



Russell Vale Public School Newsletter

Think Act Speak Well

Week 8 Term 3

3 September 2012

Principal's Report **Southern Stars**

What an outstanding showcase of talent from the Illawarra and of course from Russell Vale Public School!

Our students performed marvellously and on behalf of parents I want to thank Mrs Body, Mrs Vorobieff and Mrs King for their outstanding commitment and expertise. Thanks also to Mrs Cleall and Mrs Beck who assisted Friday night and Saturday.

Thank you to all parents who assisted with costuming, transport and support.

We greatly appreciate your assistance in bringing this wonderful program of dance and choir to fruition.

Class Action

Every student should receive a copy of the Mercury tomorrow.

Our school insert will be in place and most classes have contributed.

Long Service Leave

Mrs Body will be taking two weeks Long Service leave in weeks 1 and 2 Term 4. Her class will be taken by Mrs Melinda Brancourt and Ms Vicky Marley.

Mrs Lawson will be away weeks 1-4 Term 4 and Mr Brooks Harvey will take 1RL.

I will be taking week 10 Term 3 and weeks 1 and 2 Term 4. Mrs Rafferty will be acting Principal and KR will be taught by Mrs Lateo.

National Recognition Week

All this week students, parents and staff at Russell Vale Public School will acknowledge the hard work done by the School Administrative and Support Staff (SAS Staff) as part of National Recognition Week.

National Recognition Week runs from Monday 3 September to Friday 7 September. This year's theme is **"Our Jobs Support Education."**

Every day of the school year SAS Staff face new challenges in the running of our public schools and the provision of the quality education which our children will need for life in the 21st century. They are constantly adapting to change so that our children can have the best education possible.

Public Service Association President, Sue Walsh, said "This is the twelfth year the Association has organised the celebrations for Recognition Week for SAS Staff."

"SAS Staff are a dedicated group of professional workers who are often overlooked in the school setting. Recognition Week gives the whole school the opportunity to demonstrate to SAS Staff that they are valued members of the school community" Ms Walsh said.

SAS Staff at Russell Vale play a vital role in students' learning by assisting teachers with implementing educational programs, maintaining records and assisting in producing newsletters, and maintaining the grounds to keep our school safe.

National Recognition Week is a great time to thank all our SAS staff for their hard work and dedication this year.

Garden

A big thank you to Mrs Fallo who donated the potted colour that is outside the office and looks fantastic.

Mark Grierson
Principal

Congratulations!



BRONZE School Award

Eva Maddox, Ethan Larnach, Kye Linsley, Grace Mellows, Alicia Flood, Amy Todd, Dean Oldfield

Academic MC

Tyla Kirby,, Daniel Crimston, Riley Dunn, Alexei Rosser, Noah McClafferty, Jacqueline Holliday, Payton Brown, Sienna McClafferty, Eva Maddox, Leila Maddox, Riley Walker, Dean Oldfield

Creative Art MC

Amelia Elliott, Tyrone McCrystal, Angus Spence

PD/H/PE MC

Erin Kaynak, Brinley Smart, Chad Moore, Jake McCorkell, Fletcher Bowler

Upcoming Events

Sep

Wed 12 P & C Meeting (7pm)
 Fri 14 School Disco (RSL)
 Tues 18 Interrelate evening

Oct

Sat 20 Bunnings BBQ

Notes & Money Due

Aug

Overdue Interrelate money

Sep

Tue 4 Hip Hop Dance

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

TELLING SOMEONE TO STOP ANNOYING YOU

Stay cool.
Stand tall and tell them stop.

Do's

Stay cool.
 Stand tall.
 Say their name (if you know it).
 Look in their eyes.
 Say firmly, and in a slightly louder voice, something like "Cut it out" or "No more".

If they do it again, tell them more firmly to cut it out.

If they keep doing it you can:-

- ignore them
- walk away
- ask an adult for support if you feel you are in danger. Do this only as a last resort.



Don'ts

Don't get aggro.

Don't argue with them.

Don't annoy them back.

Don't smile.

Don't use a whingeing tone of voice.

Don't try and get them into trouble.



Healthy Tips

Iodine and Learning

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

- ✓ cow's milk, yoghurt and cheese
- ✓ seafood



seaweed – as used in sushi or nori rolls

Quick and easy breakfast ideas

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For Example:

- wholegrain cereal with reduced-fat milk
- fruit smoothie
- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt
- wholemeal crumpets with sliced banana
- grilled cheese and tomato on toast
- tinned baked beans and toast
- porridge, sultanas with reduced-fat milk
- tinned fruit and yoghurt
- rice or noodles with lean meat and vegetables

Thank You

Thank you to Mrs Body, Miss Love, Mrs King and Mrs Vorobieff for their coordination and support for our Southern Stars Singers and Dancers.

They have worked very hard this term to represent Russell Vale. They were very polished and made us proud.

Regional Athletics

We would like to say good luck to the five students who will be travelling to Regional Athletics held on Monday 3rd September in Canberra.

Students who are representing Russell Vale are:
 Amy Joy, Alexei Rosser, Caitlin Weston, Bronsen Rostirrolla and Lauren Morgan.

Jeanette Cleall
Sports Teacher



Canteen News

CANTEEN COMMITTEE IS LOOKING FOR A PARTICULAR PERSON FOR TERM 4 - CAN YOU...

make an A3 poster size roster, work a table, spreadsheet & email??? If you answered yes...*then you just might be our person!!!*

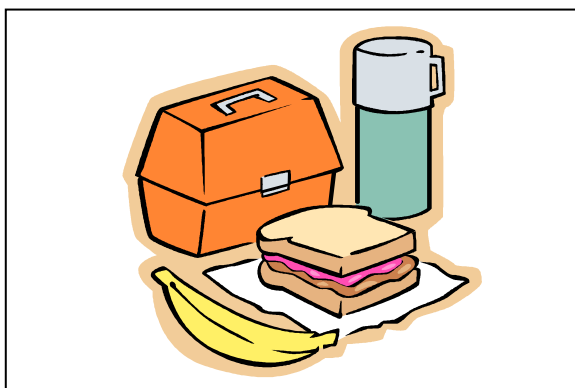
Our long standing roster coordinator, Kelly Mills, is stepping down from the position and we are looking to find *someone to step up ASAP* (prior to holidays!) so we can have a good overlap where Kelly will work with you to 'learn the ropes' as well as have ample support and assistance from our current and future secretary's Kristy & Tamara in the hand-over and ongoing as you fulfil the role.

We are a bunch of young parents that can't volunteer in the canteen week to week with toddlers at home but have some time to help on the committee and it is a high priority that we get a new roster coordinator. If you are interested or you would like to chat and find out more, please call Kristy (secretary) 0425 326 290 or Kelly (details below).

Our canteen functions on volunteers and with Term Four fast approaching we would appreciate volunteers getting their names down PRIOR to the holidays. Please contact our roster coordinator to get the date/s or day you prefer to help in the canteen. *Remember if we don't fill the roster by Thursday before then we will announce closure in the newsletter for the day/s not covered.*

Canteen Roster as at the 3rd September, 2012:

Mon	3 Sep	Karen Linsley, Lynette Hando
Tue	4 Sep	Patsy Ross, Nicole Ficker
Wed	5 Sep	Closed
Thu	6 Sep	Sue Joy, Katrina McDonagh
Fri	7 Sep	Paula Phelan, Paula Paulo
Mon	10 Sep	Kylie Elliott, Heidi Luyten
Tue	11 Sep	Toni Patterson, 1 Helper Required
Wed	12 Sep	Closed
Thu	13 Sep	Tracey Brown, Neville Denham, Natalie Benge (new)
Fri	14 Sep	Kelly Mills, Jannie King
Mon	17 Sep	Kristy Elliott, Karen Linsley
Tues	18 Sep	Nicole Ficker, Patsy Ross
Wed	19 Sep	Closed
Thur	20 Sep	Vanessa Bowler, Julie Hardy
Fri	21 Sep	2 Helpers Required



P&C News

Southern Stars - WOW!

After a huge week involving some very long days and intense rehearsals, "*Show Time*" finally arrived for all of our very excited dancers and choir members. The show was absolutely fantastic and a real credit to all of the students and staff involved in such a huge spectacle. Southern Stars is truly a celebration of achievement for all Public Schools throughout the region and all of those who witnessed the performance were indeed "*Inspired*".

Such an event does not occur without the involvement and hard work of our wonderful teachers. On behalf of parents, carers and all performers, P & C wish to say congratulations on a job well done and a big heartfelt thank you to:

- Mrs Body
- Mrs Vorobieff
- Mrs King
- Mrs Beck (Miss Love)
- Mrs Cleall
- Kathy & Margaret (Office)
- All supporting staff (and their spouses)
- Mr Grierson for allowing RV to participate

Take a bow ladies and gentlemen - our kids all love you and will never forget this experience!

P & C Meeting

Our next P & C Meeting will take place on Wednesday 12 September at 7pm. Come and learn about the wonderful things happening at Russell Vale School. Coffee & tea is provided and new members are always welcome. Mrs Di Body will be attending the meeting to talk about the "Gonski Review". It is in the best interests of all parents of public school children to understand what the Gonski Review means. Come along and hear Mrs Body's explanation. Now is the time for all of us parents to be informed and show our support.

Father's Day Stalls

Thank you to all those who supported the Father's Day stall last week. We hope all of our Dads had an enjoyable Sunday. The amount raised will be notified in next week's newsletter.

RVPS Disco

Will be held on **Friday 14 September** at the Woonona Bulli RSL from 6.00pm - 8.30pm. Tickets still only \$7.50 (includes 3 glow bracelets). A limited number of tickets will also be made available to children of close family and friends. All details are on the Ticket Order Form which was handed out last week. A copy is also attached to this Newsletter.

P & C Enquiries: Contact Julie Hardy 42 854095

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

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**

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.**

**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: PushkinRahman
0467727134
42847853**



First 2 lessons FREE!

Hollymount Oztag

8 week competition

\$45.00 registration fee

Starts Tues 16th October, 2012

First Registration 8th Sept. 10.30 – 12

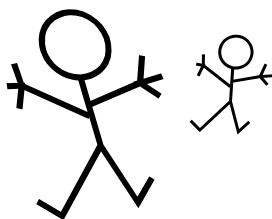
Second Registration 15th Sept. 10.30 – 12

At Woonona Bowling Club

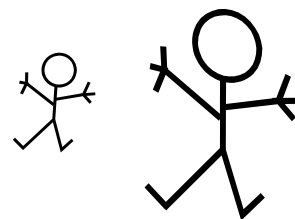
For more information please call:

Nicole Jones on 0423 220 274

R.V SCHOOL DISCO - 2012



Friday 14 September 2012
Woonona Bulli RSL Club
6.00pm – 8.30pm
\$7.50 per ticket
(includes 3 Glow Bracelets on arrival)



- * The RSL auditorium has been booked for the exclusive use of Russell Vale Students
- * Return the ticket order slip below with money to the Office by **Friday 7 September 2012**
- * Tickets purchased before 7 September include 3 glow bracelets on arrival (random colours)
- * Tickets will be distributed to all students during class in the days leading up to Disco Night
- * For security purposes, tickets must be presented at the door on arrival.
- * Dress neat & tidy casual. Shoes MUST be worn at all times

Enter the RSL main door (northern side). Walk past reception counter and follow the tiled pathway to the auditorium. **ALL CHILDREN MUST BE SIGNED-IN BY AN ADULT ON ARRIVAL AND SIGNED-OUT ON DEPARTURE**. Parents may drop off and pick up children at any time during this time-frame. Club regulations do not permit alcohol, hot food or coffee inside the auditorium. For those adults who wish to catch up with friends and enjoy a meal in the bistro, Eat Restaurant will be open from 5.30pm to 9.00pm. Please note food is not included in the disco ticket price but children will be able to purchase drinks & packets of chips within the auditorium, and we will be selling extra glow bracelets for 50c each.

KINDERGARTEN – YEAR 2 PARENTS are most welcome to stay and join in the fun. If you do leave the auditorium for a meal, please remember to make regular checks as young children need frequent reassurance amongst the noise and excitement.

PLEASE DON'T DROP AND RUN!

PARENTS PLEASE NOTE: This is a “whole school event” and has been organised by R.V P & C Association. Staff participation is voluntary and *most* supervision will be conducted by parent volunteers under the direction of Mr Grierson, who will be present on the night. Please check Newsletters for any information updates. A limited number of tickets will also be available to children of RV family and friends BUT you must phone Julie or Megan first to make arrangements.

Further enquiries contact Julie Hardy on 42 85 4095 or Megan Spence 42 83 5836



SCHOOL DISCO TICKET ORDER FORM - RETURN BY FRIDAY 7TH



STUDENT NAME	CLASS	AMOUNT
		\$7.50

I give permission for my child/ren to attend the Russell Vale School Disco on Friday 14 September 2012 at Woonona Bulli RSL Memorial Club. I understand and agree to the terms and conditions above.
Please make cheques in favour of “Russell Vale P & C Association”.

\$

Parent/Caregiver

Date

TOTAL ENCLOSED