Rocky River Public School
Newsletter
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TERM 3, WEEK 4 – 4th August 2015

PRINCIPALS MESSAGE
We had a lovely assembly last Thursday for Education Week. The students particularly enjoyed playing games with those parents who joined in the games.

Congratulations goes to Stelios Charnas who has been successful in gaining entry into the selective class at Armidale High School for next year. Well done, Stelios!

We are all looking forward to the rugby day tomorrow. The weather forecast isn’t great so please make sure your child/children are warmly dressed.

There is a P&C meeting scheduled for Wednesday afternoon commencing at 5:30pm. The last meeting was cancelled due to a lack of numbers.

Our students were quite a hit at the community singing last Wednesday. They performed proudly with confidence and were also treated to the other performances. We received a lovely letter from Fran Kaberry thanking us for participating.

IMPORTANT DATES TO REMEMBER
- 5th August-Rugby Day at the Uralla Sporting Complex.
- 7th August-Jeans for Genes Day
- 24-28th August-Book Week
- 27th August –Book Week Assembly 9am

CANTEEN
Every Wednesday
Price List:
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:
12th August–
Kerrie Roylance
19th August–
Leanne Waters

P&C
The next P&C meeting will be on Wednesday 5th August at 5.30pm
ALL WELCOME

Morning madness, late assignments, yesterday’s half-eaten lunch sweating in the schoolbag – sound familiar?
Just like adults, children cope much better if they can manage their time and their environment wisely.

Go to the Schoolatoz website for tips on time management.

Photo courtesy of Barry Blair
LOOK WHAT'S BEEN HAPPENING IN LOWER DIVISION

Above: Students love playing in our sand pit and it is very nice to see them working together to create this monstrous castle!!

Right: Tori Lee and Sarah receiving awards at the Education Week assembly.

Below: Lower Division students reciting a poem-My Lunch and students, staff and parents enjoying some games after the assembly.
LOOK WHAT’S BEEN HAPPENING IN UPPER DIVISION

Upper division students singing ‘Teach Your Children Well’ at the Education Week Assembly last Thursday

Armidale PSSA Athletics Carnival
Q&A with Toby and Louisa

1. So, what was it like going against the bigger schools?
   Toby- It was exciting
   Louisa- It wasn’t that different

2. How many people where there on the day?
   Toby- I think there was over a thousand
   Louisa- I think well over a thousand

3. Did any of you get into regional?
   Toby- I did for relay
   Louisa- I did for relay and 100 metres

4. Was it fun on the day?
   Toby- it was fun
   Louisa- it was nearly the best day of my life

5. If you had to go and do it again right now would you?
   Toby- Most definately
   Louisa- that’s unrefusable

6. Did you train for your events?
   Toby- sort of
   Louisa- a bit but I stretched as well

7. Do you think you will go well in regional ?
   Toby- I think so
   Louisa -I may because I did well last time.

8. Did your parents encourage you?
   Toby- certainly
   Louisa- most sportingly

Interview conducted by
Emma Page and Stelios Charnas
FACT SHEET #38

Winter Fire Safety Checklist

FACT
Each year, the Fire and Rescue NSW attends approximately 4,500 residential fires in NSW with approximately 30% of them occurring in winter months, and 47% of fires starting in the kitchen.

IS YOUR HOME WINTER FIRE SAFE?
We recommend this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- Never ever leave cooking unattended. **“Keep Looking When Cooking”**
- Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly.
- Make sure you and all your family know two safe ways out of every room in your home.
- Have a written home escape plan in case of fire and practice it regularly.
- If you have a fireplace in your home make sure the chimney is clean, and its properly ventilated.
- If you have a fireplace always place a screen in front of it when in use.
- Check electric blankets for damage or frayed cords before placing on the bed.
- Take care to keep curtains, tablecloths and bedding away from portable heaters.
- Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- Only use one appliance per power point and switch off when not in use.
- Always extinguish candles or any other open flames before going to bed.
- Always handle candles or any other open flame with care.
- Store matches or lighters in a secure place not accessible to young children.
- Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of carbon Monoxide which could be fatal.

FIRE SAFETY TIPS

- Use only authorised installers of fixed heating appliances.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- In Case of an Emergency Get out Stay Out and Call Triple Zero (000).
**FOR YOUR INFORMATION**

**Book Week Assembly 2015**
Thursday 27th August 9am

**Lower Division:**
Students in lower division are to choose a book and come to school dressed as a character. Students will have the opportunity to briefly describe their book at the assembly. This is to be organised at home but students may use a library book or a book from home.

**Upper Division:**
Students in Upper Division will be completing a character study as part of their library lessons. They are to come to school dressed as their character and describe their character at the assembly.

If you have any questions please contact me at school on Wednesdays or Thursdays Ph: 67784122 or via email samantha.pye2@det.nsw.edu.au

Thanks,
Samantha Temoso

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**Good for Kids good for life**

**Looking for some nutrient packed lunchbox snacks for your active child?**

Try these seven sensational nutrient packed snacks!

1. Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)
2. Sultana, cheese & rice crackers
3. Hardboiled egg & cherry tomatoes
4. Fruit salad & yoghurt or custard
5. Rice cakes with avocado and cheese
6. Pre-cooked corn cob
7. Hummus & crackers & capsicum slices

Source: Murumbidgee Local Health District

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**TWILIGHT SOCCER**

10’S / 12’S / 14’S / 16’S
WOMENS / OPENS / MIXED
JUNIORS: $350 / SENIORS: $450
9 WEEK COMPETITION
STARTS OCTOBER 6

register today at www.sportune.com.au

02 6773 3856 / sportune.com.au

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**The Far Side®**

“Gee, whiz … you mean I get a third wish, too?”

Warm regards Rocky River Students & Staff.