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# “The Rocky Review”

TERM 1, WEEK 9, 23 MARCH 2016

## PRINCIPALS MESSAGE

On Monday 21 March Rocky River recognised Harmony Day. Harmony Day celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone. As part of this day students discussed this and participated in activities from different countries and cultures.



On the 25 April, early next term is ANZAC Day. Students from Rocky River will march to Alma park and be part of the ANZAC service. I am excited to take part in this important event with our students to show our respect for those service men and women both past and present. I will send more information home towards the end of the term in regards to where and when we will meet near the end of term. Our school Anzac ceremonies will be on Thursday 7 April at 9:15am. All are welcome to attend.

Tomorrow we will have the Easter Hat parade and Easter activities. I look forward to seeing our students enjoying themselves and having fun. Parents, carers and friends of our Rocky River community are most welcome to attend this parade starting at 2:00pm.

Just a reminder that students are not supervised prior to 8:30am. I ask that students are not dropped off prior to 8:30am unless it has been organised prior with myself.

I have noticed this term the transformation of students Organisation in the classroom and the playground. It is also lovely to hear that students are taking these skills home also.

### **Bus Safety**

Unfortunately this year there's been two separate occasions in NSW where students have been injured by a car after alighting from their bus on the way home.

Both students walked in front of the bus and into the path of an oncoming vehicle. Thankfully neither student was seriously injured, however the situation could have been much worse.

The key road safety message for all students is:

**Wait till the bus has gone and then use a safe place to cross the road.**

Your child is most at risk in the minutes after getting off the bus. You can reduce this risk by having a quick talk with them.

Meet your child (or arrange for another trusted adult to meet your child) at the bus stop, never on the opposite side of the road.

Wait until the bus has been driven away before choosing the safest place to cross the road, then follow the usual road crossing procedures with your children.

STOP! One step back from the kerb.

LOOK! For traffic to your right, left and right again.

LISTEN! For the sounds of approaching traffic.

THINK! Whether it is safe to cross.

Teach your children to keep turning their head in both directions to look and listen for traffic as they cross the road.

While waiting at the bus stop, stand well away from the passing traffic. Never wait right at the kerb.

Remind your children that when a bus is fitted with seatbelts, they must buckle up.

Until they turn ten, hold hands with your child as you cross the road.

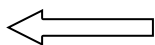
Have a happy and safe Easter.



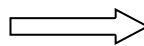


Congratulations to Matilda and Claudia Reynolds on their entries in the Art section at Uralla Show 2016. Both girls receiving Highly Commended.

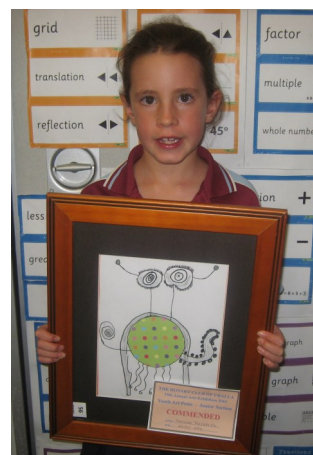
**WELL DONE**



Left- Claudia Reynolds with her Art work from the Uralla Show 2016



Right- Matilda Reynolds displaying her Art work from the Uralla Show 2016



Don't Forget the Easter Hat Parade this Thursday 24 March- 2pm

There will be a Hat Parade and lots of singing and dancing.. All welcome.



**Happy Easter.**

## **FRIENDLY REMINDERS**

### **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
- Milk Straw.....\$1.50

#### **Canteen Roster**

- 30 March- Nathan & Melissa Swan
- 6 April- Emma Carter

### **IMPORTANT DATES TO RE-MEMBER**

- **22-24 March- Book Fair**
- **24 March- Easter Hat Parade**
- **31 March- School Disco 5.30pm-6.30pm**

### **P&C**

The next P&C meeting will be on Wednesday April 2016  
**5.30pm ALL WELCOME**



Winter is fast approaching.  
- If you wish to purchase a School Jacket for your child please get your orders in to the office ASAP. Order forms are available at the office.

### **DO YOU WANT TO TRY GOLF IN THE HOLIDAYS?**

A clinic will be held at Uralla Golf Club on Sunday April 17<sup>th</sup> from 10am well into the afternoon. Lunch is provided for participants. If you have clubs, bring them – if not, we'll lend you some.

For more information contact Bruce McMullen on 0419013560.

*Warm regards Rocky River Students & Staff.*



# Life Education NSW will be visiting our school on

Below is a brief outline of the programs available to the children for participation:

<b>Harold's Surprise</b>	Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety
<b>Harold's Mystery Tour</b>	Stage 1 (Yr 1) - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making
<b>Harold's Heroes</b>	Stage 1 (Yr 2) - Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.
<b>All Systems Go</b>	Stages 1 & 2 (Yrs 2-3) Function of body systems, peer pressure, second hand smoking, and safety with medicines.
<b>Harold's Diary</b>	Stage 2 (Yr 3) - Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles
<b>bCyberwise NEW!</b>	Stage 2 (Yrs 3 & 4) - Explores cybersafety through animation, vox pops of children, relevant scenarios, discussion & problem solving.
<b>Mind Your Medicine</b>	Stage 2 (Yr 4) - Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication
<b>On the Case NEW!</b>	Stage 3 (Yr 5) - Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills.
<b>Think Twice</b>	Stage 3 (Yr 6) - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.
<b>It's Your Call IMPROVED</b>	Stage 3 (Yrs 5 & 6) - Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving, safe and appropriate use of communication technology

The programs address many of the components and objectives within the NSW PDHPE curriculum.

Teachers of composite classes will choose the program which best suits the needs of their children.

**ZERO**

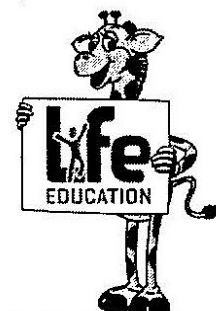
**THE COST IS ~~\$10.00 per student.~~ PER CHILD.**

I give permission for .....Class.....

to attend the Life Education program and enclose \$ SCHOOL WILL PAY

Signature..... (Parent/Guardian)

Date.....







### **HAROLD MERCHANDISE**

Dear Parents,

Life Education NSW is a not for profit community-based organisation that relies heavily on fundraising within the community to assist in meeting the shortfall left after receiving minimal assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees and all proceeds support Life Education within each local area. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the **correct money** in an envelope with the item written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit.



Product Description	Price Incl. GST	Quantity	Product Description	Price Incl. GST	Quantity
Tattoo	\$0.50		Harold Hand Ball	\$3.00	
Harold Post-it-note	Not Available		Harold Stationery Set	\$3.00	
Harold Activity Bag	Not Available		Small Harold Soft Toy	\$8.00	
Harold Keyring	\$3.00		Large Harold Soft Toy	\$15.00	
Total Owing			Total Owing		

Name: \_\_\_\_\_ Child's Class: \_\_\_\_\_

**NB Harold Products are subject to availability**  
Life Education NSW thanks you for your support.



- ☐ I would like to donate \_\_\_\_\_ to Life Education NSW.  
Gifts of \$2.00 or over are tax deductible.

Name: \_\_\_\_\_ Phone (optional): \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email (optional) \_\_\_\_\_ Child's Class: \_\_\_\_\_

Visit Life Education at [www.lifeeducation.org.au](http://www.lifeeducation.org.au) or [www.healthyharold.org.au](http://www.healthyharold.org.au)

