



Rocky River Public School Newsletter

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IMPORTANT DATES TO REMEMBER

- **5th August-Rugby Day at the Uralla Sporting Complex.**
- **7th August-Jeans for Genes Day**
- **24-28th August-Book Week**
- **27th August –Book Week Assembly 9am**

CANTEEN

Every Wednesday

Price List:

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

CANTEEN ROSTER:

**12th August–
Kerrie Roylance**
**19th August–
Leanne Waters**

P&C

The next P&C meeting will
be on Wednesday 5th
August at 5.30pm

ALL WELCOME

TERM 3, WEEK 4– 4th August 2015

PRINCIPALS MESSAGE

We had a lovely assembly last Thursday for Education Week. The students particularly enjoyed playing games with those parents who joined in the games.

Congratulations goes to Stelios Charnas who has been successful in gaining entry into the selective class at Armidale High School for next year. Well done, Stelios!

We are all looking forward to the rugby day tomorrow. The weather forecast isn't great so please make sure your child/children are warmly dressed.

There is a P&C meeting scheduled for Wednesday afternoon commencing at 5:30pm. The last meeting was cancelled due to a lack of numbers.

Our students were quite a hit at the community singing last Wednesday. They performed proudly with confidence and were also treated to the other performances. We received a lovely letter from Fran Kaberry thanking us for participating.



Photo courtesy of Barry Blair

schoolatoz

Morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag – sound familiar? Just like adults, children cope much better if they can manage their time and their environment wisely.

Go to the Schoolatoz website for tips on time management.

LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION



Above: Students love playing in our sand pit and it is very nice to see them working together to create this monstrous castle !!

Right: Tori Lee and Sarah receiving awards at the Education Week assembly.

Below: Lower Division students reciting a poem-My Lunch and students, staff and parents enjoying some games after the assembly.



LOOK WHAT'S BEEN HAPPENING IN UPPER DIVISION



Upper division students singing 'Teach Your Children Well' at the Education Week Assembly last Thursday



Armistdale PSSA Athletics Carnival Q&A with Toby and Louisa

1. So, what was it like going against the bigger schools?

Toby- It was exciting

Louisa- It wasn't that different

2. How many people were there on the day?

Toby- I think there was over a thousand

Louisa- I think well over a thousand

3. Did any of you get into regional?

Toby- I did for relay

Louisa- I did for relay and 100 metres

4. Was it fun on the day?

Toby- it was fun

Louisa- it was nearly the best day of my life

5. If you had to go and do it again right now would you?

Toby- Most definitely

Louisa- that's unrefusable

6. Did you train for your events?

Toby- sort of

Louisa- a bit but I stretched as well

7. Do you think you will go well in regional ?

Toby- I think so

Louisa- I may because I did well last time.

8. Did your parents encourage you?

Toby- certainly

Louisa- most sportingly

Interview conducted by
Emma Page and Stelios Charnas

FACT SHEET #38

Winter Fire Safety Checklist

FACT

Each year, the Fire and Rescue NSW attends approximately 4,500 residential fires in NSW with approximately 30% of them occurring in winter months, and 47% of fires starting in the kitchen

IS YOUR HOME WINTER FIRE SAFE?

We recommend this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- ☐ Never ever leave cooking unattended. **“Keep Looking When Cooking”**
- ☐ Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly.
- ☐ Make sure you and all your family know two safe ways out of every room in your home.
- ☐ Have a written home escape plan in case of fire and practice it regularly.
- ☐ If you have a fireplace in your home make sure the chimney is clean, and its properly ventilated
- ☐ If you have a fireplace always place a screen in front of it when in use.
- ☐ Check electric blankets for damage or frayed cords before placing on the bed.
- ☐ Take care to keep curtains, tablecloths and bedding away from portable heaters.
- ☐ Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- ☐ If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- ☐ Only use one appliance per power point and switch off when not in use.
- ☐ Always extinguish candles or any other open flames before going to bed.
- ☐ Always handle candles or any other open flame with care.
- ☐ Store matches or lighters in a secure place not accessible to young children.
- ☐ Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of carbon Monoxide which could be fatal.

FIRE SAFETY TIPS

- Use only authorised installers of fixed heating appliances.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- In Case of an Emergency Get out Stay Out and Call **Triple Zero (000)**.





Book Week Assembly 2015

Thursday 27th August 9am

Lower Division:

Students in lower division are to choose a book and come to school dressed as a character. Students will have the opportunity to briefly describe their book at the assembly. This is to be organised at home but students may use a library book or a book from home.

Upper Division:

Students in Upper Division will be completing a character study as part of their library lessons. They are to come to school dressed as their character and describe their character at the assembly.

If you have any questions please contact me at school on Wednesdays or Thursdays Ph: 67784122 or via email

samantha.pye2@det.nsw.edu.au

Thanks,

Samantha Temoso



Good for Kids good for life

LOOKING FOR SOME NUTRIENT PACKED
LUNCHBOX SNACKS FOR YOUR ACTIVE CHILD?

Try these seven sensational nutrient packed snacks!

1. Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)
2. Sultana, cheese & rice crackers
3. Hardboiled egg & cherry tomatoes
4. Fruit salad & yoghurt or custard
5. Rice cakes with avocado and cheese
6. Pre-cooked corn cob
7. Hummus & crackers & capsicum slices



Image courtesy of SONMAI at FreeDigitalPhotos.net

Source: Murrumbidgee Local Health District



PHONE 4924 6499

TWILIGHT SOCCER

10'S / 12'S / 14'S / 16'S
WOMENS / OPENS / MIXED
JUNIORS : \$350 / SENIORS : \$450
9 WEEK COMPETITION
STARTS OCTOBER 6

register today at www.sportune.com.au

02 6773 3856 / sportune.com.au

sportune
University of New England

The Far Side®



"Gee, whiz ... you mean I get a *third* wish, too?"

Warm regards Rocky River Students & Staff.