



# Rocky River Public School Newsletter

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**TERM 3, WEEK 5– 12th August 2015**

## IMPORTANT DATES TO REMEMBER

- **24–28th August–  
Book Week**
- **27th August –Book  
Week Assembly  
9am**
- **28th August–Zone  
Athletics Carnival**

## 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:

**19th August–  
Leanne Waters  
26th August –Emma  
Carter**

## P&C

The next P&C meeting will  
be on Wednesday 2nd  
September at 5.30pm

**ALL WELCOME**

## PRINCIPALS MESSAGE

What a busy week we have had. The children had a great time with Jed teaching them some AFL skills. The school is paying for Jed to deliver a 3 week program for the school which will run for 2 more Fridays.

Thank you to everyone who was able to support Jeans for Genes. We were able to raise \$52:00 for a very worthy cause.

Our students were able to help out the Shire Council with the painting of the banners for the council open day. Please note Holley Johnson's beautiful pencil and water colour of Thunderbolt's Rock for which she was awarded a gift voucher and certificate.

Once again we were asked to help out with a community event when the Regional Red Cross meeting held at McCrossin's Mill needed some items for entertainment. I was extremely proud of our students who sang beautifully.



## NSW Premier's Reading Challenge

Upper Division students need to bring in the names and authors of any books they have read since the beginning of Term 2 as these need to be added to their Premier's Reading Challenge logs by next Thursday 20th August.

Unfortunately, if students do not complete this by the closing date, they will not be eligible for certificates.



## LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION

Mrs Thornton found some great new things for us to play with in the playground!!



Karen, the Ranger from Uralla Shire Council, came to the school last week so our students could assist her in painting a banner that was used at the Uralla Shire Council Open Day last Friday. As you can see, everyone enjoyed getting involved.





## LOOK WHAT'S BEEN HAPPENING IN UPPER DIVISION

### AFL Fun

Last Friday we had an AFL coach come out and teach us a little bit about AFL skills. The coach's name was Jed and he will be back out this Friday and next Friday.

He taught us how to kick to another player directly and we also learned how to catch a football properly.

From Jacob Cross, Toby Endacott, Emma Page and Tara Vickery

### FROM OUR SPORTS CAPTAINS



A group of our students travelled into McCrossins Mill on Tuesday to perform at the Red Cross Zone Conference. They were very well received by the audience



We are proud to announce that our very own Holley Johnson won the Uralla Shire Council Primary Schools Art Competition with her entry of this painting of Thunderbolts Rock. Congratulations Holley. Here she is receiving her award from the Mayor, Mr Michael Pearce.





# THIS INFORMATION IS AVAILABLE ON THE CENTRELINK WEBSITE

## Single Income Family Supplement

The Single Income Family Supplement will provide assistance of up to \$300 a year for families with a main income earner who earns between \$68,000 and \$150,000. This supplement recognises that, unlike dual income families at similar household income levels, single income families would receive little or no assistance through tax changes.

Customers who receive Family Tax Benefit will automatically be assessed for Single Income Family Supplement eligibility.

Customers who do not receive Family Tax Benefit, but who have a Single Income Family Supplement qualifying child in their care need to submit a claim form annually and lodge an income tax return within 12 months after the end of the financial year in order to be assessed for payment each year.

### Basic conditions of eligibility

Single Income Family Supplement can be paid to a parent or guardian. To be eligible the claimant must:

- have a qualifying child in their care (see qualifying child information below), **and**
- meet residential requirements (as described under Family Tax Benefit Part A eligibility).

### Qualifying child

A Single Income Family Supplement qualifying child is an FTB child (see FTB child definition under Family Tax Benefit Part A eligibility).

A Single Income Family Supplement qualifying child also includes a child who would be an FTB child except that the child (or someone on the child's behalf) is receiving an "at home" rate of one of the following payments:

- Disability Support Pension
- Youth Allowance
- Special Benefit
- ABSTUDY living allowance, **or**
- An education allowance under the Veterans' Children Education Scheme or the Military Rehabilitation and Compensation Act Education and Training Scheme.

### Income test

- The Single Income Family Supplement will be paid to individuals where the main income earner has a taxable income of between \$68,000 and \$150,000.
- If there is a secondary earner in the family, their income needs to be below \$18,000.
- The income test is based on a financial year income.

### Basic rate

- Up to \$300 (depending on income).

## Low Income Supplement / Low Income Family Supplement

The Low Income Supplement/Low Income Family Supplement is a payment of \$300 for people in low income households to assist with household expenses including energy costs. The Low Income Family Supplement is an administrative name for the Low Income Supplement as it applies to Family Tax Benefit recipients and it is paid to one member of a couple, if eligible.

Claims for the Low Income Supplement and the Low Income Family Supplement must be made annually to receive payment each year.

For the purpose of the Low Income Supplement and the Low Income Family Supplement, assessments of tax and income requirements are made against the previous financial year to the one you are claiming the supplement in. For claims submitted in the 2015–16 financial year, the assessment year is the 2014–15 financial year.

### Basic conditions of eligibility

- Adjusted taxable income for the previous financial year was below:
  - \$30,000 for a single person without a dependent child
  - \$45,000 for couples without a dependent child
  - \$60,000 for a single person or a couple with a dependent child.
- Claimant was either not required to pay tax in the previous financial year or had a tax liability of less than \$300 for the year.
- There must have been 13 weeks or more in the previous financial year in which the claimant did not receive a pension, benefit or other government payment that attracts the Energy Supplement (see Energy Supplement amounts for the full list of government payments that attract Energy Supplement). For the Low Income Family Supplement this does not include Energy Supplement on Family Tax Benefit amounts.
- A person is not entitled to the Low Income Family Supplement if they or their partner (if applicable) have received a Low Income Supplement.
- A person satisfies the tax requirement for the income year if the person's accepted taxable income for the income year is:
  - less than \$18,000, **or**
  - \$18,000 or more but is less than the person's LIS threshold amount.

### Residence requirements

- Must be an Australian resident or special category visa holder residing in Australia.
- Must have been in Australia for at least 39 weeks of the previous financial year.
- Must have been in Australia for at least 46 weeks for claims in relation to financial year 2013–14 and onwards.
- Must not have been subject to a newly arrived resident's waiting period at any time during the financial year.

### Basic rate

- \$300 a year.

## FOR YOUR INFORMATION



# Book Week Assembly 2015 Thursday 27<sup>th</sup> 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](mailto:samantha.pye2@det.nsw.edu.au)

Thanks,  
Samantha Temoso



## Good for Kids good for life LET'S MOVE MORE

**At least 60 minutes a day – In many different ways.**

So...10 minutes before school, 20 minutes walking or riding to and from school and 30 minutes of active play after school = 60 minutes.

How about walking, riding, skateboarding or scooting safely to school or other places...

...or washing the car, walking the dog, or helping to dig in the garden!

Children's daily physical activity does not have to be done all in one go. The 60 minutes can be accumulated throughout the day.

Remember, even if your child doesn't play sport, there are lots of activities they can do. Being active in a variety of ways will help children get all the benefits.

If your child is not doing 60 minutes of physical activity every day, they will benefit from gradually increasing their activity to reach this amount.

**Intensity**  
While all physical activity is helpful, the Guidelines recommend moderate to vigorous intensity physical activities.

**MODERATE INTENSITY ACTIVITIES** require some effort, but children can still speak easily while doing them.  
E.g. fast walking, riding a bike or scooter and active play.

**VIGOROUS INTENSITY ACTIVITIES** require more effort and make children breathe harder and faster (huff and puff).  
E.g. running, chasing and playing tag, and many organised sports like soccer or netball.

Source: Department of Health Physical Activity Guidelines Resource



PHONE 4924 6499

**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

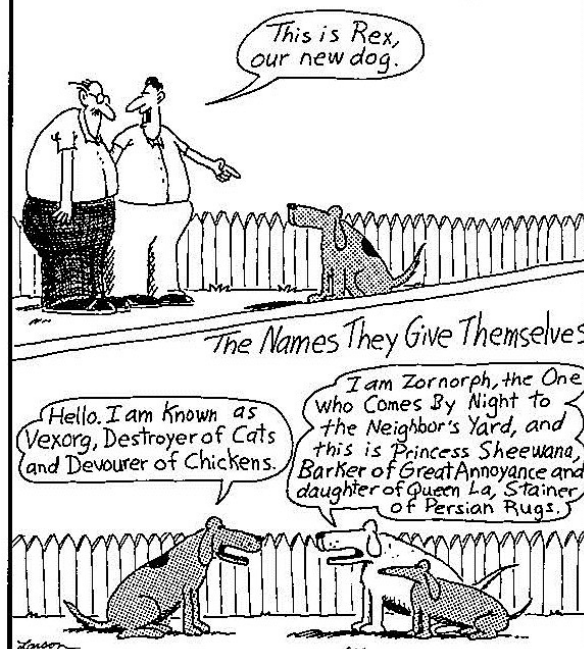


An Australian Government Initiative



## The Far Side®

### The Names We Give Dogs



Warm regards Rocky River Students & Staff.