



Education
Public Schools

Rocky River Public School Newsletter

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TERM 4 WEEK 9 - 10 DECEMBER 2019

PRINCIPALS MESSAGE

Welcome to week 9!

Last Friday saw the end of our Swim and Survive program. It was fabulous to see the improvement in our student's water sense and skills over the two week period. Thank you to all our instructors and to Mrs Castle for her organisation of the whole program.

Sadly last week saw some parents not receive the notification in regards to carols. Please see the information from Anne and SkoolLoop regarding any problems you are having receiving information inside this week's Newsletter. The decision not to attend Carols was not made lightly and was due to many of our students being unavailable on the night.

This Friday, our school will participate in the Bust the Dust rain dance organised by St John's Parish School Trangie. Please read their purpose for this event below and take a look on Facebook or YouTube.

As a group of country kids, we were struggling to find the perfect way to help out in the drought...until now! On the 13th of December, we are inviting all schools to stop and dance with us.

What better way to lift up the spirits of people in need while this drought heads into the festive season than with a dance to cheer up everyone doing it tough!

Next year as you know Mr Hunt will begin the year as Principal. I know Mr Hunt will find working in the Rocky River community as rewarding as I have on both occasions I have been privileged enough to be part of it.

Sadly Rocky will lose Ms Macinnis this year after 4 wonderful years. Our students have benefitted greatly from their time with Ms Macinnis, who has created so many wonderful and successful learners. We also farewell Miss Carter and Miss Brooks next year. We thank them both for their outstanding contribution to the school and school community.

Next year Mr Hunt will welcome Miss Miller back to Rocky River as part of the 3-6 team while Miss Brien will move to K-2 as the Lower Division teacher. Mrs Kirkaldy will continue with the music program as RFF for term 1. Mrs Castle will continue her role as Learning Support Officer in 2020.

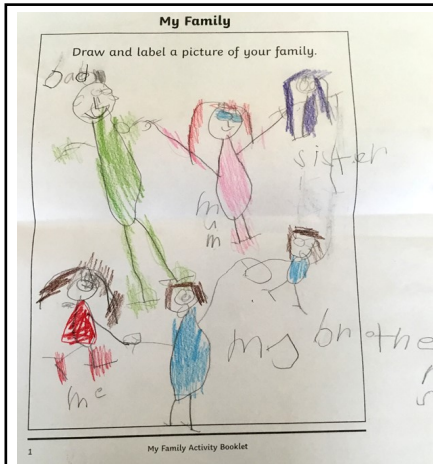
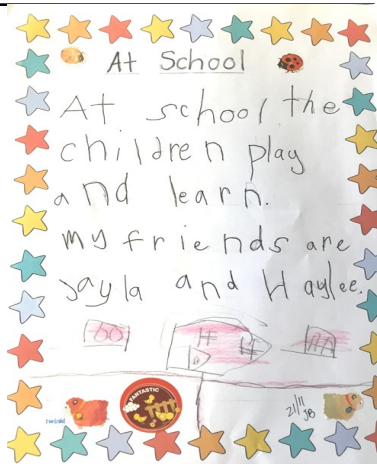
Next week sadly completes my time at Rocky River and I would love to see you all at Presentation Day on Wednesday 11 December at 1:30pm followed by an afternoon tea.

Have a great week!



KEEPING UP WITH UPPER DIVISION

This term Phoenix has been working on her handwriting skills. She has presented some very neat pieces of writing and continues to enjoy learning new skills.



Phoenix has drawn and labelled her family members as part of a Literacy activity with Mrs Castle.

KEEPING UP WITH LOWER DIVISION

LD students are getting into the spirit of Christmas, they are enjoying Christmas crafts with Ms Macinnis and Miss Brooks.



SCHOOL FUN RUN

Total Raised

\$1,924.75



Our Splash & Dash Fun run will be held on Wednesday afternoon 18 December. Parents are encouraged to come and join in the fun. The P&C will be providing a free sausage sizzle lunch for the students only. **Could all students bring an old white t-shirt** and old shorts of any colour to change into for running and participating in the activities for Splash & Dash and a towel, as they will probably end up quite wet. We are very conscious of the current drought conditions and so will be keeping our water usage to a minimum. Thank you to all who participated in the fundraising, what a terrific result! Students fundraising prizes will be given out on the day and we will be giving away bottled water to our families who are reliant on tank water.

KEEPING UP WITH THE P&C

Christmas Raffle- There will 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 presentation afternoon. The raffle will be drawn on 11 December at the end of the presentation assembly being held at 1.30pm.

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

BBQ lunch Wednesday 18- The P&C will be providing a FREE sausage sizzle for the students on our last day of term 4 2019.

Return and earn fundraiser- We would like to thank Trish and Toby from the bushrangers motel for kindly donating their 10c recycling to our school. This term we have earned \$160.

FOR YOUR INFORMATION



We extend a big thank you to Ballyhooly Civil who organised the 'Water run Sydney to Armidale' and Rotary for donating bottled water to our school. If anyone in our school community could use some we will be giving it away to rural residents reliant on tank water on Wednesday afternoon 11 December after our presentation assembly.

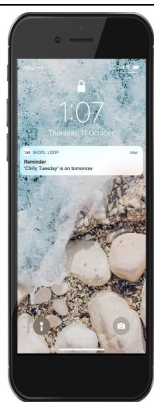
Bottled water is also available at Uralla Metal, Pursehouse Rural Uralla and Lempriere, Fox & Lillie and at the Invergowrie and Kentucky Stores, pallets have also been taken to Bundarra where the CWA will ensure availability & accessibility.

Uralla Rotary Club are also giving out the water at the Ural Motorcycles shed at 119 Bridge St Uralla on Saturday 7 December from 9am-1pm and Tuesday 10 December from 1-4pm. Preference will be given to rural residents reliant on tank water.

Don't forget to turn on notifications on your phone to receive **instant alerts** from us via the **Skool Loop App**.



Simple free download: In Google Play or App Store search "Skool Loop" & choose our school once installed



We have had some parents say they are having issues with the Skool Loop App, please ensure your notifications are turned on to receive alerts as this is the quickest way for us to notify parents of any changes to routine or emergency alerts if necessary. If you are having issues that you can't resolve you can go to either of these sites for information iPhone: <https://support.apple.com/en-us/HT202180> OR Android: <https://support.google.com/googleplay/answer/113412?hl=en>

Next Wednesday 18 December, we ask that students arrive before 8.30am as we have a special visit from The Ray White Lower North Shore company at 8.40am they are travelling NSW and visiting schools with donations for the local community to help out drought stricken families. We are very fortunate to be part of this wonderful cause.

Calendar of Events - TERM 4 2019

Month	Week	Mon	Tues	Wed	Thurs	Fri	Sat/Sun
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 The Ray White Christmas gift visit	19	20	21/22

Calendar of Events - TERM 1 2020

Jan/ Feb	1	27	28 Staff Development Day	29 Term 1 commences for all students	30	31	1/2
Feb	3	3	4	5 P&C Meeting 5.30pm ALL WELCOME	6	7	8/9
	4	10	11	12	13	14	15/16

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

December 11– Erica

December 18—Sausage
sizzle

ROCKY RIVER P&C

NEXT MEETING -

5 FEB

5.30pm

ALL WELCOME!

Library News– Could all school library books from home please be returned by the end of THIS week, week 9.

Thank you.



What is Crunch&Sip?

Crunch&Sip® is a break in class for students to refuel with fruit or vegetables and rehydrate with water

Make sure your son or daughter has fruit or vegetables and a small bottle of water for Crunch&Sip® each day!



5 facts about kiwifruit

1. Another name for them is Chinese Gooseberry
2. They come in green and gold varieties
3. Their brown skins are edible, however they can be tough so some people prefer to scoop out the flesh
4. They are a good source of Vitamin C
5. They are a perfect snack for Crunch&Sip®!

Good for Kids good for life

TIPS TO HELP KIDS EAT VEGGIES

- ADD TO EVERY MEAL**
 Salad on sandwiches/wraps
 Offer cut up veggies as snacks
 Fill half the plate with veggies
- ENCOURAGE YOUR CHILD**
 Show them you like eating veggies too
 Add veggies to food they already like
 Be positive and patient: it takes 10 to 15 times to like a new food
- TRY A VARIETY**
 Fresh, Frozen, canned, raw or cooked
 Different colours
 Buy in season

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.*

*Australian Bureau of Statistics (National Health Survey, 2014-15)

MAKE HEALTHY NORMAL

This resource has been developed by Western Sydney Local Health District, published November 2018

Good for Kids good for life

CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

HOW MUCH SUGAR IS IN THAT DRINK?

Drink	Sugar
Water	No sugar
Plain milk	No added sugar
Cordial	100% Fruit
Energy drink	100% Fruit
Flavoured milk	100% Fruit
Sports drink	100% Fruit
Soft drink	100% Fruit
Tap water	100% Fruit

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

Age	Water
1-5 years	6 x 250ml glasses = 1.5 litres
6-12 years	6 x 250ml glasses = 1.5 litres

TIPS TO HELP YOUR KID DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle of water when you go out
- Pack water with your child's lunch
- Encourage your child to drink water when they play sport
- Limit buying sugar sweetened drinks

MAKE HEALTHY NORMAL

Published October 2017

Source: Western Sydney Local Health District

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

www.oxleyexplorer.com.au

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Our School Bus Contacts

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THANK YOU

TO OUR



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Little Ladybird Plant Nursery
The place for the organic grower

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.*