



Rocky River Public School Newsletter



Education
Public Schools

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354 Thunderbolts Way via Uralla NSW 2358

TERM 1, WEEK 3, 8 February 2017

PRINCIPALS MESSAGE

Our students represented our school with great enthusiasm at the Small Schools Swimming carnival. Congratulations goes to all students who were place getters but also to those students who went in every race they were able to. Congratulations to our parent team on gaining 2nd place. Start training now for next year and we'll blitz them! Thank you to all the parent helpers who were assisting on the day. For those students who are selected, the District carnival will be held in Armidale on Friday 24th February and the Zone carnival will be held on Tuesday 7th March. Further information and permission notes will be sent home.

This Wednesday will be the first meeting of the Rocky River P&C commencing at 5:30 pm in the library. Please come along and support the school.

School photos are being done on Friday 3rd March. All students must be in full school uniform including black shoes. Please ensure your child/children have the required uniform complete before then.

Just a couple of reminders, please don't drop children off at school before 8:30 without prior arrangements with the school. Often teachers are at school before this time but they are not on duty and are preparing for the day. Wednesday is our canteen day, some students have been bringing lunches to school on other days to heat in the microwave. When this is for just one child occasionally we can accommodate, however, staff cannot spend all of their lunch time heating lunches. If there is to be a change in your child's home routine, please send a note or ring the school to let us know what these arrangements will be.

STREET STALL 2017

February 27 - March 4

The P & C are seeking volunteers to help run the stall throughout the week. If you are able to give any of your time can you please call Jocelyn on: 0413347761

We will be seeking donations of any saleable items for the stall:

Home Cooking (Cakes, Biscuits, Slices etc.) n.b: ingredients must be listed on sticker or tag and attached to all home cooking

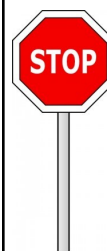
Plants and Flowers / Bulbs, Produce (Spinach, Eggs, Pumpkins, Tomatoes etc.), Books, Sewing & Craft items

A raffle will be run with several prizes

(Donations of items suitable for raffle still required)

Your help will ensure a successful fundraiser, which brings benefits for the students of Rocky River.

Thank You.



We ask that parents/ caregivers please use the U-turn bay provided when dropping off and picking up students as it is illegal to turn around in front of the school.
Thankyou

Please note the revised Rotary Art show entry on the back page. Thank You

LOOK WHATS BEEN HAPPENING IN OUR SCHOOL

Last Thursday Rocky River students travelled to Armidale to compete in the Small Schools Swimming Carnival. Its was an eventful and enjoyable day for all students, teachers, parents and friends. The results of the swimming carnival are in, well done to all Rocky River students . Congratulations and good luck to those who will be competing at District.

Thank you to parents and teachers for supporting Rocky River in the parents race!

Ella Ward- 1st 50m Freestyle.

Bella Marsh- 3rd Backstroke.

Charlotte Murrell– 1st 50m Freestyle, 1st Backstroke, 1st Butterfly, 2nd Individual Medley, 2nd 100m Open Freestyle
11years Champion.

Abby Endacott– 2nd 50m Freestyle, 1st Breaststroke , 2nd Butterfly.

Aubrey Harrison– 3rd 9 Years boys 50m Freestyle.

Harrison Miller– 1st 50m Freestyle, 2nd Breaststroke, 1st Backstroke, 1st Butterfly, 3rd 100m Open Freestyle. Age
Champion.

Kamdon Johnson– 3rd 50m Freestyle, 3rd Butterfly

Jesse Cross– 3rd 50m Freestyle.

Senior Relay– 2nd Rocky River School.



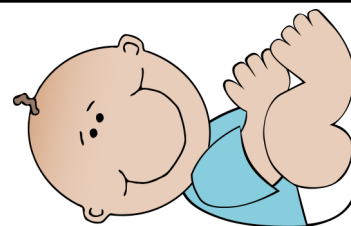
KEEPING UP WITH LOWER DIVISION

Lower Division are learning about how things change as they grow. Ms Macinnis has asked if all students could bring in a photo of themselves when they were a baby, along with the students weight, height and head circumference AS A NEWBORN (if possible), this will be included in their science unit on “Watch it grow”.

The students in Lower Division are also studying the past compared to the present in their History lessons. We are looking for past time toys or household items up to 70 years ago.

Students have been asked to bring in their ‘past time’ items so they can be on display and they can start comparing from the old times.

Thank You.



FOR YOUR INFORMATION



When: Friday, 10th March 2017
Where: Inverell Rugby Park



Come and join all the fun that the
Junior Inverell Toughen Up Challenge
provides.

Teams of 2 - \$23 per person
Entries Close - Friday, 10th Feb 2017



For more information checking us out on Facebook, or to register go to
register@inverelltoughenup.net or trybook.com

Registrations Forms available at: Bikes on Byron, Pathfinders, Pro-active Gym, Anytime
Fitness or Regional Australia Bank

Contact: 0417 788 673



2017

Soccer Registration days

Season 2017 registration days are coming up soon.

WHEN - Saturday 25th February & Sunday 12th March

WHERE - At the Uralla Bowling club, between 10am & 1pm.

WHO - Everyone is invited to sign up for this soccer season. Ages 5 and up.

PRICES - 5-7 years \$100

8-11 years \$115

12-17 years \$125

Juniors playing seniors \$155

Seniors \$225

All fees must be fully paid before the season starts (last weekend in April)

A 10% discount will apply to any family that registers 2 or more children.

Pay your rego in full on one of the two registration days and go into the draw to
get 1 registration fee fully refunded!!

We are also looking for coaches for all teams.

For any enquiries regarding registration or coaching -

Call Spud on 0409724663, email spudandjack@gmail.com or join our Facebook
page.

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 Mondays
3rd & 10th April 2017

TIME: 5.30pm to 8.30pm

WHERE: 150 Rusden St.
Armidale

COST: FREE

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

Centacare
New England North West
Rural Resilience

FAMILY
RELATIONSHIP CENTRE
HELPING FAMILIES BUILD BETTER RELATIONSHIPS

An Australian Government Initiative

FREE
help for
separated
parents

Building Connections is a program to help separated parents have healthy and strong relationships with their children.

This program covers:

- This impact of separation and conflict on children
- Ways of communicating with the other parent
- Setting goals for future parenting
- Support services available to you

DATES AVAILABLE:

Thursday 9th February 2017, 9.30am - 12.30pm
Wednesday 22nd February 2017, 5.30 - 8.30pm
Thursday 9th March 2017, 9.30am - 12.30pm
Wednesday 22nd March 2017, 5.30 - 8.30pm
Thursday 6th April 2017, 9.30am - 12.30pm
Wednesday 19th April 2017, 5.30 - 8.30pm
Thursday 11th May 2017, 9.30am - 12.30pm
Wednesday 24th May 2017, 5.30 - 8.30pm

WHERE: 150 Rusden Street, ARMIDALE

For more information or to book, please call
1800 372 826 FREE or 6738 7200



FREE Practical Parenting

For parents who may like a refresher and to strengthen their knowledge & skills.
Practical Parenting offers strategies to take the stress out of parenting.
Sick of repeating yourself?
Giving in to stop the whining?
Stop shouting and start connecting!

**Yes?
Come to the
course**

WHEN: Two Thursdays - 15th & 22nd June 2017
TIME: 9.30am to 12.30pm
WHERE: Centacare Armidale - 150 Rusden St, Armidale
Registrations are essential
This course is subject to numbers

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

**6738 7200
1800 372 826**



**KEEP CALM
THEY'RE JUST
KIDS**

Does your child:

- Show extreme behaviour?
- Have intense temper tantrums?
- Refuse to do what they are asked?
- Use verbal and physical aggression?

Keep Calm, They're Just Kids shows parents how:

- To identify the child's concerns and triggers that cause the behaviour,
- To teach the child coping skills and
- To find workable solutions that satisfy both parent and child and lessen the likelihood of negative behaviour

WHEN: Three Thursdays: 18th, 25th May & 1st June 2017 9.30am - 12pm
WHERE: 150 Rusden St, ARMIDALE
COST: FREE
For more information or to book, please call
1800 372 826 or 6738 7200

**FREE
help for
frustrated
parents**



An Australian Government Initiative



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
1st, 8th, 15th, 22nd & 29th May
2017
WHERE: Centacare NENW
150 Rusden St, Armidale
COST: \$100 waged \$70 unwaged
(payment plan available)



**SUNDAY 5TH
FEBRUARY
CHARITY GOLF
DAY**

Uralla 475 Fire Brigade

Proceeds to RN3 Zone Championships, hosted by Uralla Brigade 4-5 March, 2017, and continuing maintenance of our 2 historic fire engines.



Uralla 475 Charity Golf Day

\$30 per head. Teams of three

Prizes for 1st and 2nd Place, lucky door prize, nearest to pin prize plus longest drive

Street Stall Raffle to be drawn Sunday 5th Feb after golf.

\$100 Club plus meat raffle

Sausage sizzle available at the Golf Club

**URALLA GOLF CLUB
Racecourse Rd Uralla, NSW**

**Sunday 5th February
10 am Tee Off**

JUNIOR AFL FOOTBALL

**Registration Day /
First Training Session**



Where: Bellevue Oval at UNE (Handle Street)

When: Tuesday 28th February 2017 4.30pm to 6.00pm

Ages: 12 to 16 years

CONTACT YOUR LOCAL CLUB

MELISSA MOORE

PH: 0488 921 324

NEIL DUNN

PH: 0427 411 012

EMAIL: newengnomadsnr@gmail.com

IMPORTANT DATES TO REMEMBER - TERM 1, WEEK 3 & 4 2017

WEEK 3 6-10 February	Monday 6 School Banking	Tuesday 7	Wednesday 8 Canteen P&C MEETING 5.30PM Library Borrowing Day	Thursday 9	Friday 10 Kindergarten Best Start assessments begin with Ms Macinnis.
WEEK 4 13-17 February	Monday 13 School Banking	Tuesday 14	Wednesday 15 Canteen Library Borrowing Day	Thursday 16	Friday 17

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

P&C

The next P&C meeting will be Wednesday 8 February 5:30pm. ALL WELCOME

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

Please contact Jaz if you would like to be on the canteen roster for 2017.

0437957219.

KUNG FU URALLA & WALCHA

Contact Hamish Brown:

0417477440

SEE HOW KUNG FU TRAINING GIVES YOU:

- greater respect for yourself and others
- greater confidence
- overall strength and fitness.

NO MEMBERSHIP FEE

Simply pay a weekly fee to the club (includes training at all locations).

URALLA

NEIGHBOURHOOD CENTRE
MONDAY AND WEDNESDAY

JUNIORS: 4.15 - 5.30PM
SENIORS: 7.00 - 8.30PM

WALCHA

WALCHA RSL CLUB
FRIDAY

JUNIORS 4.15 - 5.30PM
SENIORS 7.00 - 8.30PM

Warm regards Rocky River Students & Staff.

THE ROTARY CLUB OF URALLA

Presents

P O Box 57
URALLA NSW 2358

40th Annual Arts Exhibition

Saturday 25th March to Sunday 2nd April 2017

To be held in the

Uralla Memorial Hall

Salisbury Street, Uralla

Entry Form for Youth Art Prize

Open to all school students from within the Uralla Shire District

The Rotary Club of Uralla is pleased to invite all students to participate. The aim of the Exhibition is to encourage young artists and promote culture within the community.

Uralla and Bundarra CWA Branches have donated \$210 in Prize money
Laser Studio / Rick Tait has donated \$210 in Prize money

Which will be distributed as:-

SENIORS (Year 10 – 12)

1st Prize: \$80

2nd Prize: \$50

3rd Prize: \$30

JUNIOR HIGH (Year 7 -9)

1st Prize: \$60

2nd Prize: \$40

3rd Prize: \$30

PRIMARY (Year 4 – 6)

1st Prize: \$40

2nd Prize: \$25

3rd Prize: \$15

Year K – K2

1st Prize: \$20

2nd Prize: \$15

3rd Prize: \$10

.....Cut Here.....

PLEASE PRINT CLEARLY: ENTRY FORM to be attached to back of your art work and delivered to your School by Monday 9th March 2017

First Name: _____ Surname: _____

School: _____ Class Year: _____ Age: _____

Address: _____ Town: _____ Postcode: _____

Email: _____ Phone: _____

LIST ENTRY HERE

TITLE OF ART WORK	MEDIUM	FOR SALE or NFS

I (student's signature) _____ hereby certify that the entry listed here is my own **unaided and original art work** and that I have studied the Conditions of Entry and agree to be bound thereby.

CONFIRMED BY:-

Name of Parent or Guardian: _____ Signature: _____