



Education  
Public Schools

# Rocky River Public School Newsletter

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354 Thunderbolts Way, Rocky River NSW 2358



TERM 3 WEEK 6 - 27 AUGUST

## PRINCIPALS MESSAGE

Wow, what a fabulous week we had last week. I thoroughly enjoyed celebrating the learning journey and success of our students during our assembly and book week parade. Thank you to all who were able to come along and celebrate with us.

This week we celebrate SASS week. This is a week dedicated to acknowledging the work all our support personnel do for students, staff and the wider community. I would like to thank Anne, Emma, Chris and Sally for their ongoing flexibility and dedication to our school.



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### Sensory Processing

Nature offers a healthy balance of sensory stimulation. Spending time in nature supports sensory integration and minimizes anxiety due to overstimulation or sensory processing disorders.

A reminder that the 1st instalment of \$50 for the Upper Division excursion was due last Friday, there are still some outstanding payments.

Thank you to Hunts Carpets and Uralla Hardware for their kind donations of pallets for our outdoor play kitchen. Already our students are enjoying using their imaginations and nature at break times.

This weeks developmental focus for Outdoor learning is sensory.  
Have a great week.

### You Can Do It

This week in school we are continuing to teach the students all about the key of organisation.

Being organised starts off with you having some goals. As we saw last week, a destination helps organise your efforts to get there. I am going to set a little challenge this week. With your child or children have a conversation about what subject or area of their schooling they would like to improve in? Together write down a goal and put it on the fridge. Make sure this goal is attainable and realistic for instance knowing all your times tables by the end of the term may be a little out of reach but knowing your 2 times tables and 4 times table may be more achievable. If you need help with this ask your child's classroom teacher. Once this goal is set out and is realistic, plan some time to work on this with your child. It may only be 5 minutes before dinner or 5 minutes added onto your homework time. It would be a great time when planning this to ask the question, what may stop you from achieving this goal? Answers like I may choose to watch television or I may choose to play instead of doing it. This is a great opportunity to discuss that nothing gets achieved without giving some effort.

See how you go.



Organisation

## LOOK WHAT'S HAPPENING IN OUR SCHOOL

We had an amazing assortment of costumes last Thursday for our Book Week parade and assembly, students received awards to celebrate their learning achievements and the You Can Do It keys they have earned. Lower Division and Upper Division performed items to keep everyone entertained. Mrs Deiderick gave out awards to staff to acknowledge their contribution to our school. Thank you to all of the parents, grandparents and friends who came to celebrate with us.





Welcome  
BARRBARRA



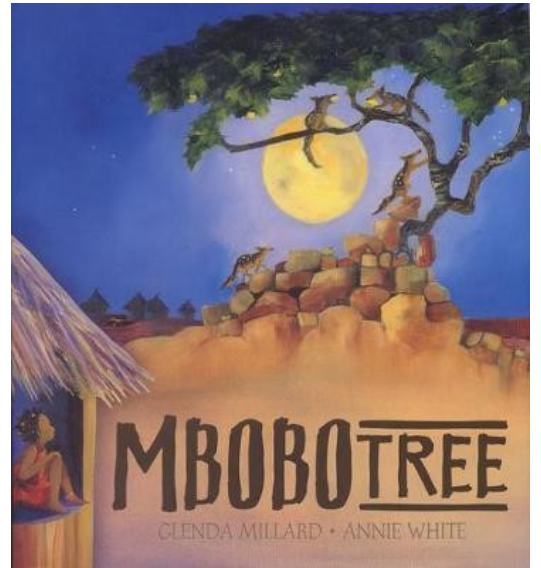
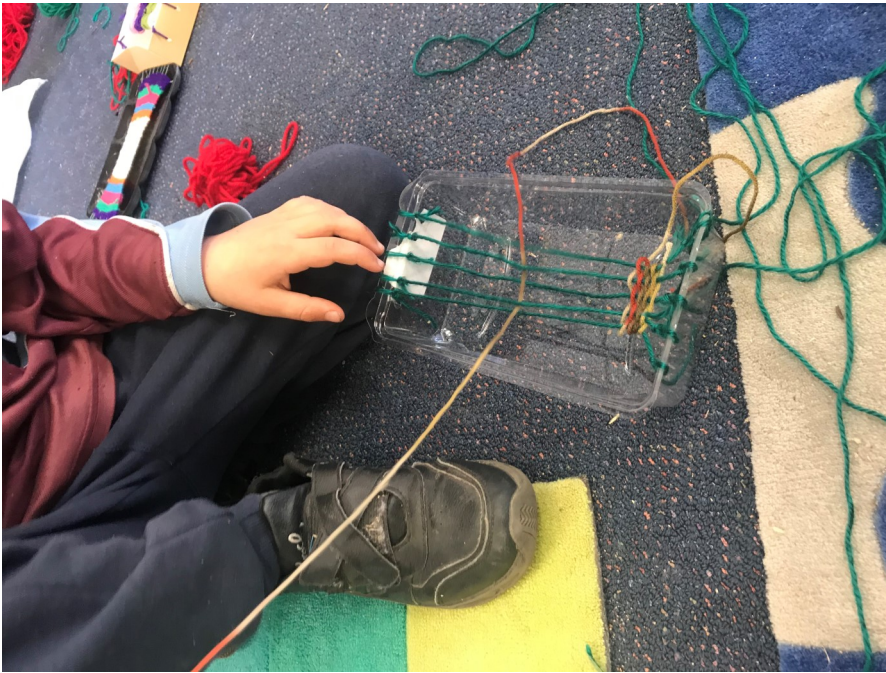
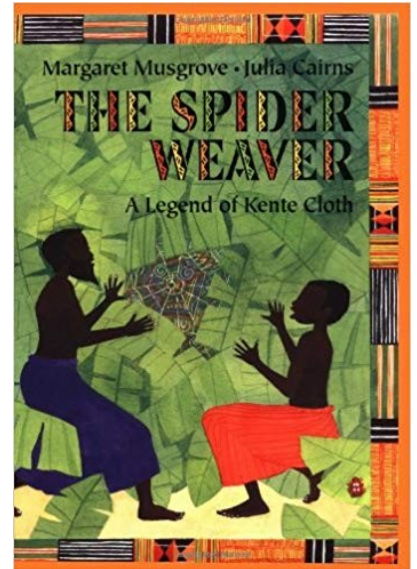
Miss Brien has a pet lamb. Barrbarra is a very playful, noisy and cute lamb. She visits Rocky River during the day, hangs out with the chooks and enjoys cuddles with the students.



## KEEPING UP WITH LOWER DIVISION

In LD we have been studying different aspects of life in Africa to complement our literacy unit on 'Mbobo Tree' by Glenda Millard. After looking at the traditional clothing of the Africa culture, we listened to the story of 'The Spider Weaver: A legend of Kente Cloth', which is an African story based on a Ghanaian legend. about two weavers who discover a magical-looking spider web in the jungle. Inspired by the web's brilliant design and the weaver who created it, the men return to their village and create complete patterns of their own, which they call "kente", a cloth now known throughout the world.

Students then tried their hand at weaving their own designs using brightly coloured wool and threads as seen in the African culture. This is an excellent activity to improve fine motor skills and hand/eye coordination.



# Calendar of Events - TERM 3 2019

Month	Week	Mon	Tues	Wed	Thurs	Fri	Sat/ Sun
August	6	26	27	28 Canteen	29	30 The Fathering Project BBQ/ breakfast 8.30-10am  Chamber music 2.10pm	31/1
September	7	2	3	4 Canteen P&C Meeting 5.30pm ALL WELCOME	5 School Banking Day for Daniel	6	7/8
September	8	9	10	11 Canteen	12	13 North West Athletics Carnival	14/15
September	9	16	17	18 Canteen	19 School Banking	20	21/22
September	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 28- Jade

September 4- Zoe

September 11- Kyanne

### ROCKY RIVER P&C

NEXT MEETING -

Wednesday 4  
SEPTEMBER

5.30pm



Day for Daniel is on  
Thursday September 5,  
Week 7.

Students are to wear red  
and bring a gold coin  
donation to show support in  
Child Safety.

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

WHEN: 2 x Tuesdays  
10th & 17th September 2019  
TIME: 5.30 - 8.30pm  
WHERE: 150 Rusden St.  
Armidale  
COST: FREE



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



Centacare NENW acknowledges the  
traditional custodians of this land and pays  
respect to the elders past and present.

## New England Antique Machinery & Heavy Horse Field Days



33rd Annual Rally  
ARMIDALE  
SHOWGROUNDS  
9th - 10th Nov 2019



Vintage Working Machinery - Small Engines - Steam Engines  
Tractors—Working Draught Horse Demonstrations- Vintage Cars,  
Trucks & Motor Cycles—Tractor Pull - Military Vehicles -  
Post Ripping—Raffle—Swap & Stalls. Mini tractor pull for kids



Grand Parade  
Sat & Sun  
Catering on site  
Contact



Gavin - 0428 625 812 or Bronwyn - 0408 658 594

Admission \$8.00

Concession \$5.00

School Children Free

Sat - 9:00 - 4:00

Sun - 9:00 - 2:00



N.E.A.M.C - P.O. Box 1144 Armidale, NSW 2350

N.E.A.M.C In Conjunction With the Armidale Draught Horse Group



LIKE US ON FACEBOOK

If you would like to go into the draw to  
win a free ticket to these Field Days  
please fill out the slip and return to the  
school.



New England Antique Machinery  
& Heavy Horse Field Days.

Name:

Phone number:

## FOR YOUR INFORMATION



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA



### How Is Parenting For You?

If you have a child between 2 and 12 years, researchers from the University of Queensland are interested to know about your views on parenting and the services that are available to you as a parent. You will need to complete a short survey.

To find out more, visit our website:

<https://exp.psy.uq.edu.au/parenting>



Survey closes on the  
31st August 2019



Creative kids can now put a \$100 voucher towards extra-curricular creative activities outside of school. Together with **Active Kids**, this program aims to encourage more NSW children to participate in a range of extra-curricular activities such as coding, languages, circus, performing arts and visual arts. Parents can apply for one \$100 voucher for each child enrolled in school on the **Creative Kids** website and use it towards the cost of registration, participation or tuition. You just redeem the voucher with a **registered provider** in your area when making your payment. This is a great opportunity for your child to become involved in a range of activities that will build on their education, growth and development. Service NSW is working with industry bodies to deliver the program. For more information, contact Service NSW on 137 788 or [creativekids@service.nsw.gov.au](mailto:creativekids@service.nsw.gov.au).



It's time for Crunch&Sip®



Cool Kids Crunch&Sip®!

Don't forget the bottle of water  
and fruit or vegetables for  
Crunch&Sip® everyday!



Happy Birthday to Mrs Deiderick and  
Mackenzie Willis



## 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**

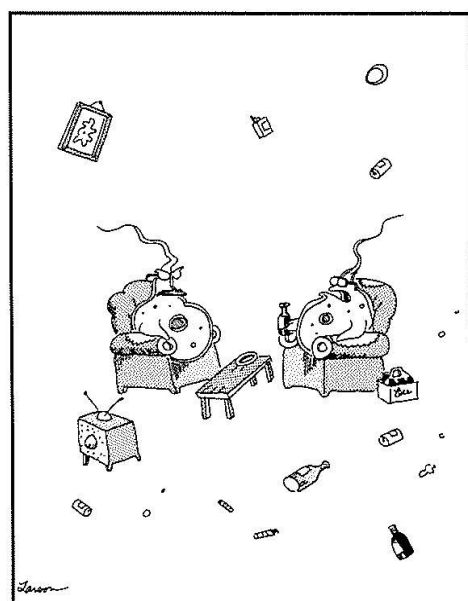


**Our School Bus Contacts**

**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

## The Far Side®



"Hey, I got news for you, sweetheart! ...  
 I am the lowest form of life on earth!"

# 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.*