroom as reference for their writing. The words below relate to our theme words for gardening.



With the season of winter upon us Lower Division have changed their seasonal craft work on display in the classroom with a variety of snowflake patterns.
BRRRRRR !!



Look what's happening in Upper Division



If all else fails....read the instructions.



Mr Jackson and our Upper Division students worked tirelessly in our garden on Tuesday to get our garden beds and arbour put together. The enthusiasm and team work demonstrated by students was fantastic. Things are really starting to take shape now and we are looking forward to getting more things done.



Good for Kids good for life

Tips to sneak fruit and vegetables into your child's lunchbox

56% of NSW primary school students do not eat the recommended daily amount of vegetables¹.

Fruits and vegetables provide an array of colour, taste and texture in a child's diet. They are also an excellent source of fibre, vitamins and minerals.

Eating fruit and vegetables daily helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese². It also helps children to meet their recommended daily intake of fruit and vegetables.

Here are some tips to sneak fruit and vegetables into the lunchbox:

Fruit	Vegetables
Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit	Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.
Bite size fruit e.g. grapes, orange segments, melon etc.	Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels
Raisin or fruit bread	Corn on the cob
Fruit muffin	Vegetable muffins
Fresh fruit and yoghurt	Salad vegetables on sandwiches

FREE

Toolkit for Dads

Toolkit for Dads is a 3 hour course for men who want to learn how to be great dads!

This program is designed to explore the challenges of fathering

Join us to learn about:

- Being a parent in today's world;
- Understanding your child as they grow;
- Your relationship with your kids;
- How to deal with strong emotions;
- New directions in discipline;
- Self-esteem;
- How to communicate

The groups cater for men who are:

- Step-parenting;
- Sole-parenting;
- Co-parenting;
- Parenting when the kids are not in your care.

Monday 4th August

9.30am to 12.30pm

Follow Up: Monday 11th August -
9.30 -11am

Centacare NENW

3/150 Rusden St, Armidale

Participants have said:

"I didn't know what a dad was meant to be but now I have a better understanding of what I can do."

"I found that I have similar experiences and reactions to other men."

"It has opened doors to understanding my children's emotional needs and also mine."

"The topics are really relevant. It doesn't matter what nationality you are."

This course is completely FREE!

**Ring our office on 1800 372 826
or 6738 7200 to book a seat.**



FOR SALE

We currently have six laptop bags for sale for \$15 each.

They have multiple pockets and are in as new condition.

Please enquire at the school office if you would like to purchase one.



RELAY FOR LIFE Trivia Night

- Uralla Bowling Club
- Saturday 30th August
- 6.30 for 7pm Start
- \$10 per head / 8 per table
- Quiz Master - Ken MacDonald
- Contact Theo Groen for Bookings
on 0403 683 314



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:

- Identifying the child's concern and triggers that cause the disruptive behaviour
- Discovering and teaching children the coping skills they lack
- Finding workable solutions that satisfy both adults and children.

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

WHEN: Thursday 31st July
9.30am to 12.30pm

Follow Up - Thursday 7th August
9.30am to 11am

WHERE: 3/150 Rusden St,
ARMIDALE

COST: FREE

For more information or to book,
please call

**1800 372 826 or
6738 7200**



**JEANS FOR GENES DAY
FRIDAY 1ST AUGUST**

This year we will be participating in Jeans for Genes day. Students can wear jeans to school (with the rest of school uniform) and bring \$2.00, on the 1st of August.

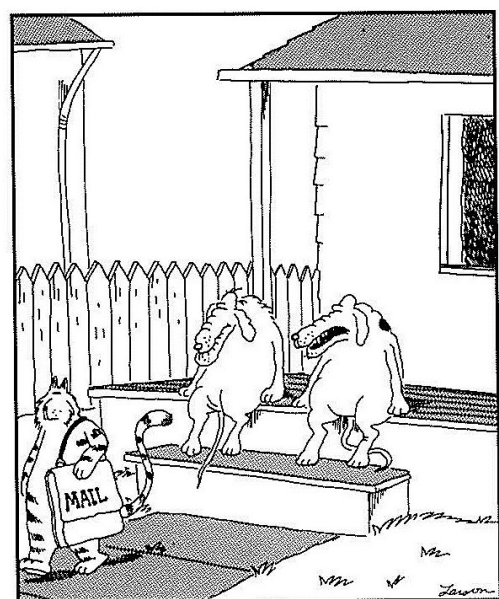
We are selling a range of items to raise money;

Coloured pencil set (blue, green, yellow and red).....	\$3.00
Badges.....	\$5.00
Pens.....	\$6.00

What our support will achieve:

<u>Every \$2</u>	<u>Every \$5</u>	<u>Every \$10</u>
Fight Cancer	Treat epilepsy	Crack the causes of blindness
<u>Every \$500</u>	<u>Every \$1000</u>	
Cure Liver disease	Make a new discovery!	

The Far Side®



"We're gettin' old, Jake."

Warm regards Rocky River Students & Staff.