



# Rocky River Public School Newsletter



Education  
Public Schools

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**TERM 3, WEEK 4, 9 AUGUST 2016**

## PRINCIPALS MESSAGE

### Welcome to Week 4 Term 3

Wow, it feels like we are zooming through the term because we have just been so busy!

Last week unfortunately our Education Week celebrations were washed out so we look forward to participating in those this week. Today we are going to Sunhill Goats and tomorrow we are excited to be participating in the Circle of Drumming.

We look forward to sharing our achievements from the day at our **assembly tomorrow at 2:30pm**. Lower Division will also be presenting.

Over the last two days I have been lucky enough to participate in the "Improving STEM Learning" National Research Conference. This conference was a wonderful opportunity to learn about engaging students and making connections so that our students strive to be the next engineers, scientists, mathematicians and innovators. STEM allows our students to use problem solving, communication and team building to learn different scientific, engineering, mathematical and technological problems. I can't wait to implement the knowledge I gained here at Rocky River and to my colleagues at other schools.

Congratulations to our mixed relay team who will be heading to Tamworth for the North West Athletics carnival after coming second in Armidale. Toby Endacott will also be going for long jump. Well done all students.

Congratulations to Tilly and Claudia for their excellent results at the Northwest Gymnastics. Claudia received gold whilst Tilly received silver. Fantastic results girls!

### You Can Do It

This week our focus to being resilient is to be able to bounce back and not put ourselves down.

**Here are some ways to eliminate different types of negative thinking that lead to poor Emotional Resilience;**

**To Eliminate "Self-Downing":** Explain to your child that they are made up of many characteristics –some good, some that are not so good.

Ask your child to come up with five good things about their skills, talents and personality and five things that could be improved on. It is important that the parent or carer can help the child who gets stuck. Then, it should be explained that because the child possesses good qualities, it never makes sense for the child to think "I'm hopeless" or "I'm a loser" when something bad happens.



We want all our children to be encouraged to think:

**"When a bad thing happens, I do not lose my good points. I am still me – capable and likeable."**

Have a great week.

## EATING HEALTHY WITH LOWER DIVISION

Lower division have been learning about healthy eating. This week they would like to share a recipe that shows ways to create a healthy tasty smoothie. Students can try these at home and are welcome to bring new ideas into the classroom.

### HOW TO MAKE A GREEN SMOOTHIE

#### STEP 1: LIQUID (2 CUPS)

- milk: Almond, Coconut, Rice, Soy, Cows
- coconut water
- water

#### STEP 2: GREENS (3-4 HANDFULS)

- baby Kale
- bok choy
- spinach
- Swiss chard

#### STEP 3: FRUIT (2 CUPS)

- strawberries
  - raspberries
  - blueberries
  - blackberries
  - pineapple
  - apples
  - cherries
  - pears
  - peaches
  - grapes
  - mangoes
  - Oranges
- \*We like to use at least part frozen fruit because it makes your smoothie thicker and more creamy

#### STEP 4: CREAMY FRUIT (1 EACH)

- banana
- avocado

#### STEP 5: HEALTHY FAT (2 TBSP)

- flax seeds or flax oil
- nuts
- coconut oil
- seeds
- chia seeds
- nut butters

#### OPTIONAL ADD-INS:

- Sweetener : honey, dates, extra banana
- Spices/other flavors : Cinnamon, Nutmeg, Vanilla, Lime, Lemon, Ginger
- ice cubes

[www.superhealthykids.com](http://www.superhealthykids.com)

#### Some more smooth tips...

- Turn them into popsicles! Take half a smoothie pour into popsicle mould. Set for four hours— Every kid loves these!
- Straws are excellent for smoothies. Once you tip that glass, watch out for a face full of smoothie— Straws are the way to go.
- Adding greens—We're big fans of adding greens to every smoothie. But for the mildest tasting greens go for spinach and swiss chard!



## GYMNASTICS



Tilly and Claudia Reynolds competed in the Northwest PSSA Gymnastics Gala in Armidale on Monday 8 August. The girls were all smiles while showing us the certificates, ribbons and medals they were awarded for their efforts. Well done girls.



## FOR YOUR INFORMATION



This Thursday 11 August there will be an assembly at 2.30pm. Lower division will be presenting a play. All parents, caregivers and families are invited to join us .



Lower Division students will need to bring their costumes on Thursday 11 August to preform in the play "Wild things".



On Thursday 25 August Rocky River students will be participating in a science day. Could students please bring in from home clear plastic 1.25L bottles( with labels removed if possible) and ice cream containers before Thursday 25. This would be a great help.

Thank You.

## Book Week Parade

We will be celebrating Book Week on 25 August.

Students are to come to school dressed as a book character.

Parents are invited to attend our parade at 9am.

If you have any questions please see Mrs Temoso.



## IMPORTANT DATES TO REMEMBER - TERM 3 WEEK 5 & 6

<b>WEEK 5</b> 15-19	<b>Monday 15</b> School Banking	<b>Tuesday 16</b>	<b>Wednesday 17</b> Canteen Library— Lower division	<b>Thursday 18</b> Touch Gala day 3-6 Library— Upper division	<b>Friday 19</b> Sports day
<b>WEEK 6</b> 22-26 Book Week	<b>Monday 22</b> School Banking	<b>Tuesday 23</b>	<b>Wednesday 24</b> Canteen	<b>Thursday 25</b> Book Parade 9am Science day.	<b>Friday 26</b> Sports day

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



### P&C

The next P&C meeting will be  
Wednesday 7 September at  
5.30pm

**ALL WELCOME**

### CANTEEN

Every Wednesday

#### Price List:

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

- 17 August –Leanne Waters
- 24 August—Nathan & Melissa Swan

### The Far Side



“Wait a minute! ... McCallister, you fool!  
This isn't what I said to bring!”

*Warm regards Rocky River Students & Staff.*