



Rocky River Public School Newsletter

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IMPORTANT DATES TO REMEMBER

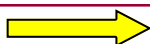
- **School Photos 6th March**
- **Book Fair 23rd March to 27th March**

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



We have now introduced these SIPAHH straws to our canteen menu, if students would like a particular flavour they will have to state this on their lunch order. They will cost \$1.50 each

CANTEEN ROSTER:

4th March-Kerry Roylance
11th March-Leanne Waters

P&C

The next P&C meeting will be the **AGM** on Wednesday
4th March at 5.30pm

ALL WELCOME

TERM 1, WEEK 5, 25th February 2015

PRINCIPALS MESSAGE

How exciting it was to have the NRL players in the school yesterday. They were very impressed with our school and the students who asked some excellent questions and were also able to talk about the Father Chris Riley program "Youth off the Streets". They were very impressed that the students are community minded and have developed a strong sense of values.

Please remember all students must be in full uniform with black shoes for the school photos on the 6th March.



THE FLAVOURS

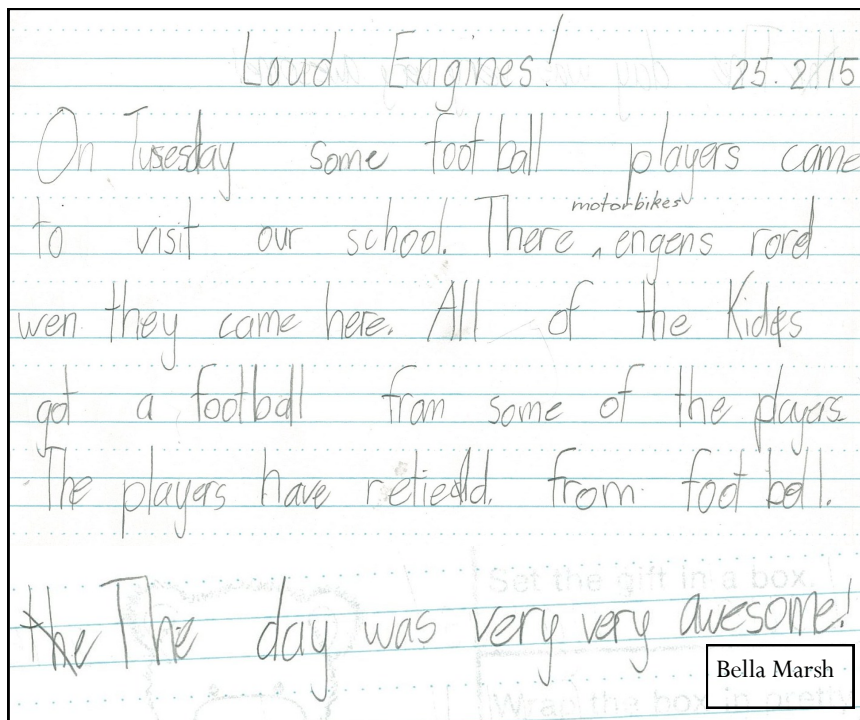
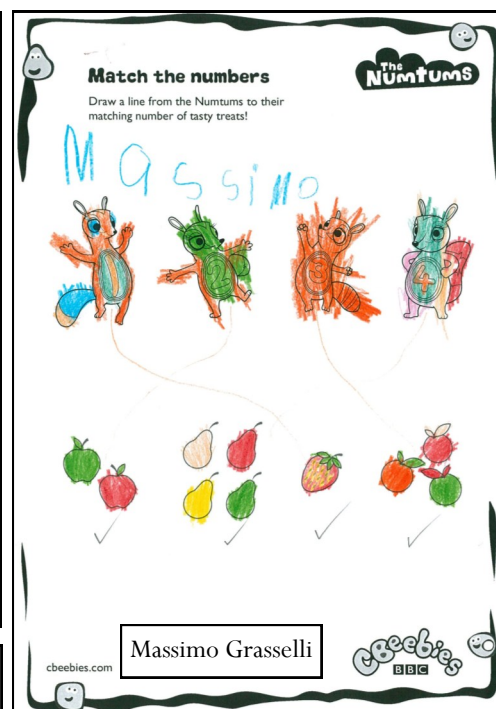
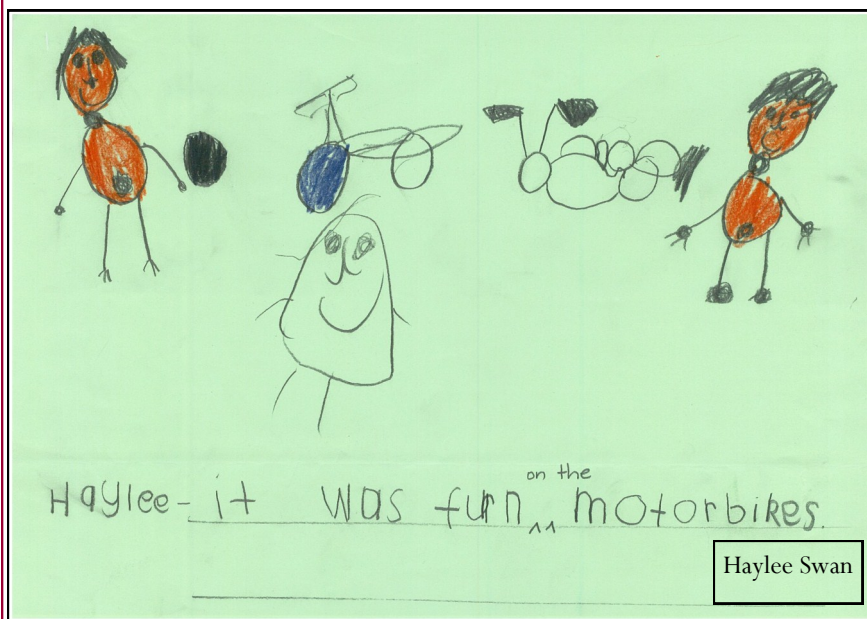
- NEW VELVET VANILLA**
The creamy flavour of classic vanilla bean.
INGREDIENTS: Sugar, gluten free starch (from tapioca), bulking agent (maltodextrin), flavour, sweetener (sucralose).
- NEW MANGO SMOOTHIE**
Flavour of a creamy mango smoothie on a hot Summer's day.
INGREDIENTS: Sugar, gluten free starch (from tapioca), bulking agent (maltodextrin), flavour, sweetener (sucralose), colour (100, 162).
- NEW RASPBERRY FIELDS**
A fruity taste bursting with flavour.
INGREDIENTS: Sugar, gluten free starch (from tapioca), bulking agent (maltodextrin), flavour, sweetener (sucralose), colour (163).
- CHILLED-OUT CHOC-MINT**
A refreshing taste of mint and chocolate.
INGREDIENTS: Sugar, gluten free starch (from tapioca), bulking agent (maltodextrin), flavour, cocoa powder, sweetener (sucralose), concentrates (safflower, spirulina).
- LUSCIOUS STRAWBERRY**
The flavour of ripe strawberries.
INGREDIENTS: Sugar, gluten free starch (from tapioca), flavour, bulking agent (maltodextrin), sweetener (sucralose), colour (162).
- MELLOW-YELLOW BANANA SMOOTHIE**
A tropical taste of bananas and sunshine.
INGREDIENTS: Sugar, gluten free starch (from tapioca), bulking agent (maltodextrin), flavour, sweetener (sucralose), colour (100).
- OKEY-DOKEY COOKIES & CREAM**
The taste of home-baked goodness!
INGREDIENTS: Sugar, gluten free starch (from tapioca), flavour, bulking agent (maltodextrin), cocoa powder, sweetener (sucralose), colour (150a).
- COCO-BEAN CHOCOLATE**
A chocolate delight.
INGREDIENTS: Sugar, gluten free starch (from tapioca), cocoa powder, bulking agent (maltodextrin), flavour, sweetener (sucralose).

NUTRITIONAL INFORMATION

Servings per package: 40	Ave Qty per straw (3.5g)	Ave Qty per 100g	Ave Qty per straw with 250mL reduced fat milk (1.4% fat)
Ave serving size: 3.5g (1 straw)*			
Energy (kJ / kcal)	55 / 13.1	1571 / 375	575 / 137
Protein (g)	0.0	0.7	9.8
Fat - total (g)	0.0	0.3	3.5
- saturated (g)	0.0	0.2	2.3
Carbohydrate - total (g)	3.2	91.3	16.5
- sugars (g)	1.8	51.2	15.1
Dietary Fibre (g)	0.0	0.7	0.0
Sodium (mg)	1.0	28.4	121

*Straw weight may vary - packed by volume and not by weight.

LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION !



LOOK WHAT'S BEEN HAPPENING IN UPPER DIVISION !

Youth off the Streets

On Tuesday everybody was eating lunch when the legendary NRL players rode in on their Harleys to talk to us about Youth off the streets. They told us about Father Chris Riley and the programs he runs. They signed footballs that they gave us. Everybody was kicking and passing our footballs and we got photos and a special visit by prime 7 News. It was a great blast and we hope they come again.

From your sports captains Toby , Emma, Tara Jacob and Raven



Father Chris Riley's

youth
off the streets®

“ We will
never give up ”



FOR YOUR INFORMATION



PO Box 26
Uralla NSW 2358
uufc@northerninlandfootball.net.au

President: Samuel Townsend 0400298878
Vice President: Glen Young 0409724663
Secretary: Danielle Hunt 67783442
Assistant Secretary: Anne Miller 67784437
Treasurer: Matt Frazier 04024565459

Interested in playing Soccer in 2015

Uralla United Football Club Registration Days

Sunday 1st March 2015
10-12pm Uralla Sporting Complex, Plane Ave, Uralla
&

Saturday 14th March 2015
12-2pm Uralla Bowling Club, Queen St, Uralla

Fees:

5-7 years - \$85.00

8-11 years - \$100.00

12 - 18 years \$110.00

Juniors playing senior soccer \$140.00

Seniors \$210.00

Shorts (\$17.50) and socks (\$12.50) are available for purchase from the club

Any questions please don't hesitate to contact
Samuel Townsend 0400 298 878,
Danielle Hunt 6778 3442

Also seeking coaches for all grades.

If you are interested please contact Peter Ellston 0477 490 107
A grass roots coaching clinic will be held in Armidale on Monday 16th
March 2015 (call Peter for more details)

Hope to see you there!!!

City Hockey Club

Field hockey registration for the 2015 winter season are now open. City fields teams in the Friday evening competition. Registration forms available from the Colour Copy Centre, East Mall. PH

0427668915 AH for more details. All welcome.



Uralla Arts presents a series of workshops with fire artist, Mari Granton as a part of the Uralla Lantern Parade.

Learn the art of Poi Spinning in Uralla



Over three weekends, you will learn how to spin LED Glow Poi. If you have ever wanted to learn fire-twirling, this is the first step. You will also have the opportunity to perform your new skills at the Uralla Lantern Parade Finale in Alma Park, on March 28th.

THE WORKSHOPS ARE FREE FOR THE URALLA COMMUNITY
SENIOR SCHOOL STUDENTS ARE ENCOURAGED TO ATTEND.

WHEN: Sunday 8th, 15th and 22nd March
4:00 to 6:00pm
WHERE: Alma Park Hall (old Scout Hall)
ENQUIRIES: 0434 089 852 (bh) or 0420 201 254
www.facebook.com/urallaarts



Love isn't all you need!

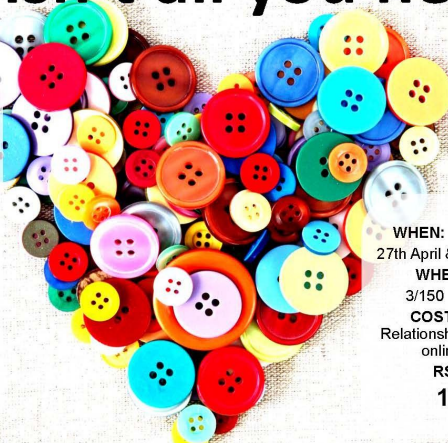
The Beatles were wrong.

Most couples get help or advice six years too late. If you act now you can help prevent divorce and increase your happiness in the relationship!

This 4 week course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.

Make time for each other to learn the principles that make relationships work and remind yourself why you love your partner so much in the first place!

* This course is subject to numbers. Registrations essential.



FREE
couples
course

WHEN: 4 x Mondays, 5.30pm-8pm
27th April & 4th, 11th, & 18th May 2015
WHERE: Centacare NENW
3/150 Rusden Street, Armidale
COST: FREE with a Stronger Relationships \$200 voucher (available online - call for full details)
RSVP: 20th April 2015
1800 372 826

PIANO LESSONS

We have a piano teacher coming to the school each week so if you are interested in your child having lessons please phone Richard Smith on 0427 810 755.

Each session goes for 1/2 an hour at a cost of \$25 per lesson.



An Australian Government Initiative





Barbara Petchenik Children's Map Competition 2015

Competition's theme is "**My place in today's world**". Entries can be nominated in four age groups: under 6 years, 6-8 years, 9-12 years and 13-15 years. The deadline for participation in the contest is **Thursday, 2 April 2015**. For more detailed information about the competition, please visit the MSIA website <http://mappingsciences.org.au>.

All about apostrophes

Not knowing where to place apostrophes can haunt people for their entire lives. Here's an easy guide to help your child understand what they mean, how to use them and get them right, now.

Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-a-to-z/-/english_glossary/8Qum/551/apostrophe+denoting+ownership

When older kids struggle with reading

Should you let your reluctant teen reader choose magazines over books? If your child is still struggling to read and write, and they're heading into high school, there are ways to get them on the right page.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/when-older-kids-struggle-with-reading>

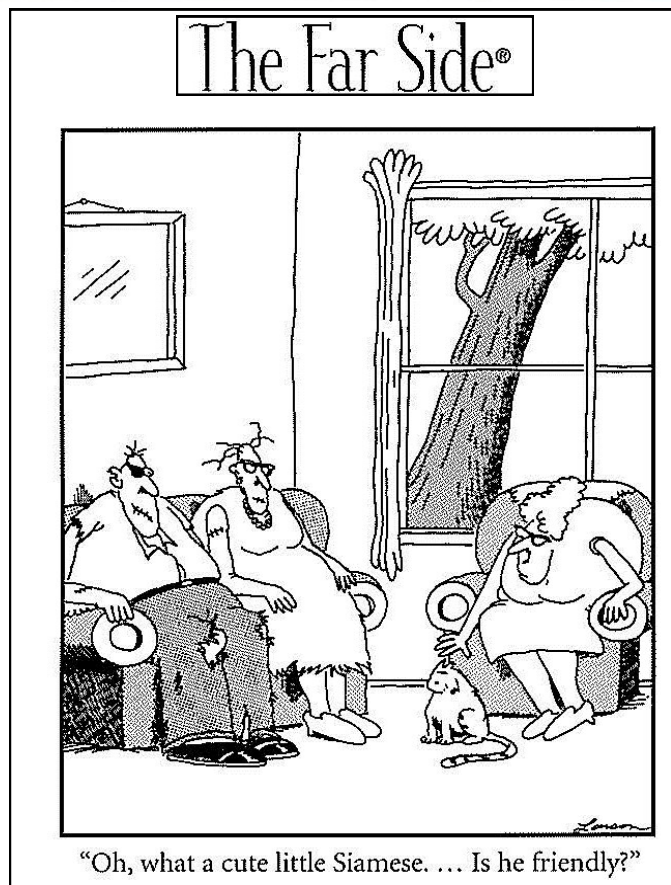
Multiplication times tables

Does your child need encouragement? Explain to them that learning times tables = instant, painless recall in exams. Here's School A to Z's help sheet: <https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4024.pdf>

Sorting fact from fiction

Help your child develop their "dodgy website" antennae when doing homework. Here are ways your child can tell a good website – or any document – from a bad one.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/sorting-fact-from-fiction>



Warm regards Rocky River Students & Staff.