



Rocky River Public School

Newsletter

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TERM 1, WEEK 2, 3 February 2016

PRINCIPALS MESSAGE

What a great start to the year! I have really enjoyed getting to know the students over the last week and seeing their excitement for learning. This year we have a lot of exciting events that we are attending and holding. To hear more about this the P&C will be holding a welcome BBQ followed by our first P&C meeting on Wednesday 10 February 2016 starting at 5:30pm. This is a great chance for everybody to get involved in the planning of activities and events that will benefit your children and promote our great school to the wider community.

Small Schools Swimming Carnival

This Thursday 4 February is our Small Schools swimming carnival. It will be a great day full of fun and activity. Please refer to the note sent home last week and event schedule for further information. We look forward to seeing all children and their families having a great time supporting our small schools.

You Can Do It

As I said last week we will be having a greater focus on You Can Do It (YCDI) this year. Our focus this term is **Organisation**, however I will also be sending home a YCDI brochure for parents to be able to refer to at home.

What is Organisation?

Organisation means.....Setting goals to do my best in my school work, planning my time so that I'm not rushed, and having all my supplies and things I need ready.

Examples of this Behaviour include:-

Making sure I understand my teacher's instructions before I begin work.

Having my bag packed, school clothes out, lunch ready, notes signed and in my bag before I go to bed the night before.

Keeping my area neat and tidy. This could include your desk area at home, school desk or even your school bag. This is so things can be easily found and accessed when needed.

Planning when I am going to do my homework and not leaving it to the last minute. This way I can improve my work if I allow more time and then I don't feel rushed or stressed.

Handing homework in on time

It is easy to put things off, I know. But with a little effort at the beginning of the year these things can become a habit. Being **Organised** can really cut down on family and individual stress of children and really help in having more relaxed students who are ready to learn at the beginning of the school day. I have enclosed a YCDI brochure to help parents use our YCDI language at home.

School Hats

School hats are required every day. Many thanks to the students and parents who make sure that they have and are wearing their maroon school hats.

Our Daily Timetable We will be keeping the same timetable as last year.

School commences: 9:00am

Recess: 11:00am – 11:30am

Lunch: 1:00pm – 1:50pm

School finishes: 3:00pm

Please remember, the doors are always open at Rocky River Public School if you have any concerns or questions.

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

Jaz is currently doing up a new roster for Canteen so if you are able to help out even if it is only one day per term it would be greatly appreciated. She can be contacted on 0437957219.

P&C

The next P&C meeting will be on Wednesday
10 February 2016 following the Welcome BBQ.

NEWSLETTER VIA EMAIL

If anyone is interested in receiving the newsletter via email please email the school at rockyriver-p.school@det.nsw.edu.au



The students have found a Willy Wag Tails nest under our outdoor assembly area. The nest has four babies and the mother has been returning to feed them, this has intrigued the students and staff.

LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION



Welcome

We extend a big welcome to our new Kindergarten students, Tristan, Ned, Penny, Sophia and Jaden they have all settled in really well and are such a pleasure to have at our school.

This year Ms Macinnis will be implementing a few new concepts and ideas to our lower division, one being the introduction to class Dojo. The students have been given their Dojo Avatars, and everyone is off to a flying start earning class Dojo points in order to receive rewards.

The students have enjoyed watching the learning adventures of Mojo the Dojo. So far we have watched 3 episodes 'A secret about the brain', 'The magic of mistakes', and 'The power of yet'.

These short videos prompted us to talk about trying new things and having a go and then led into the students coming up with our class motto..



"I can't do it yet, but I'm going to try!"



The students are all very eager to see the next episode which is released on the 7 February 2016. Until then we will practice being patient.

FOR YOUR INFORMATION

Good for Kids good for life

PACKING A HEALTHY LUNCHBOX

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child's lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.



Good for Kids good for life

BENEFITS OF TEAM SPORTS

Participation in team sports is a great way to increase your child's physical activity. But did you know there are a number of other benefits to team sports, including:

- Teaching children skills in teamwork
- Increasing communication skills
- Helping children gain confidence through interaction with other kids
- Teaching children it is ok to lose sometimes
- Making new friends
- And most importantly having fun!



There are many different team sports to choose from such as soccer, netball, touch football and hockey. Why not see what team sports are available at your school or in the community for your child to participate in?

Warm regards Rocky River Students & Staff.

FREE

Surviving Your Adolescents

Learn how to manage and let go of your 11-22 year old!

The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour
- How to manage teen risk-taking
- The Four Cardinal Sins (what not to do)
- The relationship between parent-teen communication and adolescent safety
- The four ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail



For more information or to register, contact the Family Relationship Centre through Centacare NENW

1800 372 826
6738 7200

WHEN: 2 x Mondays

15th & 29th February 2016

TIME: 9.30am to 12.30pm

**WHERE: 3/150 Rusden St.
Armidale**

COST: FREE

Registration is essential. This course is subject to registration numbers.



Rocky River Welcome BBQ!

The P&C and Staff of Rocky River would like to welcome families back to the new year with a **FREE** Welcome BBQ.

Come along and get to know our new teachers and enjoy a free sausage sizzle with the family.



Wednesday the 10th of February at 5:30pm

BBQ will be followed by a short P&C Meeting at 6:30pm. Please join us while the kids play!

Please return the slip below for catering purposes by Monday 8th February, or text Jocelyn on 0413347761

Yes we will be attending the BBQ on the 10th of February

Family Name_____

Number of Sausages Required_____

Please add me to the P&C email list to receive news and information

email_____