



Education
Public Schools

Rocky River Public School Newsletter

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TERM 4 WEEK 7 - 26 NOVEMBER 2019

PRINCIPALS MESSAGE

Another week gone too quickly! We are zooming towards the end of the year!

On Wednesday we begin celebrations with our Christmas play followed by a P&C sausage sizzle. The sausage sizzle will be served after the play to allow everybody the opportunity to watch their children. We look forward to seeing everyone.

Thank you to Mrs Castle for running a fabulous Transition program this term. Our pre-kindergartners have thoroughly enjoyed learning about zoo animals. They will continue to join us on a Monday and Wednesday until the end of the year.

Our swimming has started and already students are enjoying revising skills learnt last year. It is great to see our students stepping out of their comfort zones and trying new skills.

Just a reminder if your child is being picked up from the pool, please ensure their name is marked off before leaving and the bus will be returning to school from the pool at 2:30pm. Students cannot be left at the pool without parent supervision.

Have a great week!

You Can Do It

This week we will again be focusing heavily on implementing the 'Keys to Success' for You Can Do It to help us get through the busiest time of the year. This week we will focus on being **Confident**.



Being Independent

... leads to confidence
and not feeling worried

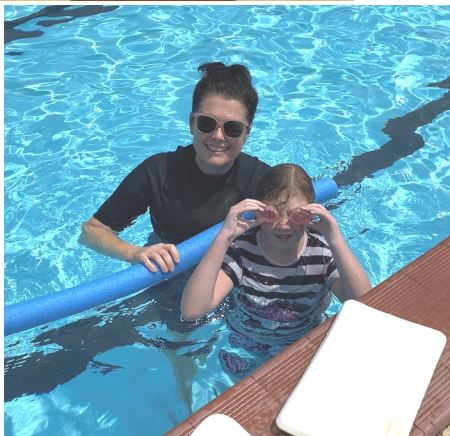
Confidence means knowing that you will be more likely to be successful than to fail at things when you are giving effort. It means not being afraid to make mistakes or try new things.

Positive Habits of the Mind that develop a young person's confidence include:

- **Accepting Myself**— not thinking badly about myself when I make a mistake.
- **Taking Risks**— thinking that it is good to try something new even though it may be hard.
- **Being Independent**— thinking that it is important to try new activities and to speak up even if my classmates think I am silly.
- **I Can Do It**—thinking that I am more likely to be successful than to fail if I try.

LOOK WHAT'S HAPPENING IN OUR SCHOOL

Swimming has begun! On Monday, Rocky River students started Water Safety at the Uralla pool. We will be swimming everyday this week and the following week, week 8.



KEEPING UP WITH THE P&C

Wednesday evening we will be cooking a sausage sizzle, which will be served after the school play.

School Play P&C Sausage Sizzle-

Sausage sandwich- \$2

Soft drink- \$2

Water- \$2

Poppers- \$1

Christmas Raffle-

There will also be small gifts on sale along with \$1 raffle tickets to go in the draw to win a Christmas hamper. Tickets will be sold at the school play evening and the presentation afternoon. The raffle will be drawn on 11 December at the end of the presentation assembly being held at 1.30pm

Canteen-

As we are coming close to the end of term we would like to use the current stock in our freezer, some items may not be available, students may be asked to pick another alternative food option.

Thank you!

We are asking for donations of

lollies! If you wish to donate lolly bags they can be left at the school front office.

Before Friday 6 December. THANK YOU!



Your help will ensure a successful fundraiser, which benefits the students of our school.

Year 6 Fundraiser– The Year 6 students are raising money to present the school with a gift at the end of term. On Friday there will be icy poles available for a gold coin donation.

Thank you!



SCHOOL FUN RUN

We're holding the *School Fun-Run*—Splash and Dash as a major fundraising event this year! The event will be held on **Wednesday 18 December 2019**. This is a sponsorship based fundraiser, and we're looking to raise **\$3000** for **Rocky River Public School**.

Keep your eyes peeled for the sponsorship forms which will soon be sent home with your child. Once you have the form, jump online at schoolfundraising.com.au and create a student profile page. Once you do this and raise at least \$1 online, you will be entered into the \$20,000 Ultimate Family Experience!

Students who raise \$10 or more will receive a reward, and the more money you raise the better the reward, and the more you help the school!

The *School Fun-Run* is a healthy fundraiser that we hope you'll get behind. The event sends a message to students about having fun while being healthy, all while helping the school raise funds.

We're looking for all students to participate and we're organising a great day for our community, so we would love everyone to come down to support the kids.

If you have any questions about the Fun-Run please contact the School Fun-Run Office on 1800 FUN RUN.

Thanks for supporting the school and we hope to see you at the event!

Good for Kids good for life

WAYS TO BE PHYSICALLY ACTIVE

Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Image source: Department of Health



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Grapes are great for Crunch&Sip®!

Sweet, easy to eat and full of nutritious goodness, grapes are a perfect snack for Crunch&Sip®.

For a cool treat, why not try freezing grapes?

Delicious!



5 facts about strawberries

1. Strawberries aren't actually berries, they are known as 'accessory fruits'
2. On average, strawberries have about 200 seeds
3. They're the only fruit with their seeds on the outside
4. They are a good source of Vitamin C
5. Most children love them!

Why not pack strawberries for Crunch&Sip® this week?

Calendar of Events - TERM 4 2019

Month	Week	Mon	Tues	Wed	Thurs	Fri	Sat/Sun
Nov	7	25 Swim School Dress Rehearsal	26 Swim School	27 Swim School Canteen School Play 6pm	28 Swim School School Banking	29 Swim School	30/1
Dec	8	2 Swim School	3 Swim School	4 Canteen Swim School Uralla carols in the park 6pm	5 Swim School	6 Swim School	7/8
Dec	9	9 P&C meeting at Top Pub 5.30pm ALL WELCOME	10	11 Presentation Assembly 1.30pm	12	13	14/15
Dec	10	16 Safety Day	17	18 Splash & Dash No canteen BBQ lunch Last day for students	19	20	21/22

FOR YOUR INFORMATION

CANTEEN

Every Wednesday

Price List:

Macaroni & Cheese.....	\$3
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
Milk.....	\$1.50
Fruit Icy Pole.....	\$1

Canteen duty

November 27– Anita

December 4- Maxine

ROCKY RIVER P&C

NEXT MEETING -

9 DEC

5.30pm

ALL WELCOME!



2020 Small School Swimming Carnival -Important Information

Our small school's 2020 swimming carnival will be a little different from previous years. We will be holding a twilight swimming carnival on Thursday 13th February at the Uralla Swimming Pool from 2.00pm - 7.00pm. Students will come to school as normal on the Thursday morning and then travel to the pool for an extended school day to complete the carnival. This will mean that students do not attend school the day after, on Friday 14th February. Staff will attend a combined professional learning workshop with our small school cluster of schools. We hope all parents can come along and watch their children swim and compete. We also hope that this helps to keep students out of the sun for a full day. If you have any questions, please come and see me and don't forget to add this event into your calendars. We will provide more information early next year.

Young Life Club Night

Uralla Anglican Church runs a weekly Youth Group with Young Life for High School students each Friday night during school term from 7-9pm. We would like to invite those in Year 6 moving up to Year 7 to attend for the rest of this term. Cost is free!

For further information, phone Brian on 6778 4906.

Carols in the Park will be held on-

Wednesday, 4 December 2019 at Alma Park, Uralla Free Sausage Sizzle at 6pm, Carols at 7pm



Please bring a chair or picnic rug.

A donation bucket will go around for a donation towards drought relief.

THE ROTARY CLUB OF URALLA

Annual Arts Exhibition

Saturday 28th March to Sunday 5th April 2020
Opening Night Friday 27th March 2020

IMPORTANT DATE Friday 13th March 2020 - ENTRY FORM to be attached to back of painting and delivered to your School by Friday 13th March 2020.

Conditions for Youth Art Prize

CONDITIONS OF ENTRY - PLEASE READ VERY CAREFULLY

CATEGORIES ARE:

1. K to K2
2. Years 3 to 8
3. Years 7 to 9
4. Years 10 to 12

5. Entry Limit of **ONE ONLY** entry per student.

6. Entry is **FREE** to all students.

7. Each entry must be the **original idea and unaided** art work of the entrant.

8. **No copies of other student's works allowed.**

- Paintings, drawings and other art works, photography and digital media must either be framed or on solid backing (e.g. heavy cardboard black or coloured) and ensure artwork has appropriate cord on back of heavy cardboard and any framed works have appropriate hooks with cord attached to the frame.
- **SIZE OF ART WORK NOT TO EXCEED 1200mm x 900mm (48x36) INCLUDING FRAMES**
- **SIZE OF ART WORK (sculpture or pottery) MUST BE OF MANAGEABLE SIZE (to allow for safe handling and exhibition)**

9. Each entry must be clearly marked, and entry form attached to the back of artwork with:-

- a. Students name, school, class year, age address and contact phone number
- b. Title of work
- c. Photography or Digital Media
- d. medium used
- e. Price or NFS (Not for sale)

10. Please ensure that you record the correct details (name and price) of your art work on the entry form as changes to your entry will not be accepted

11. The proceeds of any art work sold will be forwarded promptly.

12. The Rotary Club of Uralla reserves the right to have entries reproduced in the press or shown on television for the purposes of advertising the Exhibition

13. The greatest possible care will be taken with entries. Entries must be properly packed by the exhibitor and must be clearly marked on the outside of the wrapping with name and address of sender. Exhibits **ARE NOT** covered by insurance against theft or damage

14. All transport and insurance costs to/from and during the exhibition must be met by the artist. The Rotary Club of Uralla shall exercise all reasonable care in handling the works submitted, but works shall at all times be at the risk of the entrant. The Rotary Club of Uralla shall not be liable for any damages or loss however arising

15. The Rotary Club of Uralla is not responsible for any breakages in transit.

16. All artwork is to remain at the exhibition until the end of the exhibition, and will be delivered back to your school the following week.

17. The Rotary Club of Uralla reserves the right not to accept and/or display artworks

Contacts:

Bev Stubberfield
School Coordinator
M: 0419607251

bevely.stubberfield@gmail.com

Facebook.com/UrallaRotaryClub

If your child / children would like to enter The Rotary Club Arts Exhibition, any art work will need to be completed at home and entry forms will be available from the school office.

Thank you!

It is recommended that you keep a copy of your Entry Form

Thank you for supporting Footy Colours Day

2019

Fight Cancer Foundation and the Footy Colours Day Team would like to acknowledge and thank

Rocky River Public School

for Showing Your True Colours to support young learners living with cancer.

Eric Wright

Managing Director



Proudly sponsored by

foxtel

FOR YOUR INFORMATION

WOULD YOU LIKE TO RECEIVE THE ROCKY RIVER PUBLIC SCHOOL NEWSLETTER VIA EMAIL?

To Join our emailing list please email the school to receive the weekly newsletter.

rockyriver-p.school@det.nsw.edu.au



Our School Bus Contacts

Malcolm Macpherson

Phone: 02 6777 2436
 Fax: 02 6777 1342
 Mobile: 0417 443 387 Tammy 0427 692 265
 Email: info@oxleyexplorer.com.au
 Address: 10 Meridian St, Walcha NSW 2354
 Web: www.oxleyexplorer.com.au

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TO OUR



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Little Ladybird Plant Nursery

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We aim for the best and healthiest plants for our Tablelands climate, and are dedicated to providing the best products for organic and fertile gardens.

Help is available for diagnosing plant problems, advice on plant requirements, pruning methods, and coping with climate change and pests in the garden.

Julie is passionate about helping the home gardener grow healthy food in a sustainable, low-maintenance way. Plant variety and soil minerals are important items.

Autumn is the time to plant spring bulbs, broccoli, herbs etc., and order trees.

164 BRIDGE STREET (Hwy), URALLA **Ph 6778 3098**

OPEN
 Wed to Sat 9 am - 5 pm
 Sunday 9 am - 3 pm

Visit us also on our Facebook page.

Uralla Vet Clinic

We're open 6 days a week, plus our after hours service provides you 24/7 assistance in emergencies. Please call to make an appointment during consultation hours.

Monday - Friday 8:30am - 5:30pm
 Saturday 9am - 12pm
 116 Bridge Street, Uralla

Our dedicated team is always here for your pets

**Barry Blair
Media**

Rocky River P&C would like to thank Toby and Trish from the Bushranger Motel for kindly donating their return and earn recycling bottles to our school.



37 Bridge St Uralla
6778 3777

*Warm regards Rocky River
Students & Staff.*