Wow! What a fantastic day at the Small Schools swimming carnival. Although it was weather for ducks it was great to see all the students and spectators supporting each other. It was great to see so many of our students getting in and having a go at different events. Thank you to parents and carers for helping throughout the day with various organisation. It helped make the day enjoyable and run smoothly.

I look forward to attending the Armidale PSSA District carnival on 18 February and cheering on our students. As soon as we have received the results from Kelly’s Plains we will get information home with students going to the next level.

Don’t forget the P&C will be holding a welcome BBQ followed by our first P&C meeting tonight starting at 5:30pm. This is as I said last week is a great chance to meet new people and for everybody to get involved in the planning of activities and events that will benefit your children and promote our great school to the wider community.

Sport Day
Sport day will now be held on a Friday afternoon. This is due to our inclusion in Hockey and Cricket skills clinics being held later this term and early next term. This is an exciting opportunity for our students to learn new skills with experts in their field.

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. Sounds a little bit nutty I know, but it works! For example if you tell yourself that you are going to have a bad day or that someone doesn’t like you or that life is just too hard, this negative thinking is going to create negative behaviours.

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.”

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**P&C**
The next P&C meeting will be on Wednesday 10 February 2016 following the Welcome BBQ. ALL WELCOME

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**IMPORTANT DATES TO REMEMBER**

- **10 February**—Welcome BBQ 5.30pm
- **12 February**—School Photo Day

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**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

Jaz is currently doing up a new roster for Canteen so if you are able to help out even if it is only one day per term it would be greatly appreciated. She can be contacted on 0437957219.
SMALL SCHOOLS SWIMMING CARNIVAL
DONT FORGET!
School Banking is on Mondays.

School photos are this coming Friday 12 February. Please return envelopes to the school by Friday morning. Ensure that all students are wearing their full school uniform.

URALLA JUNIOR RUGBY LEAGUE
2016 SEASON REGISTRATIONS

WHEN: THURSDAY 18 FEBRUARY 2016 FROM 5.30pm to 6.30pm
WHERE: URALLA SPORTING COMPLEX
COST: $70 per player
SEASON COMMENCES: 30 April 2016
OR REGISTER ONLINE
https://reg.sportingpulse.com/regform.cgi?alID=124&pKey=644d50fde548143430fc350c6af8b46db&cID=12512&formID=53641
FOR MORE INFORMATION CONTACT:
Clare Baker on 0427 705 058 or clarelbaker@bigpond.com

THE ROTARY CLUB OF URALLA
Presents the
39th Art Exhibition 2016
To be held in the
Uralla Memorial Hall
Salisbury Street, Uralla
Saturday 12th March to Sunday 20th March 2016
Open Daily from 10.00am to 4:00pm
Sunday 20th March from 10.00am to 2:00pm
Entry Fee: Adults $5 - Seniors $4
Children under 12 years Free

Opening Night - 11th March 2016
6:30pm for Official Opening at 7:30pm - Cost $20 pp
Everyone is welcome to attend - No invitation is needed.
Tickets available at the door - Please RSVP for catering.
All works are for Sale - We look forward to your support

Art Show Contacts:
Peter Phillips - Chairman
Ph: 02 67784245 Mole: 0412615183
Email: helenphillipsart@bigpond.com

Jae Kachler - Co-ordinator
Ph: 02 67753212 Mole: 0429608521
Email: kachler@champion.net.au

Good for Kids good for life
SCREEN FREE QUIET TIME
Some families have a daily quiet time where everyone takes a break. Do your children watch movies during their quiet time?
Why not try some of these activities instead to reduce the amount of screen time they are exposed to during the day and to keep their minds active!
- Reading books
- Arts and crafts
- Puzzles
- Card games
- Listening to some relaxing music
- Spending time in the garden

Adapted from Murrumbidgee Local Health District Quick Tips

Warm regards Rocky River Students & Staff
ROSS LOW MEMORIAL JUNIOR OPEN
SUNDAY 14th FEBRUARY 2016

Proudly Sponsored by

GRAHAM BETTS MOTORS

In association with Armidale Veterans Golfers Association and
Ardal Golf Club Ladies Members
New England District Golf Association & Jack Newton Junior Golf

ORDER OF MERIT competition
Open to all Juniors with or without handicaps
18 hole event – handicaps required - $20
9 hole event – Open to Juniors with or without handicaps - $15
4 hole event - Open to Juniors with or without handicaps - $12

MAIN EVENTS
18 Holes Gross (each division), 18 Holes Nett (each division), Nearest the Pins

Entries Close up to the day, late entries will be accepted depending on numbers
Fax (02) 6772 9197 email: manager@armidalegolf.com.au

ENTRY FORM (Only one entrant on each form please)
ROSS LOW MEMORIAL JUNIOR OPEN

Surname: (Pls Print)_________________________Given Name___________________ Male /Female (circle)
Address:______________________________________________________________ Postcode____
Email Address:- __________________________________________________________________
Phone:_________________________ Competitor’s Club _______________________

Handicap:____ Golf Link No:________________ Event (circle) 18 or 9 or 4 holes

Forward payment with entry form OR Credit Card Payment Details

Name on Card: .................................. Card Number: ..................................
Expiry Date: .................................. Signature: ..................................

“We hope you enjoy your golf and your experience at Armidale Golf Club”