



Rocky River Public School Newsletter



Education
Public Schools

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TERM 3, WEEK 2, 27 JULY 2016

PRINCIPALS MESSAGE

Welcome to Week 2 Term 3

Wow, what a busy start to the term!

Last Wednesday we had a great day at the Small Schools Athletics Carnival. I love how all our students get in and have a go, using all their Keys to Success. Again, I felt like the proudest principal in the world with our students trying their best, showing fabulous sportsmanship and encouragement to others.

We achieved some excellent personal bests and 5 age champions! Congratulations to;

Haylee Swan – Juvenile Champion

Charlotte Murrell – Junior Girls Champion

Harrison Miller – Junior Boys Champion

Lily Burke – 11 Years Girls Champion

Tara Vickery – Senior Girls Champion

These students along with, Toby Endacott, Jesse Cross, Emma Page, Abby Endacott and Meyrick Griffiths will represent Rocky River at the Armidale PSSA carnival on Tuesday 2 August 2016 at Armidale High School.

Well done to all our students for doing their best.

This term our YCDI focus is to be **Emotionally Resilient**. This can be a hard habit of the mind to achieve even as adults.

We will be focusing on what it looks like to use a positive habit of the mind when being resilient.

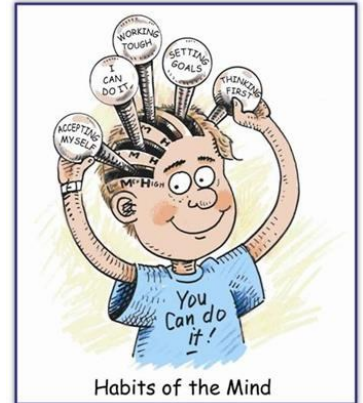
Examples of Emotional Resilience can be;

- Not getting overly upset from mistakes in your work or when you have not been as successful as you would like to be.
- Not getting overly frustrated and angry with yourself when you do not understand something.
- Not getting down when your friends seem to understand their schoolwork and do better on tests than you.
- Avoiding getting extremely worried before an important test or event in which you have to perform in public.
- Avoiding excessive worry concerning your popularity with peers.
- Not getting overly angry when peers are mean to you.
- Remaining calm and in control when an adult treats you unfairly or disrespectfully.
- Not getting too down when being teased or ignored by friends.
- When meeting someone new, not getting extremely nervous and being calm.
- Stopping yourself from getting extremely worked up when you want to stand up and say “No” to someone who is putting pressure on you to do the wrong thing.
- Not losing your cool when you have lots of homework to do.
- Staying in control when your parents say “No” and the parents of your friends seem to be saying “Yes.”

This term we will be revising positive habits of the mind to build Emotional Resilience. Below are all the habits of the mind, however each fortnight I will highlight our focus and provide tips to parents of how you can help at home.

Negative Habits of the Mind to Eliminate to Help Build Emotional Resilience

- Self-Downing – thinking that you are useless or a total failure when you have been rejected or have not achieved a good result (replace with Accepting Myself).
- Needing to Be Perfect – thinking that you have to be successful or perfect in everything important that you do and that it's horrible when you are not (replace with Taking Risks).
- Needing Approval – thinking that you need people (peers, parents, teachers) to approve of what you do and that when they do not, it's the worst thing in the world (replace with Being Independent).
- I Can't Do It – thinking that when you have not been successful at something important, you are no good at anything and that you never will be (replace with I Can Do It).
- I Can't Be Bothered – thinking that life should always be fun and exciting and that you can't stand it when things are frustrating or boring (replace with Working Tough).

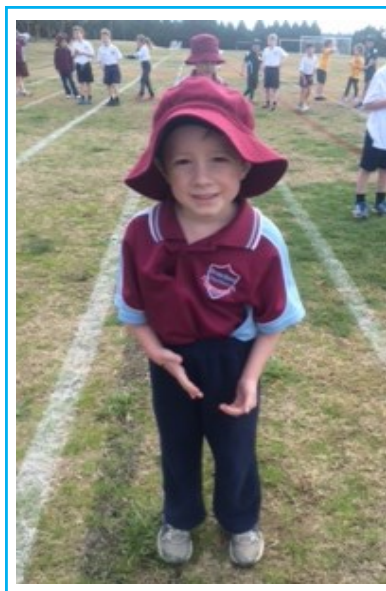
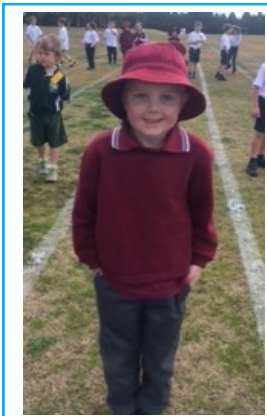


Have a great week!

Peta Deiderick—Relieving Principal

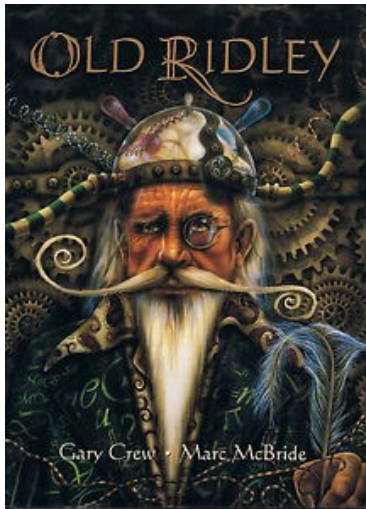
SMALL SCHOOLS ATHLETICS CARNIVAL

Last week Rocky River students travelled to the Uralla Sporting Complex to participate in the Small Schools Athletics carnival. Well done to all students who braved the cold weather and enjoyed competing against other small schools. Good luck to the students representing our school at the Armidale PSSA carnival August 2 2016.



OLD RIDLEY BY STAGE 3 STUDENTS

Stage 3 students are studying imagery in class using the text 'Old Ridley'



I saw his old and sunken face covered in wrinkles.

His twirly—wirly moustache spiralled and his snow white beard hung low far below his chin. His colourful, twisty, science looking hat was mad but it highlighted his sea blue eyes that twinkled beneath his spiral covered monocle.

His electric blue quill curved in his hand making a perfect arch. It stood out against his black and dark green overcoat covered in numbers and equations. His pale pink lips curved in a smile but his brow was creased in worry.

By Emma Page



The long light blue silk spread thinly across the long tattered stairs.

Its patterned threads mould into the old golden staircase, its long spiralled bars so thin that they look as if to snap its texture like a chocolate folding.

The height of it makes you feel like a single ant.

Thousands of stairs spiralling up to the top, the tip of the staircase so far up you can't see it. The patterns on the long thin fabric, pictures of things not even real.

By Lily Burke

FOR YOUR INFORMATION

Don't forget! Fish fingers are now available from the canteen every Wednesday



Disco

Outrageous Theme

PRIZES FOR BEST DRESSED AND BEST DANCER

30th July 5:30pm – 7:30pm

Uralla Bowling Club

Entry Fee **\$5.00**

Sausage Sandwich \$2
Free Cordial

Ages 5-14

IMPORTANT DATES TO REMEMBER - TERM 3 WEEK 3 & 4

WEEK 3 1-5 Education week	Monday 1 School Banking	Tuesday 2 PSSA carnival – Armidale high	Wednesday 3 Excursion– Sunhill goats. P&C meeting 5.30pm Canteen	Thursday 4 African drumming Upper division	Friday 5 Sports day
WEEK 4 8-12	Monday 8 School Banking	Tuesday 9	Wednesday 10 Canteen	Thursday 11 Assembly 2.30pm	Friday 12 Sports day

P&C

The next P&C meeting will be
Wednesday 3 August at
5.30pm

ALL WELCOME

Please ensure students have returned their permission notes and bus money to the school before Tuesday 2 August

CANTEEN

Every Wednesday

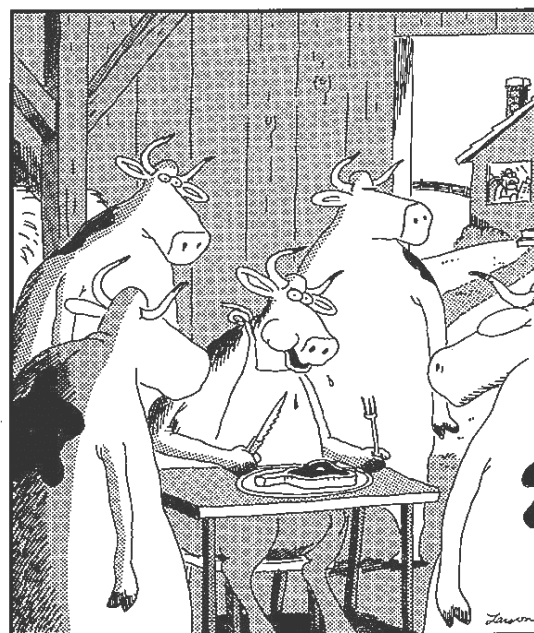
Price List:

Fish Fingers(4).....\$2
 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

- 3 August -Todd Cross
- 10 August- Emma Carter

The Far Side



“Mmmmmm ... Interesting ... interesting. ...
I'd say we taste a little like chicken.”

Warm regards Rocky River Students & Staff.