



Russell Vale Public School Newsletter

Think Act Speak Well

Week 2 Term 4

15 October 2012

Principal's Report Welcome Back!

We hope that all of our families enjoyed a happy, safe break and were able to spend some quality time together doing all of those things that busy school weeks often don't allow.

It's Term 4 and already the calendar is filling up. To ensure smooth running of planned events we ask that notes and money are forwarded **before or by** the due dates so that staff aren't spending unnecessary hours chasing these.

Industrial Action

Due to industrial action by the Public Service Association over cuts to school administrative and support positions our office ladies were involved in industrial action on the first Monday of this term. Although it was a relatively quiet day, being at the office I was directly reminded of all of those "little things" that our office staff manage so effectively.

While it might be inconvenient for some, industrial action is rarely a first resort. Rarely is it solely about wages. I'm sure many would agree that the current issues this action was objecting to: job cuts, casualization of staff, loss of hours, diminished transfer rights and increased workload as a result of job cuts are significant issues that have far-reaching effects.

Kindergarten Enrolments for 2013

Planning for 2013 is dependent on having numbers as accurate as possible. Over 30 students have been enrolled for Kindergarten already. If there are any parents you know who have not yet enrolled their child for Kindergarten, please encourage them to do so as soon as possible. Kinder Play and Orientation sessions are approaching and are extremely important events which facilitate the transition from preschool to Kindergarten.

Working Bee

Special thanks to Troy Keifer who has been volunteering his valuable time to coordinate a two hour working bee at our school. Originally scheduled for October 13 (9-11) unfortunately, due to poor weather this event has had to be postponed. An alternative date will be confirmed soon.

Charity Can Drive

Last year students were asked to support a can drive for people in need around Christmas time.

To support the underprivileged in the local Illawarra we will be holding a mufti day event on Tuesday 16th October with payment for coming in mufti clothes being a can donation.

St Vincent's de Paul will collect the donations and students and staff will have the opportunity to support local people in need. Special thanks to Mrs Linsley for initiating this purposeful drive.

P&C Meeting

I speak to lots of parents and carers in the playground or on the phone, at different times throughout the week but sometimes that's just not enough! So... it would be great to see lots of you on Wednesday evening at the P&C meeting – here at school at 7p.m. It's a great opportunity to hear first-hand what's going on, to have a cuppa and a chat and be inspired by our gifted and talented P&C who work with such enthusiasm for ALL of our children.

Community Day of Action

At the last P&C meeting, Di Body and myself informed parents and carers about Local Schools Local Decisions and the **Putting Students First Charter**. We also attended a forum where we heard Maurie Mulheron (President of the Teachers Federation) speak at Dapto Leagues Club. A Community Day of Action has been organised for teachers, parents and concerned citizens. This will be held at Tumbalong Park, Darling Harbour, Sydney at 11 am on Sunday November 18, 2012 and in regional centres throughout NSW.

With such major structural changes, it is important to be informed.

State Athletics

Best of luck to Alexei Rosser and Amy Joy who are competing at the State Athletics Carnival at Homebush on Wednesday. May the force be with you!

Michelle Rafferty
Relieving Principal

Dates

Oct

Wed 17

Sat 20

Nov

14/15/16

Wed 14

P&C Meeting

Bunnings BBQ

Stage 3 Camp

P&C AGM

Notes & Money Due

Congratulations!

SILVER School Award

Sienna McClafferty, Joshua Burton, Lillian Ritchie, Riley Walker, Crystal Siranovic, Zane Pinchbeck, Hayley Walker, Stella Ross, Cindy Pham, Jacqueline Holliday, Faith Apps, Jahra Tawhai-King

BRONZE School Award

Evie Feld, Katie Ross, Luke Sweeney, Danyon Costanzo, Hayley Walker, Stella Ross, Cindy Pham, Jacqueline Holliday, Faith Apps, Zane Pinchbeck

Academic MC

Jenna Owen, Jasmine Deece, Matthew Armour, Georgia Green, Tasia Ridgeway, Ryan Sweeney, Jocelyn Bray, Caitlin Joy, Shanaye Jones, Charli Whitefield, Darby Walsh, Kye Linsley

PD/H/PE MC

Jack Bowen, Evie McLaren, Danyon Costanzo, Cassie Pratt Johnson,

Creative Arts MC

Noah Baroudi, Charlotte Basham, Aisha Auieda

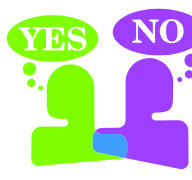


Friendly Kids, Friendly Classrooms

Students have been learning about positive tracking. Please take time to read the information below and discuss it with your child.

Thank You – G Jones

SAYING “NO”

Cool people can say “no” if they don’t want to do it.

Do's	Don'ts
Look in their eyes.	Don't look away or down at the ground.
Tell them you don't want to do it.	Don't say yes just so they'll like you.
Briefly say why (e.g. “No, I want to do something else after school”).	Don't say yes because you're scared that they'll say bad thing about you.
OR	If what they asked you to do was mean, dangerous, or against the rules, don't give them a lecture about it.
If it's a mean thing or against the rules or dangerous, point out the consequences (e.g. “No, it's too risky” or “No that's mean”).	Don't get angry or upset.
Sometimes you may want to thank them for including you (e.g. “Thanks anyway”).	
Keep your tone of voice and expression friendly and calm.	
Continue to calmly say no if they keep asking you. Try not to get angry.	
	
	

School Playground:

With thanks to our P & C Association

People who have been around Russell Vale Public School for long enough would remember fondly the fantastic timber play equipment that was once part of the playground – many princesses were rescued from the top of the fort, hundreds of brave warriors climbed to its dizzying heights to conquer a foe. But time took its toll and eventually it had to be pulled down.

Over the past five years our school playground has been changing for the better, with lots of great additions like our school hall and updated canteen, new concrete paths and lights, vegetable patches and lovely new plants in the gardens.

Now I have some very exciting news – drumroll please!



Our school has decided that it is the right time to have our very own play equipment installed in the playground. The target is to have the funds raised and the play area installed by June 2013 – or even sooner if the funds are available!

Playground equipment like this is not only a great deal of fun for students (happy kids learn well!) but can be used for fitness sessions in class to build co-ordination and strength.

Such a big project will need substantial funds. The school will fund a component but the bulk will come from the P & C. At the last P & C meeting it was decided unanimously to aim for \$25,000 of total funds prior to June 2013. \$10,000 was set aside by the P & C as a start, so along with our school funds we have around \$18,000 already!

Keep up to date on our fundraising from here – we have a really fun and useful goal to aim for – and we have taken a flying start! It could all happen very soon if we all support our P & C's fundraising efforts from here.

Mr Shepherd



Canteen News

Welcome back to the last term of the year. The new summer menu is attached and has some fresh new additions for the warmer months.

Our Pizza Meal Deal is fast approaching with the new look order form attached. This will be our last Meal Deal for the year, so let's make it a good one.

It is great to see our canteen roster filling up fast, with almost half the roster already full. Thanks to those who have already put their names down, let's keep the momentum going and fill the roster all the way till the end of the year! The position of Roster Coordinator is still vacant, so if you are interested please contact Tamara Johnson on 0412 173 192 or tamarajohnson@live.com.au OR Kelly Mills on 0414 851 914 (after 5pm) or kellymills5@bigpond.com.

Many thanks, from the Canteen Committee

Canteen Roster

Mon	15 Oct	Lynette Hando, Lynne Holmes
Tue	16 Oct	Donna McCrystal, Nicole Ficker
Wed	17 Oct	Closed
Thu	18 Oct	Tracey Brown, Neville Denham
Fri	19 Oct	Wayne Regan, Steve Joy
Mon	22 Oct	Debbi Reali, Karen Sweeny
Tues	23 Oct	Karen Dunn, Megan Spence
Wed	24 Oct	Closed
Thu	25 Oct	Julie Sweeney
Fri	26 Oct	Heidi Luyten, Sarah Crimston

P&C News

P & C Meeting- 17 October

Our next P & C Meeting will take place this Wednesday night at 7.00pm. The annual Christmas Raffle will be back again this year and planning is underway. Over the coming months we will be raising money for the construction of a new playground. Please support all P & C fundraising activities and also remember the Canteen has the potential to raise the most money. Become a canteen helper today!

P & C Annual General Meeting

This is an important night for the ongoing work of the P & C which will take place on Wednesday 14 November at 7pm. All Committee positions within the P & C will be declared vacant then re-filled by nomination and election. Positions include the P & C President, Vice-President, Treasurer and Secretary. We also require members to form sub-committees for the Canteen, Uniform Shop and Tennis Court. If these committees and positions are not filled:

- the P & C can no longer function at RVPS
- no more fundraising = no more new resources
- the canteen will be closed

- school uniforms will be out-sourced to a local retailer (costing more)
- the use and management of the Tennis Court will be handed back to Wollongong Council

Some of our current members have indicated they will be stepping down, and we urgently need somebody to come forward as the new Canteen Roster Person. We ask all parents and carers to consider being actively involved in the P & C for 2013. We average only 2 Wednesday night meetings per term and you decide how your time and talents are given.

All nominees for positions must be current financial members (ie. you have previously paid the \$5 annual membership fee). Please contact Julie H. or a current committee member if you have any questions or would like to express an interest in being nominated for a position. If more than one person is nominated, a secret ballot election will be conducted to ensure privacy during the election process. A brief General Meeting will follow the AGM after a short break.

Bunnings BBQ - Saturday 22 October

We still need 2 more people to complete the Bunnings Roster who can work from 11am to 1pm. If you are available please phone Megan Spence 0420 287 521 as soon as possible. Another way that you can support this fundraiser is to tell family and friends to visit Bunnings on Saturday 22 October and buy a sausage sandwich for RVPS! All proceeds raised will of course go towards the new Playground.

Education Cost Cuts

In response to the State Government's announcement that it will cut \$1.7 billion from all NSW Schools and TAFE, Local MP Sharon Bird will be speaking at a P & C Meeting to be held at Balgownie Public School tomorrow night, **Tuesday 16 October** from 7.00pm to 7.45pm. The venue is Balgownie Public School Library, Balgownie Road and all interested P & C Members and Parents are welcome to attend.

P & C Enquiries: Contact Julie Hardy 42 854095

Lost

Video camera in Corrimal on Wednesday 10 October.
Reward offered.

Ph 0413 205 941

**BUSH RANGERS FUNDRAISER
TO SYDNEY'S FACTORY OUTLETS**
Ladies come 7 have some fun as we are going to Sydney Factory Outlets for a big day of shopping.

Lots of raffles & prizes.

When: 17th November
Meet: We are meeting at Hollymount Park at 6:45am bus leaves at 7:00am.
Price: \$45.00 this includes bus trip, morning and afternoon tea.
Call: Nicole Jones 0423 220 274

Community News

Disclaimer: Russell Vale Public School advertises in this column as a service to parents. Russell Vale Public School does not endorse, sponsor or accept responsibility for the management or organisation of the advertised events or services.

RUSSELL VALE TENNIS COACHING

By David Macquire

At the adjoining Parkview Tennis Court

**Bookings available for hourly lessons (\$10)
conducted before or after school.**

Phone David's mobile 0422 576 306 or

Email: davidmacquire@hotmail.com

PARKVIEW TENNIS COURT

Available for Hire

\$5 per hour or \$15 half day

Phone: Megan 0420 287 521

Court is managed by Russell Vale P & C

All hire moneys received are used to improve the Court for the benefit of our school and the local community.

RUSSELL VALE COMMUNITY HALL

Available for Hire

Phone: **42 84 2799** (business hours) or
42 84 3742 (after hours)

The Hall is managed by Russell Vale P & C and a discount is available to all P & C Financial Members

Looking for something to do
after Soccer season?



Look at Rhee Taekwondo!

**Self Defence, Fitness & Fun
for all ages and levels.**

**Classes: Wed 6.30-7.30pm
Fri 6.00-7.00pm**

**Contact: Pushkin Rahman
0467727134
42847853**



First 2 lessons FREE!

Information for school communities about measles

Sydney is currently experiencing an outbreak of measles which began in April 2012 and is centred in the South Western Sydney and Western Sydney regions. Many of the cases have been high school students, with a smaller number in primary school. There is potential for the measles outbreak to spread further given young people have large social networks both within and outside of school.

NSW Health advises that measles is a serious viral illness that mainly affects unvaccinated children, teenagers, young adults, and babies too young to be vaccinated. Measles is highly infectious and can easily spread through the air.

Immunisation is effective in preventing the disease. In Australia, infants and young children are vaccinated with measles-mumps-rubella vaccine at 12 months and 4 years of age. People who are at risk of measles include:

- Infants <12 months who are too young to have been routinely vaccinated
- Older children who have not received 2 doses of measles-containing vaccine
- Adults born during or after 1966 who have not received 2 doses of measles-containing vaccine and haven't had measles infection in the past.

Immunising older siblings and non-immune adults will help prevent the spread of infection to infants who are too young to be vaccinated and who are at risk of severe disease.

The first sign of measles is a high fever which usually begins about 10 to 12 days after exposure to a person with measles (range 7-18 days). A runny nose, cough, red and watery eyes (conjunctivitis), and small white spots inside the cheeks can develop in the initial stage. The rash appears around 14 days after exposure, usually starting on the face and upper neck and spreading over the body, hands and feet. The rash lasts for 4-7 days.

IMPORTANT INFORMATION:

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. If you have had contact with someone who has had measles and develop a fever, runny nose, cough, red and watery eyes, it may be measles and seek medical advice.

If you suspect measles, see your doctor, clinic or hospital. It is important to ring before your consultation so you can be seen as soon as possible and arrangements can be made to avoid contact with other patients in the waiting room who may be susceptible to measles.

A person with measles should remain at home until four days after the rash appears to reduce the possibility of spreading it to other people.

Further information about measles can be found on the NSW Ministry of Health website at:
<http://www.health.nsw.gov.au/factsheets/infectious/measles.html>

Pizza Meal Deal



Friday 9th Nov 2012
\$5.00

Orders & Money must
 Be at the office by
3pm Tues 6th Nov

**NO LATE ORDERS
 ACCEPTED**

1 x Pizza (5 inch, classic crust)
 1 x Jelly Cup
 1 x Popper OR Bottle of Water 300ml

Child 1		Child 2		Child 3	
Name		Name		Name	
Class		Class		Class	
Please Tick 1		Please Tick 1		Please Tick 1	
Cheese		Cheese		Cheese	
Supreme		Supreme		Supreme	
BBQ Meat lovers		BBQ Meat lovers		BBQ Meat lovers	
Ham & Pineapple		Ham & Pineapple		Ham & Pineapple	
Please Tick 1		Please Tick 1		Please Tick 1	
Orange		Orange		Orange	
Apple		Apple		Apple	
Water		Water		Water	



HEALTHY BITES CANTEEN MENU

Russell Vale Primary School - Term 4 2012 – Summer Menu

SANDWICHES & WRAPS

It will automatically be a sandwich made with low GI bread unless otherwise stated on order.

Cheese	\$1.50
Cheese and Tomato	\$1.80
Chicken	\$2.20
Ham	\$2.20
Ham and Cheese	\$2.20
Salad Sandwich	\$2.20
(Lettuce, Tomato, Cucumber, Carrot, Corn, Cheese)	
Strawberry Jam	\$1.00
Tuna	\$2.20
Vegemite	\$1.00
Extras: Ham	.70c
Cheese	.30c

HOT FOOD

Schnitzel Sandwich	\$2.80
W. lettuce and mayonnaise	
Toastie	
Cheese	\$1.80
Ham & cheese	\$2.80
Ham, cheese & tomato	\$3.00
Raisin toast 2 slices	\$1.20
Banana Bread 1slice	\$1.00
Pie	\$2.20
Healthy Sausage Roll (120g)	\$1.50
Potato Smile	.15c
Chicken Wedges	.70c
Fish Cocktails	.70c
Extras: Tomato Sauce	.20c
BBQ Sauce	.20c

DRINKS

Bottled Water 350ml	\$1.00
Juice Popper	\$1.20
Apple / Orange / Apple & Blackcurrant	
Oak Milk 300ml	\$1.20
Chocolate / Strawberry	
99% Fruit Juice Slushies	\$1.20

SNACKS

Snack Pack	\$1.60
w. Sultana box, Carrot Sticks, Cheese & 6 Rice Crackers	
Slinky Apples	.50c
Watermelon pieces	.50c
Tiny Teddies	.40c
Air Popped Popcorn	.20c
Yoghurt Lollies	.5c
Milk Drops	.10c
Lunch Bag	.10c

COLD SNACKS

Calippo	\$1.00
Lemon / Tropical	
Frozen Blackcurrant	.50c
Jelly Joy's	.20c

If you can help in the canteen please contact

*Tamara Johnson on 0412 173 192
Or email tamarajohnson@live.com.au*

Canteen is CLOSED Wednesday's
All orders must be in by 9:00am
Child's Name & Class on bag