



# Rocky River Public School Newsletter

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## IMPORTANT DATES TO REMEMBER

- **24th-26th June-  
Upper Division  
Excursion to  
Thalgarrah.**
- **Friday 26th June-  
last day of Term 2.**
- **Tuesday 14th July –  
1st day of Term 3**
- **23rd July-Small  
Schools Ball Game  
Afternoon.**

## 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:

**24th June-Rose Miller**

**15th July-Nathan &  
Melissa Swan**

## P&C

The next P&C meeting will  
be on Wednesday 15th July  
at 5.30pm

**ALL WELCOME**

## TERM 2, WEEK 9, 17th June 2015

## PRINCIPALS MESSAGE

Two of our Stage 3 boys, Dean Vickery and Toby Endacott enjoyed themselves at the “Colours of the Earth” art camp held at Thalgarrah this week. They received instruction from a visiting artist who put them through their paces doing sketching and watercolours out in the bush.

Most of you would know that Donna Jewell and her family are making the move to Queensland. We are holding an afternoon tea at school on Tuesday 23<sup>rd</sup> June at 2:45 pm. Everyone is invited to come and say goodbye to Donna. She will be sadly missed by students and staff. Leah Miller will be joining our staff next term and will be replacing Donna.

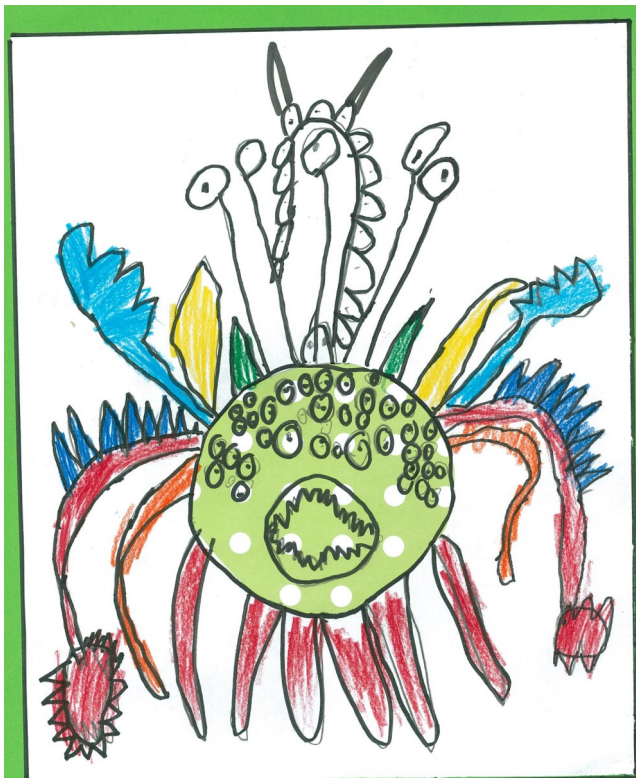
Reports will be going home on Tuesday 23<sup>rd</sup> June. Students’ worksheet folders will also be sent home with work samples reflecting the comments in the reports. You are asked to return the folders with the photograph but without the worksheets. If you wish to discuss your child’s report please make an appointment for after the holidays.



If you don’t already access the school a to z website, have a look; it is a wonderful resource available to parents and caregivers. It is packed with helpful tips and ideas to help you and your child through school.

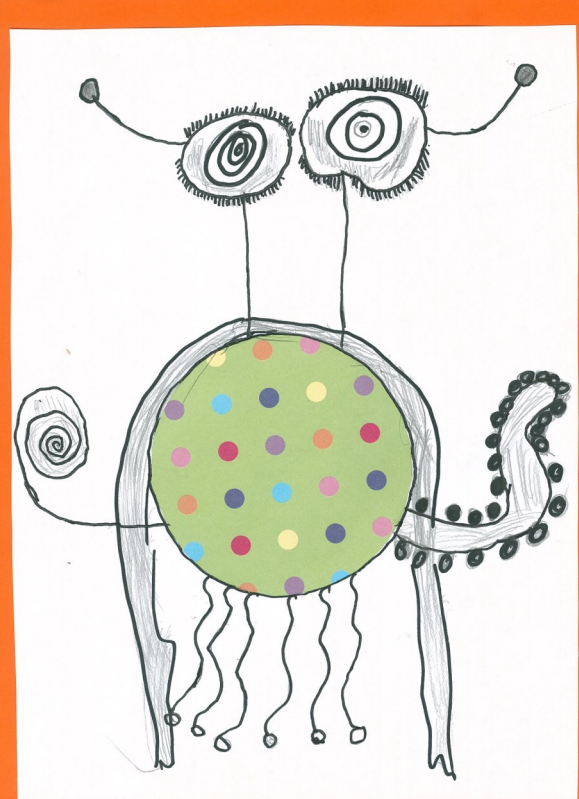
You will find a list of illnesses and information regarding them on the back of this newsletter that has been taken off this schoolatoz website.

LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION



Scare Man!

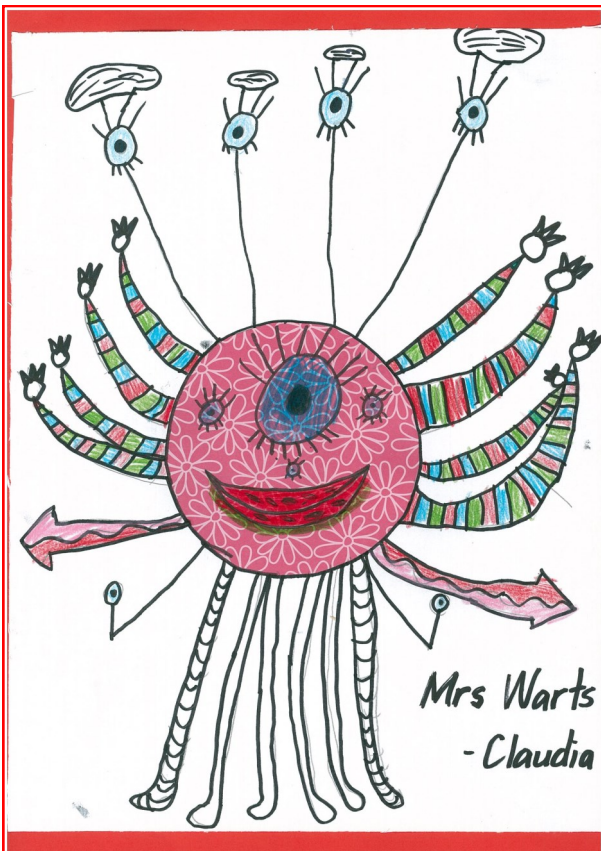
-Paicey



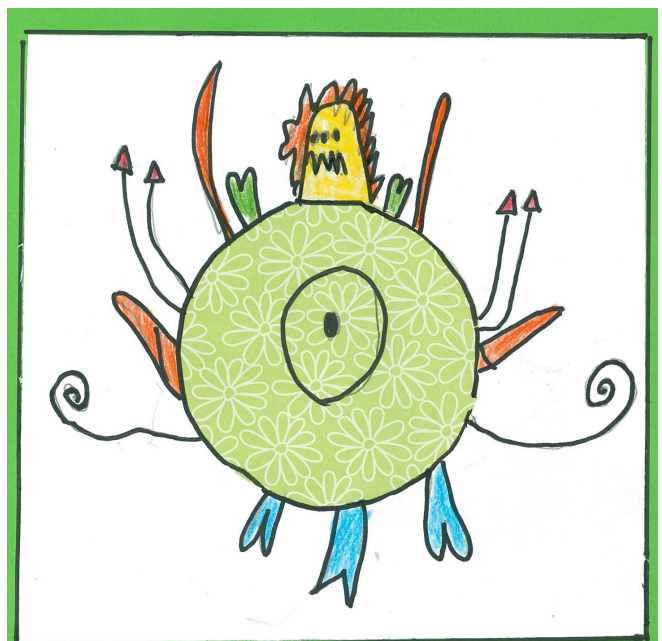
Hairy Hoo

-Tillu

We had lots of fun making these scaaaarrrrrrry monsters !!



Mrs Warts  
-Claudia



Tentacle Swimmer

-Aubrey



# My Monster

-Tori-Lee.....

My Monster is <sup>called</sup> Mr Spikey Red.....  
 and he is ~~so~~ kind and he has sharp <sup>teeth</sup> teeth. He has  
 spikes on his head and he has a yellow and orange..  
 tail. and he has one big eye. He does not bite. ✓  
 He is my best friend. We play <sup>hide-and-go-seek</sup> hide-and-go-seek:  
 together ~~every~~ day and it is fun. and we  
 play tip and stick ball and cricket and  
 foot ball and ~~soccer~~ <sup>soccer</sup> and we ride bikes. ✓

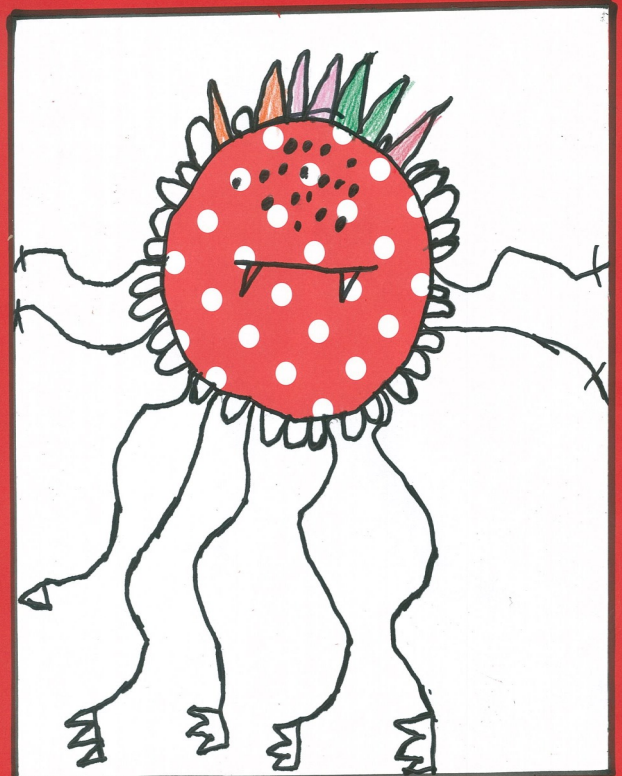


mb



Mr Spikey Red

-Tori-Lee



Sophie

- Bella

## LOOK WHAT'S BEEN HAPPENING IN UPPER DIVISION

### FROM OUR STUDENT LEADERS



### Mrs Brown's Visit

Last week we had a visit from Mrs Brown. Mrs Brown has a job as a School Director. We talked to her about what we like and do as school leaders, like looking out for other students. We also talked to her about the GRIP Leadership. Mrs Thornton has bought resources for the school from the GRIP Leadership team to help us be greater leaders.

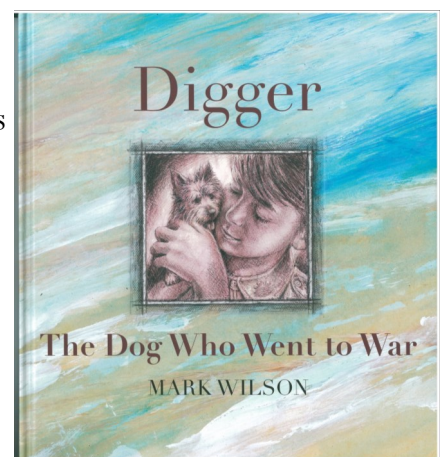


### Digger The Dog Who Went to War

Is a book about a little pup that went to the war with Matthew his best friend.

The text and drawings are vivid and touching. After we read the book we learned about evaluative and non-evaluative persuasive writing. We are now doing a book review.

By Louisa Rassatti



Students have continued to work on their 'Thunderbolts Rock' pictures and we have some very impressive results.





## Playing with Print: Children's Printmaking Workshop

**Wednesday 8 July 10am - 4pm**

Experience the excitement of print-making with Jonathon Larsen!

Get creative and a bit messy printing a pattern or a landscape using fruit and vegetables. Then experiment with mono prints using fabric textures/ stencils and for the more ambitious dry points etchings. Each child will bring home their own special artwork and will spend the day being inspired by a professional artist.

### **PREPAYMENT ESSENTIAL**

**BOOKINGS** at [www.trybooking.com/HYQT](http://www.trybooking.com/HYQT)

**Cost:** \$50 whole day for ages 5-12

Under 6 years must be accompanied by a responsible adult.  
BYO morning tea/lunch

**schoolatoz**

## Banana yoghurt cake

### Ingredients

- 110g margarine (choose mono- or poly-unsaturated)
- $\frac{3}{4}$  cup sugar
- 2 eggs
- 2 large bananas, mashed
- 200g plain, reduced-fat yoghurt
- 1 cup plain flour
- $\frac{1}{2}$  cup wholemeal plain flour
- $1\frac{1}{2}$  tsp baking powder

### Preparation

1. Grease a 22cm round cake tin and preheat oven to 180°C.
2. Using electric beaters, cream margarine and sugar until pale and creamy.
3. Add eggs one at a time and beat well after each addition.
4. Fold in bananas and yoghurt with a metal spoon.
5. Sift flours and baking powder and fold through mixture until just combined.
6. Spoon into tin and bake for 40-50 minutes or until cooked.
7. Cool on a wire rack.
8. Slice cake and wrap in plastic wrap or greaseproof paper.



**FREE**  
help for  
separated  
parents

Building Connections is a program to help separated parents have healthy and strong relationships with their children.

This program covers:

- This impact of separation and conflict on children
- Ways of communicating with the other parent
- Setting goals for future parenting
- Support services available to you

**DATES AVAILABLE:**

Thursday 18th June 2015, 9.30am - 12.30pm  
Wednesday 8th July 2015, 5.30pm - 8.30pm  
Thursday 30th July 2015, 9.30am - 12.30pm  
Wednesday 19th August 2015, 5.30pm - 8.30pm  
Thursday 10th September 2015, 9.30am - 12.30pm  
Wednesday 23rd September 2015, 5.30pm - 8.30pm

**WHERE:** 3/150 Rusden Street, ARMIDALE

For more information or to book, please call

**1800 372 826 FREECALL**  
or 6738 7200



  
**KEEP  
CALM  
THEY'RE JUST  
KIDS**

Does your child:

- Show extreme behaviour?
- Have intense temper tantrums?
- Refuse to do what they are asked?
- Use verbal and physical aggression?

Keep Calm, They're Just Kids shows parents how:

- To identify the child's concerns and triggers that cause the behaviour,
- To teach the child coping skills and
- To find workable solutions that satisfy both parent and child and lessen the likelihood of negative behaviour

**FREE**  
help for  
frustrated  
parents

**WHEN:** Two Thursdays: 13th & 20th August 2015 - 9.30am to 12.30pm

**WHERE:** 3/150 Rusden St, ARMIDALE

**COST:** FREE

For more information or to book, please call

**1800 372 826 or 6738 7200**



An Australian Government Initiative







**Health**  
Hunter New England  
Local Health District

## Does Your Child Receive Regular, High Quality Dental Care?

Hunter New England Oral Health provides comprehensive dental care for children under 18 years of age, completely FREE of charge.

**For more information, phone 1300 651 625**

### Our Clinic Locations:

- Armidale • Beresfield • Cessnock • Forster • Glen Innes • Gunnedah • Inverell • Maitland • Moree
- Muswellbrook • Narrabri • Nelson Bay • Newcastle • Raymond Terrace • Scone • Singleton
- Tamworth • Taree • Toronto • Wallsend • Windale

## Keeping Kids In Mind

Keeping Kids In Mind is a five week course offering support for separated parents in a time of change and uncertainty, helping them understand the impact of separation or divorce on children.

- handle strong emotions better
- understand how entrenched conflict affects children
- tips for parenting during tough times

*This course satisfies the requirements of a court ordered separated parenting course.*

Registration is essential.

To book your place  
please call

**1800 372 826**  
or **6738 7200**

**WHEN:** 5 x Mondays  
10am to 12.30pm  
3rd, 10th, 17th, 24th & 31st August  
2015

**WHERE:** Centacare NENW  
Suite 3/150 Rusden St, Armidale  
**COST:** \$100 waged \$70 unwaged  
(payment plan available)



**Centacare**  
New England North West  
*Rural Resilience*

**FAMILY**  
RELATIONSHIP CENTRE  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS  
An Australian Government Initiative

## The Far Side®



"Now calm down there, ma'am. ...  
Your cat's going to be fine ... just fine."

*Warm regards Rocky River Students &*

## Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<b>Bronchitis</b>	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
<b>Conjunctivitis</b>	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
<b>Gastroenteritis</b>	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
<b>Hayfever</b> (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
<b>Head lice or nits*</b> (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.



<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</b>	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
<b>Measles</b>	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
<b>Shigella</b>	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

\*It is important that the rest of the family is checked for head lice, scabies and ringworm



Information provided by NSW Health.

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