



# Rocky River Public School Newsletter

Phone: 02 6778 4122 Fax: 02 6778 3019

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

354 Thunderbolts Way via Uralla NSW 2358

**TERM 2, WEEK 6, 1 JUNE 2016**

## PRINCIPALS MESSAGE

**Welcome to Week 6, Term 2.**

**Don't forget tonight is our P&C meeting at 5:30pm.** It is with great pleasure that this week I announce that the long awaited air conditioner will be installed and completed. Thank you to our P&C for your ongoing support and commitment to this project. We look forward to a fresher form of heating this winter. This week should also see the completion of the toilet block. I know we are all excited to get the full use of our toilets and bubblers back.

Next Friday we will begin gymnastics for sport each Friday. **Please ensure you have completed the permission note for students to attend.** This will be fully subsidised by the school through a successful grant application from Sporting Schools and an opportunity not to be missed.

**Upper Division will host the assembly this Thursday, showcasing their work this term. The assembly begins at 2:30 pm.**

Again this week I focus on the importance of **Habits of the Mind**. These are the beliefs people hold about themselves, other people and the world. They determine how young people interpret and evaluate the world around them.

**Positive Habits of the Mind** are true, sensible and helpful whereas negative Habits of the Mind are not true (not based on fact), not sensible or logical and are unhelpful.

As you examine each Habit of the Mind over the coming weeks, consider how strongly each of these Habits of the Mind is developed in your child or children. Examine the positive and then look below to see the matched negative Habit of the Mind.

It is so important that we help children use the positive habits of mind to grow and become successful adults.

Each week I will include the habits of mind that we will be looking at alongside "Confidence" for the remainder of the term. I encourage you to use these as a discussion point around the table to share experiences and develop that relationship between home and school.

### **A) Positive Habits of the Mind**

1a. Accepting Myself means when I make a mistake or someone is mean to me thinking that I am not useless or a total failure, I am still me. I accept myself no matter what.

### **B) Negative Habits of the Mind**

1b. Self-Downing – thinking that I am a total failure or useless when I have been rejected or have not achieved a good result.

Have a great week.

Peta Deiderick



## My Family by Lower Division

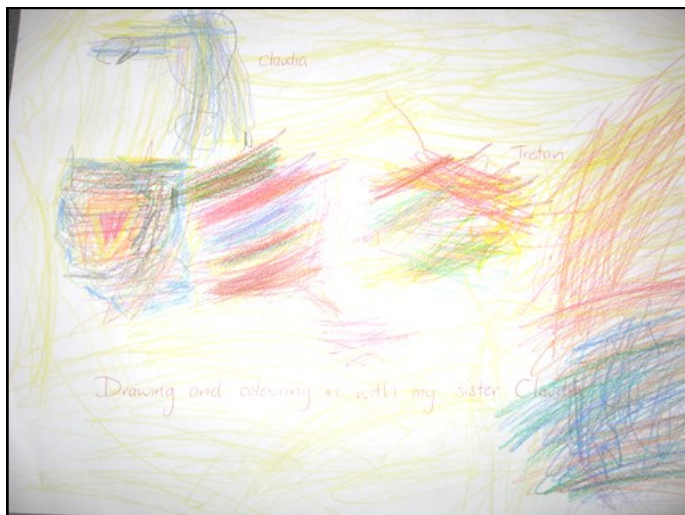
This week Lower Division have discussed in class the things they enjoy doing with their family. The Students then drew a picture of what they talked about.



Penny Henderson



Sophia Willis



Tristan Reynolds



Jaden Noakes

## Congratulations Tilly and Claudia



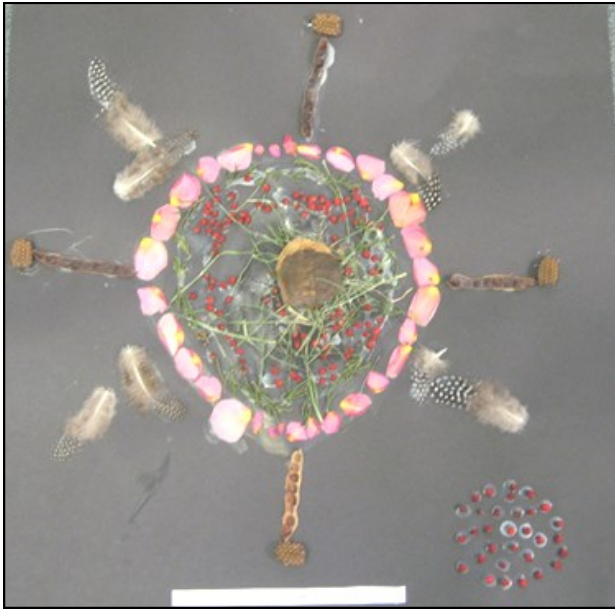
Claudia and Tilly Reynolds travelled to Woolgoolga last weekend to compete in gymnastics. Both girls are very proud of their achievements bringing home lots of blue ribbons between them. Well done girls!!





## Art work by Upper Division

During Term 2 Stage 3 have been studying the works of British artist Andy Goldsworthy. A renowned contemporary sculpture specialising in 'Land Art', Andy Goldsworthy creates works using materials found in the natural environment. Finding inspiration from various works, Stage 3 have created their own works of art.



Adallan Griffiths



Tara Vickery



Meyrick Griffiths & Toby Endacott



Emma Page





## FOR YOUR INFORMATION



Healthy Kids Is your child constantly sick? Do they suffer from frequent runny noses, coughs, or ear infections? Constantly battling with a fussy eater?

Naturopath, Nadine Groves specializes in children's and infant health. Nadine can help you understand your children's health needs throughout their growth and development.

Providing support for cognition and learning, stress and anxiety, immune support, and allergy and respiratory relief.

Naturopath Clinic, Armidale and Invergowrie 67752567



## HOCKEY IN THE HOLIDAYS



FUN  
ACTIVE  
EDUCATIONAL

GET YOUR SCHOOL HOLIDAY ACTIVITIES SORTED AND SIGN UP TO AN UNDER 12 DEVELOPMENT CLINIC TODAY. RESERVE YOUR SPOT VIA THE DETAILS BELOW.

New England Hockey Complex

TIME: 10am - 3pm

DATE: Monday 11th July

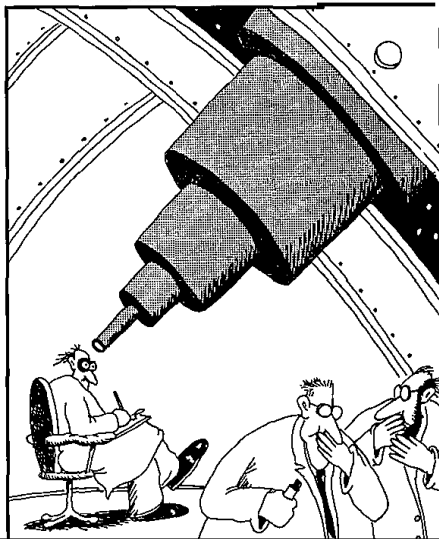
CONTACT: Blair Chalmers

PHONE: 0447 186 477

REGISTER AT

<https://developclinics.eventdesq.com>

## The Far Side



## 2016 WINTER HOLIDAY CAMPS THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ New friendships
- ✓ Great value
- ✓ Fun
- ✓ Safe

Our popular Winter Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular ski and snowboard camps at Jindabyne.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 to 16 years\* and range from 1 to 7 days.

Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

\*Snow Sports camps are suitable for kids aged 10-16 years.



Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Lift and lesson tickets and transport to Perisher (for Jindabyne camps only)\*\*

\*\*Kids as young as 6 years can participate in group lessons as part of a Family Camp.

[sportandrecreation.nsw.gov.au/kidscamps](http://sportandrecreation.nsw.gov.au/kidscamps) | 13 13 02

[fb.com/nswsportandrecreation](https://fb.com/nswsportandrecreation)



Office  
of Sport  
& Recreation



### 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.

## 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

- 1 June - Rose Miller
- 8 June- Emma Howe

## P&C

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

**ALL WELCOME**

## IMPORTANT DATES TO REMEMBER

- P&C meeting June 1 5.30pm
- North West Cross Country trials 17 June
- Gymnastics Armidale City club June 10, 17, 24 and July 1
- Assembly 2 June

### 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](mailto:rockyriver-p.school@det.nsw.edu.au)

# NEW ENGLAND CONSERVATORIUM OF MUSIC



## 2016 Junior Orchestra Workshop

Wed 29 & Thurs 30 June 2016

The New England Conservatorium of Music (NECOM) annual Junior Orchestra Workshop gives young musicians an inspiring two days of invaluable performance experience playing in a large orchestra under the leadership of specialist conductor Anne Phelan and NECTOM tutors.

The Workshop is open to students in Years 3-9 who can read music and have at least 12 months experience playing one of the following instruments:

- Violin, viola, cello, double bass, harp
- Flute, oboe, clarinet, bassoon, saxophone
- Trumpet, trombone, French horn, tuba
- Orchestral percussion (pianists may apply)

**Dates and Times:** Wed 29 8.45am-3.30pm

Thurs 30 June 9am-3pm

**Free concert:**

Thurs 30 June, 2.30pm

**Venue:**

CB Newling Building (Old Teachers College)  
Cnr Mossman and Faulkner Streets, Armidale

**Dress:**

Casual (no uniforms)

**Lunch:**

Bring lunch both days Morning tea provided

**Fee:**

\$90 Early Bird Discount OR \$99 Standard Fee  
OR \$120 Late Fee

Bursaries available on application

### For Information & enrolment forms:

New England Conservatorium

Web: <http://www.necom.une.edu.au>

Tel: 02 6788 2135 Email: [admin@necom.org.au](mailto:admin@necom.org.au)

*music speaks volumes*



## SCHOOL BANKING

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





## FACT SHEET #38

# Winter Fire Safety Checklist

## FACT

Each year, the Fire and Rescue NSW attends approximately 4,500 residential fires in NSW with approximately 30% of them occurring in winter months, and 47% of fires starting in the kitchen

## IS YOUR HOME WINTER FIRE SAFE?

We recommend this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- ☐ Never ever leave cooking unattended. **“Keep Looking When Cooking”**
- ☐ Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly.
- ☐ Make sure you and all your family know two safe ways out of every room in your home.
- ☐ Have a written home escape plan in case of fire and practice it regularly.
- ☐ If you have a fireplace in your home make sure the chimney is clean, and its properly ventilated
- ☐ If you have a fireplace always place a screen in front of it when in use.
- ☐ Check electric blankets for damage or frayed cords before placing on the bed.
- ☐ Take care to keep curtains, tablecloths and bedding away from portable heaters.
- ☐ Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- ☐ If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- ☐ Only use one appliance per power point and switch off when not in use.
- ☐ Always extinguish candles or any other open flames before going to bed.
- ☐ Always handle candles or any other open flame with care.
- ☐ Store matches or lighters in a secure place not accessible to young children.
- ☐ Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of carbon Monoxide which could be fatal.

## FIRE SAFETY TIPS

- Use only authorised installers of fixed heating appliances.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- In Case of an Emergency Get out Stay Out and Call **Triple Zero (000)**.

