



Rocky River Public School Newsletter

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TERM 1, WEEK 3, 11th February 2015

IMPORTANT DATES TO REMEMBER

- **P&C Meeting 11th
Feb-5.30pm**
- **School Photo's 6th
March**

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

Please note: There will be no milks, cakes or hot dogs on the menu for this term.

Canteen Roster:

18th Feb -Todd Cross

25th Feb -Meagan Page

P&C

The next P&C meeting will be held Wednesday 11th February at 5.30 pm.

ALL WELCOME

PRINCIPALS MESSAGE

The Small Schools Swimming Carnival went off without a hitch last Thursday. Our parent team put up a great challenge to the other teams but the winners were Kingstown. Well done Nick, Donna, Matt and Jen. The date for the athletics carnival hasn't been set yet. We will be organising the carnival. The Cross Country will again be held at the University as it was last year.

This year our school photos will be taken on Friday 6th March and students will need to be in full school uniform including black shoes. Please ensure your child/ children have the correct uniform. If you have any difficulties please contact the school. The uniform will be short sleeve shirts, navy skorts for girls with white socks for girls and grey shorts with grey socks for the boys.

Tonight is the first P&C Meeting for the year. Starting time will be 5:30 pm.

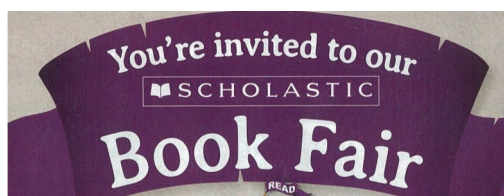
Thank you to all of the people who supported the P&C Presentation Night BBQ, a total of \$782 was raised.

**School Banking resumes
this term and banking will
be on Mondays.** You will find an
info pack attached to this newsletter.



You will find Cyber Safety information attached to this newsletter provided to all schools by the Australian Communications and Media Authority.

Mrs Temoso will be doing Cyber Safety Education in class with all students from Kindergarten to Year 6.



We will be running a book fair once again this year from 23rd to 27th March. More information will be provided soon.

LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION !

Swimming Carnival 62.15
On Thursday our School went to the small Schools swimming carnival. The big kids did some races. The little kids went in the little pool. We played games and

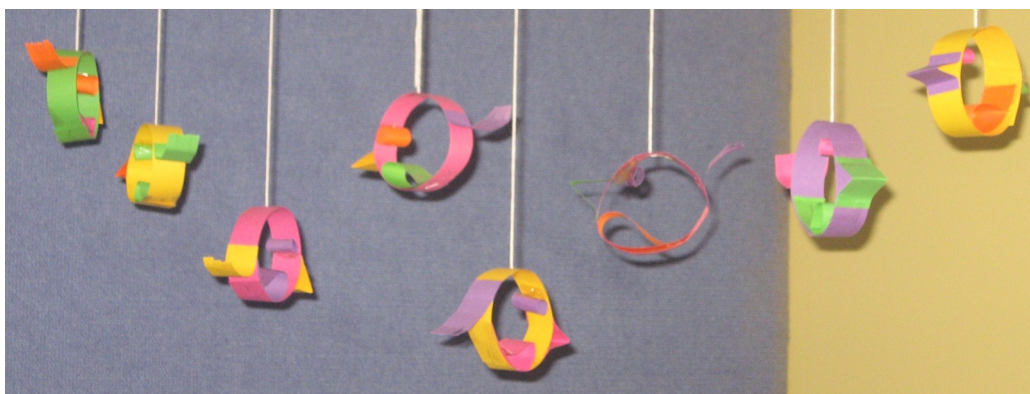
had lots of fun. I had a ^{beautiful} bit of time! ⁸⁰ 6/2

Tilly Reynolds



Above:

Maths groups with Mrs Temoso and some of the students receiving their prize money and returned show entries.



Students had a lot of fun creating these little birds to decorate the classroom.

22.15 Diary
When I went to the Uralla show and I did the flag for the mower races. Mum went in the soccer derby and she got a goal and so did a nother car. Well done Mum!

Bella Marsh



LOOK WHAT'S BEEN HAPPENING IN UPPER DIVISION !

FROM OUR
STUDENT LEADERS



Swimming carnival

On Thursday the 5th of February we had our swimming carnival at Armidale. The weather was funny but didn't stop us. Congratulations to everybody who participated in the swimming carnival and those who got trophies.

From you sports captains: Emma, Toby, Jacob, Raven and Tara

GARDEN PRODUCE Yesterday Upper Division and Year 1 went down to the garden to pick some fresh produce to sell. We had tomatoes, corn, sweet chilies, silver beet and spinach. We also had pumpkin that isn't quite ready.

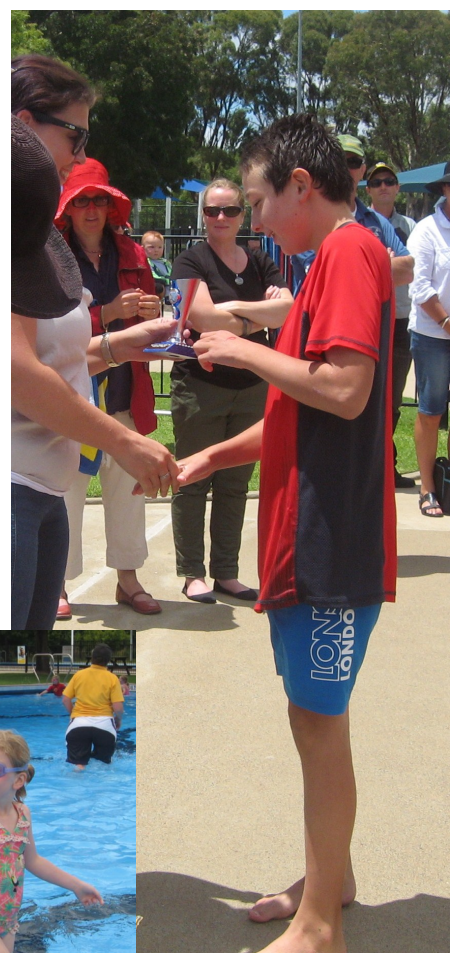
From your School Captains: Dean Vickery and Jackson Peters

HEALTHY EATING

The fruits of our hard labour came to bare when we used eggs, pumpkin, spinach and leeks in our quiche on Friday. We also had grapes, tomatoes and lettuce in a salad.



Photos from our Swimming Carnival





Jargon buster

Wondering why your kids talk about playing under the school COLA? Baffled at parent-teacher discussions about KLA's? This list of common abbreviations or terms will help you to become familiar with the world inside school.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters>

Avoiding injuries

Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain?

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/ways-to-keep-your-childs-back-and-posture-healthy>

Maths questions

Are you in search of an educational game to sharpen your child's maths skills and recall? Maths Monkey's Quest features maths questions on topics ranging from addition and subtraction to ratios and percentages. It's aimed at children from Years 3 to 8.

<http://www.schoolatoz.nsw.edu.au/about/mobile-applications/maths-monkey-s-quest>

Helping your child with homework

How do you help your child while allowing them to develop independence? Teachers talk about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework>

Swans Stars to conduct Kids' Clinic



WHEN: **MONDAY 23 FEBRUARY 2015**

TIME: **4.00 PM – 5.30 PM**

WHERE: **BELLEVUE OVAL**

UNIVERSITY OF NEW ENGLAND, ENTER CNR HANDEL ST & MEREDITH RD

Enquiries: Rachel Thorsen 0400 663 071 / David Thorsen 0413 407 242

FREE

Toolkit for Dads

An 7-session parenting group for men

Fatherhood – the best job on the planet!

Join us to learn about:

- building a partnership
- child development
- family communication
- active listening
- building understanding
- helping children behave
- sensible discipline
- self-care for fathers

WHEN: 7 x Fridays
13th Feb - 27th March
TIME: 1pm to 3pm
WHERE: Centacare NENW
3/150 Rusden St, Armidale
RSVP: call Pedro on
6738 7200



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.





United Hockey Club Trial Day/Rego Day

United Hockey Club would like to invite any Under 9's and Under 11's who wish to play hockey this year to come to our trial day which will be held on the **Wednesday 11th Feb from 4pm till 4.30pm**. If you wish to play for United a registration day will be held on the 15th Feb 12pm till 2pm at Curtis Park. If you require further information please contact Emily Hammond on 0401 359668 or email unitedhockey@live.com.au

Physie is an affordable way to learn to dance

and keep fit with a touch of glamour! Fun, upbeat, pop music is the soundtrack to our sport that fuses dance styles such as jazz, ballet, hip hop, contemporary and aerobic dance which is designed for maximum variety and fun. Classes commence early February. For more information please visit our website www.armidalephysie.com or find us on facebook. Many thanks, Julie Pearson
President & Associate 0409 260 878



<http://armidalealligators.swimming.org.au/>



TAS
SPORTS
CENTRE



The Armidale Alligators is a NSW Swimming affiliated club which operates out of The Armidale School (TAS) Sports Centre to provide year round swimming for its members. Proudly sponsored by Harwood Swimming and the TAS Sports Centre - Like us on Facebook - Follow us on Twitter

For more information please call Lisa Russell on 0408 989 994 or email armidalealligators@gmail.com

Your first two club nights are free.

Racing is against swimmers of similar ability, not age, with the focus on beating your own best time. Swimmers are encouraged to try and "DO A PB" (personal best).

Club nights are run every Friday night during summer (Terms 1 & 4) and every second Friday night during Winter (Terms & 3), with the exception of school holidays.

Rose Burke's

BABYSITTING

Babysitting by 12-year-olds means your child/children can have **active fun** playing **children's games** and **learning**

I can come to your home and watch your child/children (**aged 3-10**) for as long as you need on Saturdays and Sundays for **\$3.00** an hour (per child

A cool way for your children to have a fun day

for more information call:

6778 3256

I love chatting and learning with young children so it would be a great experience both ways

Thankyou!

The Far Side®



Darrell suspected someone had once again slipped him a spoon with the concave side reversed.

Warm regards Rocky River Students & Staff.