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# “The Rocky Review”

TERM 3, WEEK 1, 19 JULY 2016

## PRINCIPALS MESSAGE

### Week 1 Term 3

Welcome back to another very busy term. I hope everyone has had a very restful and enjoyable holiday.

This term we have a lot of exciting learning and extra-curricular activities for both teachers and students.

We started our term on Tuesday with a new YCDI focus, lots of learning and of course a little socialising and catching up.

**We are all looking forward to the Small Schools Athletics Carnival tomorrow. Don't forget due to the change of date students need to have completed their new permission note.**

This term we look forward to participating in the 'Week of Tastes', African Drumming, Touch Football Gala day, PSSA Athletics, Newcastle Mathematics competition, Education Week, Book Week, Footy Colours Day, Father's Day, Science Day and lots of exciting learning. We also can't wait for the Upper Division major excursion in Week 7 to the great Aussie Bush Camp.

I look forward to attending the National Stem conference in Brisbane in August to learn more about how to engage student learning, centred on the theme 'Improving STEM Learning: What will it take?' This research conference will showcase research that aims to equip, empower and assist our educational system to address the challenge to improve the learning of science, technology, engineering and mathematics (STEM) at all levels, from classroom practice to policy.

Teachers from our Alliance met at Rocky River on Monday to work together to collaboratively plan units of work and assessment tasks for Geography and English. It was exciting to hear a room of motivated and dedicated teachers joining to create a great learning environment for all our students.

This term our You Can Do It focus is **Resilience**.

Emotional Resilience means knowing how to stop yourself from getting extremely angry, down, or worried when something 'bad' happens. It means being able to control your behaviour when you are very upset so that you bounce back from difficulty and return to work or play.

Looking forward to a great term.

Peta Deiderick

Relieving Principal

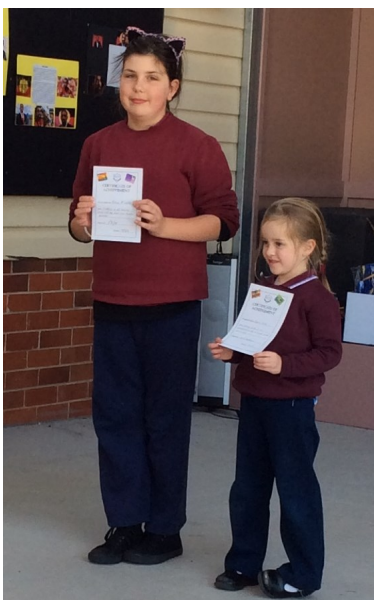
Achieve to the Best  
of Your Abilities



"You Can Do It!"  
Education

# NAIDOC ASSEMBLY

Last term we held an assembly to celebrate Naidoc week .The students were awarded with Merit Certificates and 'You can do it' awards. To celebrate small schools and Naidoc week the NRL donated items to use in the school. This included bags, hats and footballs from various teams. The students enjoyed watching the aboriginal dancing and listening to them speak of their culture. Well done to all students on their excellent behaviour and enthusiasm towards NAIDOC WEEK.





# FOR YOUR INFORMATION

**FREE**

## Toolkit for Dads

A three hour parenting workshop for men



**Fatherhood  
– it's the  
best job on  
the planet!**

- Join us to learn about:
- building a partnership
  - child development
  - family communication
  - active listening
  - building understanding
  - helping children behave
  - sensible discipline
  - self-care for fathers

**WHEN:** Thursday  
25th August 2016  
**TIME:** 9.30am to 12.30pm  
**WHERE:** Centacare NENW  
150 Rusden St, Armidale  
**RSVP:** call Pedro on  
6738 7200



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



**FREE**

## Surviving Your Adolescents

*Learn how to manage and let go of your 11-22 year old!*

The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour
- How to manage teen risk-taking
- The Four Cardinal Sins (what not to do)
- The relationship between parent-teen communication and adolescent safety
- The four ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail



For more information or to register, contact the Family Relationship Centre through Centacare NENW

**1800 372 826  
6738 7200**

**WHEN:** 2 x Thursdays  
4th & 11th August 2016  
**TIME:** 9.30am to 12.30pm  
**WHERE:** 150 Rusden St.  
Armidale  
**COST:** FREE

Registration is essential. This course is subject to registration numbers.



## Tiny Town Fundraiser

**SATURDAY 30<sup>th</sup> JULY**

At Tiny Town Child Care Centre we are raising money for 'Relay for Life'.

- BBQ
- Petting Zoo
- Face painting
- Toy raffle
- Wine raffle
- Sweets and treats

And much more...

### OPEN DAY

Great opportunity for prospective students, friends and their families to see the centre!

Come along and help us raise money for this important foundation and have fun!

**Time:** 11am – 2pm

**Where:** 53 Kirkwood St, Armidale

You can also show your support by going on the relay for life website to donate to our team 'Tiny Town'.

<https://www.relayforlife.org.au/>



## IMPORTANT DATES TO REMEMBER - TERM 3 WEEK 1

|                               |                                       |                   |  |                    |                                |
|-------------------------------|---------------------------------------|-------------------|--|--------------------|--------------------------------|
| <b>WEEK 1</b><br><b>18-22</b> | <b>Monday 18</b>                      | <b>Tuesday 19</b> | <b>Wednesday 20</b><br>Athletics<br>Carnival–<br>Uralla<br>sporting<br>complex | <b>Thursday 21</b> | <b>Friday 22</b><br>Sports day |
| <b>WEEK 2</b><br><b>25-29</b> | <b>Monday 25</b><br>School<br>banking | <b>Tuesday 26</b> | <b>Wednesday 27</b><br>Canteen   | <b>Thursday 28</b> | <b>Friday 29</b><br>Sports day |

## Love isn't all you need!

### The Beatles were wrong.

You need much more than love to keep a relationship going

The Seven Principles Program for couples is a workshop based on the internationally acclaimed research of Dr. John Gottman.

#### Is this workshop for us?

Couples that would benefit from this workshop:

- Pre-Engaged
- Pre-Marital
- Everyone from newlyweds to seniors
- Those who wish to enhance a good marriage
- Those needing better conflict management tools

#### What will we learn in this workshop?

What the workshop is about: Proven tools to help couples -

- Improve friendship, fondness and admiration
- Enhance romance and intimacy
- Manage conflict constructively
- Gain skills to address perpetual and solvable problems

- Create shared meaning
- Maintain gains throughout a lifetime - Format includes lectures and private couple exercises

#### What the workshop is not

- It is not therapy
- It is not an open sharing of personal problems. All exercises and discussions will occur privately between you and your significant other.

\* This course is subject to numbers. Registrations essential.

**WHEN:** 2 Saturdays 9am to 4.30pm

20th & 27th August 2016

**WHERE:** Centacare NENW

150 Rusden Street, Armidale

**COST per Couple:** \$100 waged or \$70 unwaged

**RSVP:** Before Friday 12th August 2016

**1800 372 826 or 6738 7200**



An Australian Government Initiative



## 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

### Canteen Roster

- 27 July—Jaz Taylor
- 3 July—Todd Cross

## Keeping Kids In Mind

Keeping Kids In Mind is a five week course offering support for separated parents in a time of change and uncertainty, helping them understand the impact of separation or divorce on children.

- handle strong emotions better
- understand how entrenched conflict affects children
- tips for parenting during tough times

*This course satisfies the requirements of a court ordered separated parenting course.*

Registration is essential.

To book your place please call

**1800 372 826 or 6738 7200**

**WHEN:** 5 x Mondays

9.30am to 12pm

15th, 22nd & 29th August and 5th & 12th September 2016

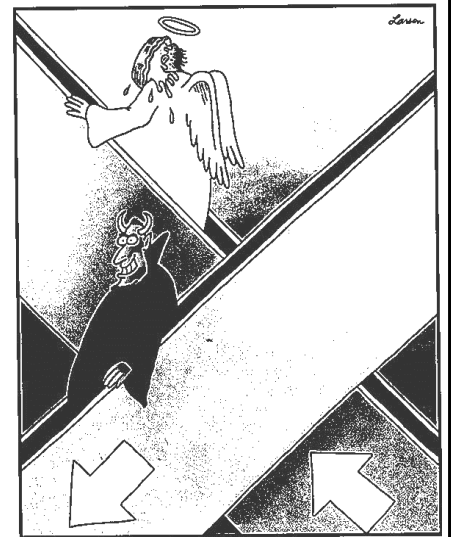
**WHERE:** Centacare NENW

Suite 3/150 Rusden St, Armidale

**COST:** \$100 waged \$70 unwaged (payment plan available)



## The Far Side



Warm regards Rocky River Students & Staff.