



Education  
Public Schools

# Rocky River Public School Newsletter

Phone: 02 6778 4122 Fax: 02 6778 3019

Email: rockyriver-p.school@det.nsw.edu.au  
354 Thunderbolts Way, Rocky River NSW 2358



TERM 3 WEEK 3 - 6 AUGUST 2019

## PRINCIPALS MESSAGE

This week we celebrate Education Week. We celebrate a love of learning and continue to strive for our students to develop a love of life long learning. Rocky River will celebrate Education Week in week 5 along side book week. We will celebrate all that we are with fabulous and exciting learning opportunities for our students.

Well done to Bella, Haylee, Josh, Rowena, Sophia and Ella for their spirit and participation in the District Athletics on Friday. Congratulations to Haylee who came first in the junior shot put. Haylee will proceed to the Regional North West carnival in September.

Thank you to our P&C for their generous donation towards our excursion. This has reduced the cost significantly and will give all our students the opportunity to attend this amazing excursion.

Have a great week!

## You Can Do It

It's great to see so many students using the YCDI language and really focusing on being **organised**.

We use **Habits of the Mind** to help us to stay positive and create a successful environment.

Last week we went through what **organisation** can look like and examples of this behaviour. I hope you are all feeling more organised and a little bit less stressed.

When we teach the students about You Can Do It we focus in on one aspect in particular. That is the **internal voice** and the way we want the students to talk to themselves.

Habits of the mind that are ways in which we can talk to ourselves to create positive behaviours. The Habits of the Mind that help us to be more organised are

1. **SETTING GOALS**- This means thinking that setting goals can help me be more successful at something.
2. **PLANNING MY TIME**- This means thinking about how long school work is going to take me to get done and planning enough time to get it done.

Remember.....

**"You are what you are and where you are because of what has gone into your mind.**

**You can change what you are and where you are by changing what goes into your mind."**

## LOOK WHAT'S HAPPENING IN OUR SCHOOL

### Hockey with Mr Greg Doolan-

Rocky River students have been learning the techniques of hockey and gaining new skills with hockey coach Greg Doolan. Greg is with us on Thursday's for sport, this will continue on for the remainder of Term 3.

All students have shown a great interest in Hockey and had a wonderful time last Thursday!



### Jeans for Genes Day-

Jeans for Genes is a national children's charity, which raises money for the care of children and families who are affected by genetic disorders.



**Rocky River School raised a total of \$50.**

**Well done!**



# Calendar of Events - TERM 3 2019

Month	Week	Mon	Tues	Wed	Thurs	Fri	Sat/ Sun
<b>August Education Week</b>	3	5	6	7 Canteen Fathering Project –Dads only @ Uralla Bowlo 6pm	8 School Banking	9	10/11
<b>August</b>	4	12 Book Club orders due	13	14 Canteen	15	16	17/18
<b>August Book Week</b>	5	19	20	21 Canteen	22 School Banking	23	24/25
<b>August</b>	6	26	27	28 Canteen	29	30	31/1
<b>September</b>	7	2	3	4 Canteen	5 School Banking	6	7/8
<b>September</b>	8	9	10	11 Canteen	12	13	14/15
<b>September</b>	9	16	17	18 Canteen	19 School Banking	20 North West Athletics Carnival	21/22
<b>September</b>	10	23	24	25 Canteen	26	27 Footy Colours Day	28/29

## 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

**August 7 – Maxine**

**August 14 – Emma**

**August 21 – Helen**

**August 28- Jade**



**Armidale Triathlon Club**

#### ELDERS DUATHLON SERIES

**SUNDAY 18<sup>TH</sup> AUGUST 2019**

**SUNDAY 29<sup>TH</sup> SEPTEMBER 2019**

**REGISTRATION 8:00 AM**

**RACE START 9:00 AM**

**ENTRY \$5.00 PER PERSON**

SHORT COURSE  
500m run, 3.8km ride, 500m run

LONG COURSE  
1.5km run, 12km ride, 1.5km run

Armidale Traffic Education Centre

Mann St, Armidale

Entry at main gate,  
Registration at first building's veranda

All enquires to Paul Billings 0411 400 740

Facebook: Armidale Triathlon Club Save the date notice:  
The H&H Schools Challenge team triathlon will be on  
1<sup>st</sup> December 2019

## KEEPING UP WITH THE P&C

### ROCKY RIVER P&C

#### NEXT MEETING -

**Wednesday 4  
SEPTEMBER**

**5.30pm**

If you like to bring up a topic at the next P&C meeting it must be on the agenda, this will ensure our meetings finish on time. Please mail your agenda topic to Erica at rockyriverpandc@gmail.com

Thank you!



G'day fellas,

Firstly, thank you all for coming to the BBQ & Paper Plane night at the school a few weeks back. It was a great night where we all did something very simple, but very profound in the lives of our kids, as we showed them how special they are to us by just being there!

The feedback I have received has been overwhelming and I would encourage each of us to continue to do those simple things with our children as we try and be the best dads and father figures we can be to help our kids have a brighter future.

To follow up from our Dads & Kids night, I propose we meet in week three of this term to get together as 'Dads only' to flesh out some ideas that a few of you fellas had, and to just enjoy each other's company for an hour or so over a quiet drink at the Uralla Bowlo.

I'm thinking Wednesday 7th August at 6 pm @ the Uralla Bowling Club.

I would appreciate an RSVP to give me an idea of numbers, however this is not crucial for you to turn up on the night, as we would all love to have a great roll up.

Just one last thing. At our dads & kids' night, I recommended we all go to [www.fp4me.org](http://www.fp4me.org) to start getting weekly tips to help us in our journey as dads and father figures. I would encourage you all again to do this if you have not already. It's a great resource to remind us of the little things that can make a huge difference in the lives of our kids.....not to mention, just enjoying being a dad. It should be the best job we ever have!

Thanks again, and I look forward to seeing you all at the Bowlo!

P.S. A few blokes didn't have email address, so could we all please spread the word and encourage each other to be there.

Cheers,

John Everett

Armidale Regional Coordinator

## 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

**THE OXLEY EXPLORER**  
ABN 33 101 011 287

**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

Our School Bus Contacts

## The Far Side®



# THANK YOU

TO OUR



SPONSORS

**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.*