



Rocky River Public School Newsletter



Education
Public Schools

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TERM 3, WEEK 8, 7 SEPTEMBER 2016

PRINCIPALS MESSAGE

Welcome to Week 8 Term 3

What a fantastic week I had last week!

I had the pleasure of taking our Upper Division to the Great Aussie Bush Camp last week and again I am constantly amazed at how beautifully behaved our students are whilst constantly showing respect and responsibility, particularly in a strange context away from our mums and dads.

Upper Division have put together an article to share their experiences with you.

While we were away Lower Division had a fabulous time celebrating their super heroes for "Super Hero" week. Students and teachers had a great time dressing up as their favourite super heroes to support muscular dystrophy.

On Thursday it was lovely to see so many parents, carers and community members here for our Father's Day celebrations and barbeque. Thank you to Miss Miller for organising the Footy Colours day, although it was wet, we all enjoyed the opportunity to support such a great cause whilst enjoying a sausage sandwich, cakes and drinks.

Last week was also SASS recognition week. As Anne our manager was away I would like to acknowledge them this week. The teaching staff and students would like to thank our SASS staff, Anne, Emma, Todd and Roger for all that they do around our school to make it function so effectively and positively. Thank you.

On Monday, Harrison, Toby, Tara and Meyrick participated in the Nigel Bagley Relay at the North West athletics carnival in Tamworth. They ran extremely well and can be congratulated on their sportsmanship. Toby also participated in the senior boys long jump and achieved a personal best.

You Can Do It

We continue to focus on being Resilient. Sometimes we find it easier to say we can't do something rather than we can.

To eliminate "I Can't Do It" we can combat this form of negative, pessimistic thinking, we should explain to the child that they have a choice in how to think about things that have happened and about things in the future. It should be explained that when something bad happens to the child such as getting a bad grade or being rejected or teased by a classmate, the child can think negative thoughts or positive thoughts.

Examples of Negative "I Can't Do It" thoughts: "I can't do this. No one likes me. I'm not good at anything. It's my entire fault. Things will never change; I'll always be hopeless with friends/in my work." Instead students need to use their positive habit of mind.

Examples of Positive "I Can Do It" Thoughts: "Next time things will be different. Maybe I did not try hard enough or behaved stupidly. I know that if I do things differently including trying harder, the next time I am more likely to be successful than to fail."

As teachers and parents we need to explain to the child that an "I Can't Do It" Way of Thinking leads them to feel very down when bad things happen and can cause them to stop trying and withdraw. Something no one wants to feel.

All our Upper Division students showed tremendous resilience participating in activities they didn't think they could do. Well done! You will find an insert in this newsletter that our stage 3 students have written about The Great Aussie Bush Camp.



SUPER HEROES WITH LOWER DIVISION

Last Wednesday Lower Division students participated Muscular Dystrophy Australia's National superhero week. It was great to see so many wonderful and creative superhero costumes. Well done Lower Division students for your involvement in all activities.



FOOTY COLOURS DAY

Thank you to all students who wore their footy colours last week and showed great support towards raising money for kids with cancer. We raised \$197.50

Thank you to all parents who helped with cooking.



FATHER'S DAY ASSEMBLY

Last week we held our last assembly for Term 3, celebrating fathers day and receiving You Can Do It awards. It was great to see all the Mums, Dads, Grandparents and friends enjoying our last assembly and a BBQ lunch. Thank you to all those who attended and helped on this day.



FOR YOUR INFORMATION

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

- 7 September– Todd Cross
- 14 September– Emma Howe



St Vincent de Paul Society
NSW
good works

St Vincent de Paul Society NSW is a NDIS LAC Partner delivering NDIS Local Area Coordination services in NSW

ARE YOU ABOUT TO TRANSITION INTO THE NDIS?

**You are invited to a FREE information session about
how Local Area Coordinators will help you transition.**

We will explain:

- What happens at the meeting with your Local Area Coordinator
- What you can do to prepare
- What happens after the meeting

Following are the dates for the first series of two-hour sessions for the New England region. Please note more sessions will be held throughout the year and in early 2017.

- Armidale: 19 & 20 September 2016
- Inverell: 20 September 2016
- Glen Innes: 21 September 2016
- Moree: 21 & 22 September 2016
- Tamworth: 22 & 23 September 2016

To reserve your place please call Merryn Moodley, on 0434 310 355.

Carers, family members and service providers are welcome and light refreshments will be served.

PLEASE NOTE: These sessions are designed to explain the Local Area Coordination transition process. They are not for general discussion about the NDIS, specific funding questions or provider-related concerns.

Kindergarten Transition Program for our 2017 Students.

The Transition program is designed to support children and their families as they prepare for school. The class will commence on **Wednesday 19 October** and will run from 9am to 11am. The transition program will continue to run each week increasing in time spent at school.

Below are the dates and times of our 2017 kindergarten Transition program.

- 19 October 2016 -9am - 11am
- 26 October 2016 - 9am - 11am
- 2 November 2016 - 9am - 11am
- 9 November 2016 - 9am - 1pm
- 16 November 2016 - 9am - 1pm
- 23 November 2016 - 9am - 3pm
- 30 November 2016 - 9am - 3pm

We look forward to seeing you here.



**If you would like to know more
about what our beautiful school
can offer your child, contact
Relieving Principal
Peta Deiderick to arrange a visit
to the school.**

IMPORTANT DATES TO REMEMBER - TERM 3 WEEK 9 & 10

WEEK 9 12-16	Monday 12 School Banking	Tuesday 13 Rugby Gala Day- Uralla Sporting Complex 10-2	Wednesday 14 * Canteen * Library—Lower division	Thursday 15 * Library— Upper division *Cricket Gala Day	Friday 16 * Sports day
WEEK 10 19-23	Monday 19 School Banking	Tuesday 20	Wednesday 21 * Canteen * Library- Lower Division	Thursday 22 * Library—Upper Division	Friday 23 * Sports day Last Day of Term 3.



10-11 SEPTEMBER

**COME AND TALK TO YOUR LOCAL BRIGADE ABOUT
THE FIRE RISK IN YOUR AREA, IT COULD SAVE
YOUR FAMILY AND HOME FROM BUSH FIRES.**

**Kentucky/Diggings RFB
Harnham Stn, Kingstown Rd
Sun 11th Sept 16 10am-2pm**

PREPARE. ACT. SURVIVE. TO FIND OUT MORE GO TO RFS.NSW.GOV.AU



**The Uralla Thunderbolts
Festival is coming up on 29th
October.** If you are interested in
entering a billy cart in the Uralla-
Walcha inter-town challenge we
have entry forms available at the
school office. Entry is free and
there are prizes
for winners and
giveaways for all
entrants.



Hockey New England

For the last ten years Hockey New England has been running an extremely successful Indoor Hockey competition.

In 2016-17 we will again offer three primary divisions along with U13 and U 16s. Primary divisions are on Fridays and secondary games on Thursday evenings.

HNE can provide sticks for those that require them. The teams are mixed and six a side and played over two 20 minute halves. The small team size may the game appealing to small schools.

Indoor Hockey is a great summer sport played in a friendly and safe environment. HNE would like to offer the children at your school an opportunity to participate in this sport.

HNE Indoor Convenor.

Paul Eichorn

indoor@hockeynewengland.org.au

0427 668 915

The Far Side



Warm regards Rocky River Students & Staff.

POSITION VACANT

MILO in2CRICKET Coordinator



Job Title: MILO in2CRICKET Coordinator

WANTED NOW FOR THE UPCOMING 2016-17 SUMMER OF CRICKET – Term 4 position

Program –

Time – 1 hour per week, can be hosted mid-week or on the weekend – flexible to suit your availability.

Equipment – supplied by CNSW

Training – online and assistance from Regional Development Manager

- On Line there are lesson plans and drills outlined for you to incorporate into your sessions.

Skills Required

- Energetic
- Enthusiastic with kids
- Able to communicate well with parents and kids
- Passion for cricket (do not need to be a cricketer)
- Well Organised

Key Roles

- Set up program weekly
- Engage parents to assist with the weekly hosting of the program
- Liaise with local schools to help gain support for the program
- Deliver a fun and energized MILO In2CRICKET Program for a minimum of 8 weeks



To Learn More about in2CRICKET

Visit – www.playcricket.com.au MILOin2CRICKET Clubs

How to Apply for Coordinators Role

e-mail kathy.barber@cricketnsw.com.au, nominations close Friday 16th September.

For more details call Northern Inland Regional Cricket Development Manager – Kathy Barber in Tamworth (M) 0425 297 722. A small honorarium will be paid to program Coordinators at the end of the 8 week program.

SYDNEY SIXERS SCHOOL HOLIDAY CAMP

Join the Sixers for some school holiday fun and learn to the play cricket the magenta way with music, fun and T20 entertainment!

Details of your nearest camp are;

- WHEN:** 5th and 6th October
- WHERE:** Harris Park, Armidale
- TIME:** 9am - 1pm both days
- COST:** \$99 inclusive of participant pack!
- AGE:** Boys and girls aged 8-12 years

To register head to sydneysixers.com.au/school-holiday-camps and follow the links. For more information please contact Kathy Barber on 0425 297 722 or Kathy.Barber@cricketnsw.com.au



ADVENTURES IN ART: for kids aged 8 and up

Tuesdays or Wednesdays, 4 - 5.15 pm Cost for the term: \$160 Term 4, 2016 (9 weeks) commences October 11 or 12.

Adventures in Art is a stimulating weekly class for kids aged 8 and up, who enjoy making art. Kids will express their creativity in an individual way as they try new possibilities in drawing and painting, printmaking and sculpture.

Some exhibition visits are also included. Classes are held in the Packsaddle Studio at NERAM, with all materials provided. Maximum class size: 12.

Enquiries: Del Bennett 6772 7544, 0428 377 268 or dbernett@tpg.com.au

About the Teacher: Del Bennett is a qualified teacher and artist who was the Education Officer at NERAM during the period 2004 -2007. She is passionate about helping both adults and children to learn about art and to enjoy the experience of creating their own works. She plans interesting art activities and loves seeing the wonderful variety of work produced by her students. She has been teaching art classes at NERAM since 2007.



Uralla SPEEDWAY REUNION

Sunday October 2nd 2016

Meet & Greet @ Pavilion Function Centre 10am to 11am

Lunch 12 noon with full Bar Facilities

Reunion Dinner 6-30 for 7pm

Live Music - Bar Facilities - Memorabilia on Site

Cost \$55 per ticket paid by 25th September

BOOK ONLINE <http://www.trybooking.com/KRYY>

Camping available on site \$20 per night

www.urallashow.com Ph: 0412 667867

urallashow@bigpond.com