



Rocky River Public School

Newsletter

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IMPORTANT DATES TO REMEMBER

- **10 February-
Welcome BBQ
5.30pm**
- **12 February-School
Photo Day**

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.

ALL WELCOME

TERM 1, WEEK 3, 10 February 2016

PRINCIPALS MESSAGE

Wow! What a fantastic day at the Small Schools swimming carnival. Although it was weather for ducks it was great to see all the students and spectators supporting each other. It was great to see so many of our students getting in and having a go at different events. Thank you to parents and carers for helping throughout the day with various organisation. It helped make the day enjoyable and run smoothly.

I look forward to attending the Armidale PSSA District carnival on 18 February and cheering on our students. As soon as we have received the results from Kelly's Plains we will get information home with students going to the next level.

Don't forget the P&C will be holding a welcome BBQ followed by our first P&C meeting tonight starting at 5:30pm. This is as I said last week is a great chance to meet new people and 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.

Sport Day

Sport day will now be held on a Friday afternoon. This is due to our inclusion in Hockey and Cricket skills clinics being held later this term and early next term. This is an exciting opportunity for our students to learn new skills with experts in their field.

You Can Do It

It's great to see so many students using the YCDI language and really focusing on being **organised**.

We use **Habits of the Mind** to help us to stay positive and create a successful environment.

Last week we went through what **organisation** can look like and examples of this behaviour. I hope you are all feeling more organised and a little bit less stressed.

When we teach the students about You Can Do It we focus in on one aspect in particular. That is the **internal voice** and the way we want the students to talk to themselves. Sounds a little bit nutty I know, but it works! For example if you tell yourself that you are going to have a bad day or that someone doesn't like you or that life is just too hard, this negative thinking is going to create negative behaviours.

Habits of the mind that are ways in which we can talk to ourselves to create positive behaviours. The Habits of the Mind that help us to be more organised are

1. **SETTING GOALS**- This means thinking that setting goals can help me be more successful at something.
PLANNING MY TIME- This means thinking about how long school work is going to take me to get done and planning enough time to get it done.
Remember.....

"You are what you are and where you are because of what has gone into your mind.

You can change what you are and where you are by changing what goes into your mind."

SMALL SCHOOLS SWIMMING CARNIVAL



DONT FORGET !

School Banking is on
Mondays.



School photos are this coming Friday
12 February. Please return envelopes
to the school by Friday morning. En-
sure that all students are wearing their
full school uniform.



URALLA JUNIOR RUGBY LEAGUE 2016 SEASON REGISTRATIONS

WHEN: THURSDAY 18 FEBRUARY 2016 FROM 5.30pm to 6.30pm

WHERE: URALLA SPORTING COMPLEX

COST: \$70 per player

SEASON COMMENCES: 30 April 2016

OR REGISTER ONLINE

<https://reg.sportingpulse.com/regofrm.cgi?aID=124&pKey=644d50fde548143430fc350c6afb46db&cID=12512&formID=53641>

FOR MORE INFORMATION CONTACT:
Clare Baker on 0427 705 058 or clarelbaker@bigpond.com



THE ROTARY CLUB OF URALLA

Presents the

39th Art Exhibition 2016

To be held in the

Uralla Memorial Hall

Salisbury Street, Uralla

Saturday 12th March to Sunday 20th March 2016

Open Daily from 10.00am to 4:00pm

Sunday 20th March from 10.00am to 2:00pm

Entry Fee: Adults \$5 - Seniors \$4

Children under 12 years Free



Opening Night - 11th March 2016

6:30pm for Official Opening at 7:30pm - Cost \$20 pp

Everyone is welcome to attend - No Invitation is needed.

Tickets available at the door - Please RSVP for catering.

All works are for Sale

We look forward to your support

Art Show Contacts:

Peter Phillips - Chairman

Ph: 02 67784245 Mob: 0412615183

Email: helenphillipsart@bigpond.com

Jan Kaehler - Co-ordinator

Ph: 02 67753212 Mob: 0429608521

Email: kaehler@nsw.chariot.net.au

Good for Kids good for life

SCREEN FREE QUIET TIME

Some families have a daily quiet time where everyone takes a break. Do your children watch movies during their quiet time?

Why not try some of these activities instead to reduce the amount of screen time they are exposed to during the day and to keep their minds active!

- Reading books
- Arts and crafts
- Puzzles
- Card games
- Listening to some relaxing music
- Spending time in the garden



Adapted from: Murrumbidgee Local Health District Quick Bites



Health
Hunter New England
Local Health District

PHONE 4924 6499

Warm regards Rocky River Students & Staff.



ROSS LOW MEMORIAL JUNIOR OPEN

SUNDAY 14th FEBRUARY 2016

Titleist

Proudly Sponsored by

GRAHAM BETTS MOTORS



HOLDEN

In association with Armidale Veterans Golfers Association and
Armidale Golf Club Ladies Members

New England District Golf Association & Jack Newton Junior Golf

ORDER OF MERIT competition

Open to all Juniors with or without handicaps

18 hole event – handicaps required - \$20

9 hole event – Open to Juniors with or without handicaps - \$15

4 hole event - Open to Juniors with or without handicaps - \$12

MAIN EVENTS

18 Holes Gross (each division), 18 Holes Nett (each division), Nearest the Pins

Entries Close up to the day, late entries will be accepted depending on numbers

Fax (02) 6772 9197 email: manager@armidalegolf.com.au

ENTRY FORM (Only one entrant on each form please) ROSS LOW MEMORIAL JUNIOR OPEN

Surname: (Pls Print) _____ Given Name _____ Male /Female (circle)

Address: _____ Postcode _____

Email Address:- _____

Phone: _____ Competitor's Club _____

Handicap: _____ Golf Link No: _____ Event (circle) 18 or 9 or 4 holes

Forward payment with entry form OR Credit Card Payment Details

Name on Card: Card Number:

Expiry Date: Signature:

"We hope you enjoy your golf and your experience at Armidale Golf Club"

There's a Track.....