



Phone: 02 6778 4122 Fax: 02 6778 3019

Email: rockyriver-p.school@det.nsw.edu.au

354 Thunderbolts Way via Uralla NSW 23

“The Rocky Review”

TERM 2, WEEK 5, 24 APRIL 2016

PRINCIPALS MESSAGE

Welcome to Week 5, term 2!

Firstly I would like to thank our hard working parents, carers and community for their efforts last week to raise funds for our fabulous school. A lot of organisation and preparation went into ensuring the street stall and the cross country canteen ran smoothly and along with the staff and students I thank you for that. Both ventures were extremely successful raising over \$1500 for Rocky River school. Without the help of all the volunteers and generous donations this would not have been possible. Thank you!

Congratulations to all our students who participated in the District Cross Country on Friday. All students gave 100% and all reported they had achieved personal bests and were proud of their efforts. Congratulations to Abby Endacott and Harrison Miller on their selection to proceed to the next level, the North West trials at Coolah later this term. We wish them luck.

On Monday we had a visit from Kane representing the Jump Rope for Heart Outreach program.

Jump Rope for Heart Outreach Program is a school-based physical activity and heart-health program for selected schools in NSW. It is a fun, inclusive, and non-competitive program based around skipping.

It is for schools where the traditional and hugely popular Jump Rope for Heart program isn't practical or viable. The program delivers the same physical activity and heart-health aspects of the traditional program, however the core difference is that there is no requirement for students to fundraise in order to participate. Typically offered in schools located in smaller, rural, remote, and disadvantaged communities where the risk of developing heart disease is higher, Jump Rope for Heart Outreach teaches students the importance of keeping their hearts healthy through physical activity participation, healthy eating and living smoke-free.

We look forward to participating in this program and running our own smaller fundraising activities to support this worthwhile cause.

This week we continue to focus on a You Can Do It mind set. It is important that we encourage our children to try things out of their comfort zones even though it may feel 'scary'.

Have a great week!

Relieving Principal

Peta Deiderick.



I Can Do It!

... leads to confidence to
try new things
and persistence

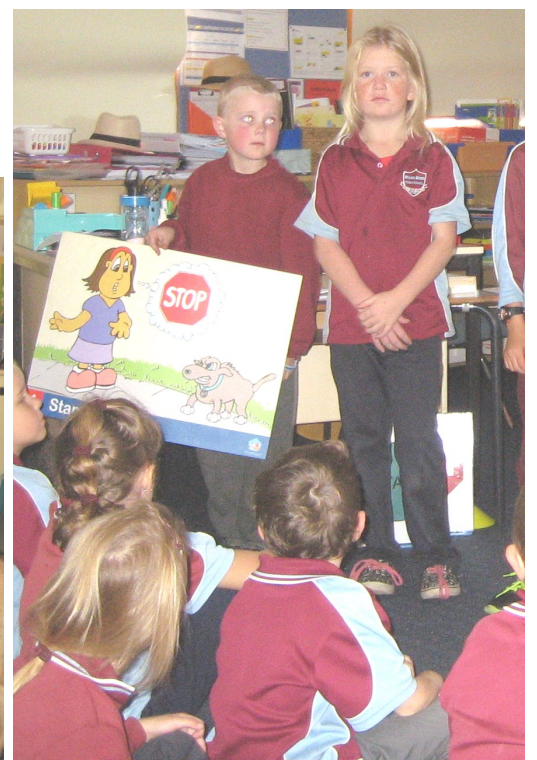
JUMP ROPE FOR HEART

On Monday Rocky River students participated in the Jump Rope for Heart program. The students learnt about healthy behaviours and establishing habits for leading an active, healthy life, and protecting their heart now and into the future. This was a fun, non competitive exercise based around skipping





Rocky River school had a responsible pet visit last week. They learnt the correct way to interact with pets in and around home. The students also got to meet and greet "Indie" the German Shepard.



IMPORTANT DATES TO REMEMBER

- **P&C Meeting 1 June 5.30pm**
- **School banking— Every Monday**
- **North West cross country trials— June 17**

UPPER DIVISION ART

Could students from Upper Division please bring in plastic milk or juice carton lids including the plastic ring under the lid or any other interesting plastic materials they may use for Term 2 art. Thankyou.

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

- **25 May—Emma Carter**
- **1 June— Rose Miller**

FRIENDLY REMINDERS

P&C

The next P&C meeting will be Wednesday 1 June at 5.30

ALL WELCOME

Library days

Lower Division— Wednesdays

Upper Division— Thursdays

Please ensure students bring their library bags for borrowing and returning.

SCHOOL BANKING

If students bank for the next 3 consecutive weeks, they will go in the draw to win a school banking PRIZE.



Just a reminder..

School Uniform order forms are available from the front office. Orders for Rocky River school jackets will need to be placed soon.

Thank you.

The Far Side



"Blast it, Henry! ... I think the dog is following us."

Warm regards Rocky River Students & Staff.