



# Rocky River Public School Newsletter

Phone: 02 6778 4122 Fax: 02 6778 3019  
Email: rockyriver-p.school@det.nsw.edu.au  
354 Thunderbolts Way via Uralla NSW 2358

## IMPORTANT DATES TO REMEMBER

- 15th November- Car Boot Sale
- 25th November - One day Scholastic Book Sale.
- 30th November - Swim School begins

## CANTEEN

Every Wednesday

### Price List:

Pizza Singles.....	\$3
Chicken Nuggets (4)...	\$2
Beef Lasagne.....	\$3
Spaghetti Bolognaise...	\$3
Sausage Roll.....	\$2.50
Pie .....	\$2.50
Ice Cream .....	\$1.50
Popper .....	\$1.50

### CANTEEN ROSTER:

4th November-  
Kerrie Roylance  
11th November-  
Leanne Waters

## P&C

The next P&C meeting will  
be on Wednesday 4th  
November at 5.30pm

**ALL WELCOME**

## TERM 4, WEEK 4-28th October 2015

## PRINCIPALS MESSAGE

Congratulations to everyone who was able to contribute to the Rocky River Stall last Saturday. All the produce looked wonderful. Our students looked fantastic and what a turn up! This was an excellent advertisement of what an outstanding school Rocky River is.

This Friday is Day for Daniel (Daniel Morcombe Foundation). We will be discussing stranger danger and strategies to keep children safe. You may wish to reinforce this with your child at home.



If you need to make alternate arrangements for your child to go home; you must inform the school. If we have not been made aware of any changes we should be sending children home in the usual way.

The Rocky River P&C would like to express their gratitude to all of the people who contributed to the Thunderbolt Fair Stall. It was a great success and we raised \$930





## LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION



Our students had a fantastic time at the Circus Skills Workshop!!





## LOOK WHAT'S BEEN HAPPENING IN UPPER DIVISION





# DANIEL'S LEGACY



The Daniel Morcombe Foundation Inc. (DMF) is committed to Keeping Kids Safe. It was established by parents Bruce and Denise Morcombe in 2005 after their son Daniel was abducted and murdered in December 2003 while waiting to catch a bus on the Sunshine Coast. The Foundation was established as a lasting legacy to Daniel and now has two main aims; to educate children on how to stay safe in a physical and online environment and to support young victims of crime.

## OUR OBJECTIVES

- 1 To educate children regarding their personal safety (including abduction)
- 2 To assist victims of crime, particularly where crime involves children
- 3 To remember Daniel with suitable child safety community awareness events
- 4 To support the families of Missing Persons particularly where it involves children



**Our Patron - Kay McGrath**  
Channel 7 News Presenter

The tragic disappearance of Daniel Morcombe touches the heart of every parent.

An innocent, promising young boy cruelly snatched from his family with no explanation. The pain is excruciating for his parents and brothers. A genuine desire to protect and educate other young people is helping the Morcombe family through each day. I strongly encourage you to support Daniel's family and their aim of creating a legacy for their son, a safer more secure world for our children.

Together, let's support the Daniel Morcombe Foundation.

### A Message from Denise & Bruce Morcombe

**Bruce:** Our objectives in establishing the Daniel Morcombe Foundation are far reaching. We must protect our children! We can and will make a difference, ensuring that our communities are a safe place for them – as it should be. Your support will assist us in providing an effective child safety awareness programme and where required assist other victims of crime, especially where children are involved.

**Denise:** We have formed the Foundation not only to keep Daniel's innocence alive and to honour our son, but to help other families from ever having this nightmare happen to them and our objectives are to keep an ongoing awareness programme for child safety, help other victims of crime where children are involved and to keep the community vigilant on crimes against our children. Children are our future and must be protected. With your help we hope we can make a difference.





# HELP ME PHONE APP



## Emergency App

Introducing the Daniel Morcombe Foundation 'Help Me' app. A great way to not only help keep kids stay safe, but people of all ages, from 7 to 97, covering all personal emergency situations!

## Major safety Features

The 'Help Me' button sounds a warning and allows you to send off an SMS text to two (2) nominated 'safety' numbers, as part of your Trusted Safety Network. Included in the text are GPS co-ordinates from where the text was sent, so the sender can be located or a last known place of contact is indicated.

## Help me!

Ideal for everyone including:

- Children and youth
- Elderly & seniors
- Shift workers
- Recreational enthusiasts
- Pregnant mums
- People with medical conditions
- Holiday makers
- School camps
- Backpackers



## Creating your safety network ...it's easy!

Mobile phone numbers for your 'safety' numbers are easily obtained from your Contacts with a simple manual check and upload of the numbers. These numbers form part of your Trusted Safety Network and can be simply changed at any time by going to the Settings menu item and updating your desired numbers. This is particularly helpful when people are not in your immediate area, there are shared parental responsibilities or someone could be away on holidays for a period of time.

**DanielMorcombe.com.au/APP**

### **Whooping cough information for schools**

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).



## FOR YOUR INFORMATION

Rocky River School

# Car Boot Sale

15 November 2015  
10:00am to 2:00pm

\$20 to get a spot  
must be paid before the day

☀️ Enquiries/bookings to Jen Marsh 0403 082 875



### Good for Kids good for life

#### Cool & Healthy Summer Snacks

The weather is warming up so here are some healthy snacks to keep you cool this summer:

- Frozen fruit such as berries, orange quarters and fruit kebabs
- Use moulds and low fat yoghurt to make frozen yoghurt shapes
- Make your own icy poles using 99% fruit juice and fresh pieces of fruit
- Make your own 'ice cream' using mashed up bananas (it's deliciously creamy!)
- Use fruit, vegetables and low fat milk or water to make a delicious smoothie and top with plenty of ice. There are heaps of different combinations to try!



### The Far Side®



"I've got it, too, Omar ... a strange feeling like we've just been going in circles."

Warm regards Rocky River Students & Staff.