



Russell Vale Public School Newsletter

Think Act Speak Well

Week 4 Term 2

20 May 2013

Principal's Report

Well! Our playground is taking shape and looks fantastic!!

All of the children are excited and eager to christen the new equipment.

My thanks to Mr Shepherd who initiated the project and will follow through to completion, all aspects of it's purchase and construction.

Many, many thanks to our dedicated P&C, who have donated half the cost of the project.

Community of Schools News

Eight students will visit Woonona High School today for a Science day and on Thursday eight more will attend a Language day – what a great experience prior to actually starting Year 7.

Teachers from K, 1 and 2 attended a half day K-10 English curriculum in-service last Wednesday with other teachers from Woonona PS and Woonona East PS.

Staff from Yrs 3, 4, 5 and 6 will attend this Wednesday – developing their knowledge and forming collegial networks.

NAPLAN

Well done to those students who participated in these tests last Tuesday, Wednesday and Thursday.

Results will come out around September.

Mark Grierson
Principal

School Volunteers

Prohibited Declaration Forms - these forms need to be done each year by all volunteers within the school (canteen, readers, sport etc).

This is a Departmental policy. The forms can be obtained from the office.

Band Practice

Students who do not have written permission to be taken by another person other than their own family and emergency contacts will not be able to attend band practice. The note must list who is able to take your child, as unfortunately we are not permitted to let your child go without written permission.

Congratulations!



BRONZE School Award

Leah Heaton, Mathew Armour, Liam Barkley

Academic MC

Jake Taylor, Carrie Walker, Mathew Armour, Angel Atkinson, Bowen Tawhai-King, Jeena Owen, Luke Sweeney, Finlay Smart, Thomas Holliday, Angus Smart, Jack Hadfield, Star Larnach, Noah McInerney, Caitlin Richardson, Ethan Jacona

Creative Art MC

Amy Joy, Olivia Green

PD/H/PE MC

Katie Ross, Eden Jones, Avah Anderson

Upcoming Events

May

Thu 30

Meal Deal

June

Wed 12

P & C Meeting 7 pm

Notes and Money Due

May

Mon 27

Meal Deal \$5.00

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 –

DEALING WITH FIGHTS AND ARGUMENTS Don't let fights create enemies

DO'S

Try to stay calm and talk through the problem using a respectful voice.

If you or the other person are getting angry or out of control say: "We're getting too angry. Let's talk about it later" and walk away.

Make sure you do talk about it later. When you've calmed down, recognize that allowing the bad feelings to continue is not a good thing. You are responsible for dealing with them.

When you feel calm, go and talk to the other person.

Put your point of view and tell about your feelings (e.g. "I felt bad when you didn't include me in the game you organised")

Let them put their point of view. Listen without interrupting until they're finished.

Try to find a way to be friends again.

NEXT DAY



DON'TS

Don't call the other person insulting names.

Don't say blaming things.

Don't try to shame the other person.

Don't hit or kick or use any kind of violence.

Don't be big-headed and assume that you are the only one who is right.



LATER THAT DAY



Celebrate Attendance

Hints and Tips No. 7: Getting to school on time



It is essential to establish a regular routine each morning and arriving at school on time is an important part of your child's morning routine.

It is important to be at school on time because:

- It sets up good habits for the future.
- It provides social benefits – good play time and discussion among friends.
- The school day usually begins with the teacher giving out information to students. Eg. Any changes to school routines, coming events etc.
- It is an opportunity for important teacher pupil interaction before school.
- There is plenty of time for ordering lunches if needed.



Missing school leaves gaps in your education

Weekly Scheduling

Learning how to make time for homework, study, chores, part-time jobs and so on is a vital skill for all kids, but it's one that we need to teach them by example. It's just a Word document, but you can now create your own weekly schedules to whip your family into shape.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/weekly-schedule-template>



Help Wanted! Help Needed!

In order to participate in PSSA touch football, soccer and rugby league, we need some parent helpers. Knowledge of the game is not necessary.

We need parents to walk with the touch footballers to Hollymount Park and to assist with supervision of the children (when the teachers have to referee) or even referee.

Parent helpers at rugby league and soccer could travel on the bus or meet the players at the venue. Again, helpers would assist with supervision of the children (when the teachers referee) or even help referee.

Dates of PSSA Term 2: Week 5 - Friday 31st May
Week 6 – Friday 7th June
Week 7 – Friday 14th June

If you are available on any of these days, please contact Mrs Body **ASAP**.

Many Thanks,
Di Body.

Canteen News

Don't forget your order for Red Nose Day Meal Deal. A note was sent home last week with the children, all orders must be in before **MONDAY 27TH**.

The Canteen Committee meeting has been moved to this Thursday 23th May at 9.30am. All are welcome - the committee would love to see some new faces. If you are interested in coming along, please contact Tamara Johnson on 0412 173 192.

I will be resigning as Canteen secretary at the end of the term and our roster co-ordinator has also had to stand down from her position due to family reasons, so if any parents/careers are interested, please contact Tamara Johnson.

We are always after new and friendly faces to help out in the canteen. Any new parent or friend wishing to volunteer in anyway please contact Tamara Johnson on 0412 173 192 or tamarajohnson@live.com.au

Many thanks, from the Canteen Committee.

Canteen Roster

Mon	20 May	Lynette Hando, Lynne Holmes
Tue	21 May	Patsy Ross, Donna McCrystal
Wed	22 May	Karan Cambridge, Sharon Rigby
Thur	23 May	Sue Furlong, Wayne Reagan
Fri	24 May	Sharon Rigby, Paula Paulo
Mon	27 May	Janine Johnson, Karen Bell
Tues	28 May	Sharon Rigby, Mel Boon
Wed	29 May	Karan Cambridge, Simone Cook
Thur	30 May	Meal Deal – Kelly Mills, Debbie Pippen 4 More VOLUNTEERS NEEDED
Fri	31 May	VOLUNTEERS NEEDED

P&C News

Mothers' Day Stalls

Our Mothers Day Stall raised over \$671, so a huge 'Thank You' to staff and to all those families who participated. All funds raised will go towards the purchase of new school resources in the coming months.

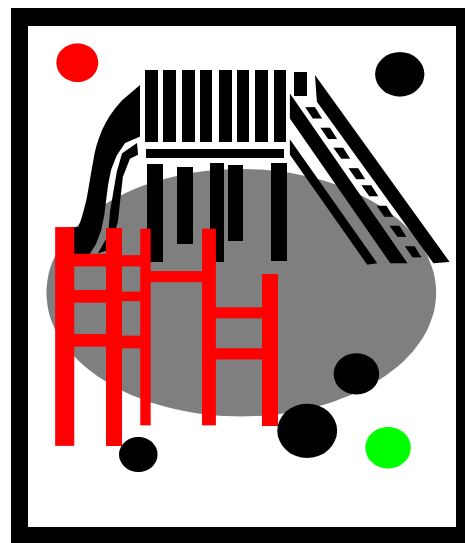
P & C Meeting

The next P & C meeting to put in your diary will take place on **Wednesday 12 June at 7 pm** in the staffroom. All welcome. Tea and coffee provided.

Playground

It's great to see the playground getting built, which is something the staff and students will enjoy for years to come. The wonderful work of the P & C and staff and parents and students at our school has been worth it to see our fundraising efforts achieve this.

If you have any enquiries regarding the P & C please contact Kelly Mills, Ph 42851914 P & C Secretary



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



ROWING CHALLENGE & MINI HEALTH EXPO!



Sunday 2nd of June from 10am

Supported by Hannah Every-Hall

World & National Champion and Olympian

Presented by Pioneer Fitness

EVENTS: MEN'S & WOMEN'S 2K, 500M, 4 MIN, RELAYS

Go Row!

Enter on-line at www.pioneerfitness.com.au cost is \$10

(all goes to the School)

Enquiries to pioneerfitness@bigpond.com



Mini Health Expo.....



Organic Produce for sale

Remedial massage available

Gymnastics activities

Cheerleading displays

Martial art displays

and more



This year do something different...



do RHEE TAEKWONDO!

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



Classes: Bulli SLSC
Wed 6.30-7.30pm
Fri 6.00-7.00pm

Contact: Pushkin Rahman
0467727134
42847853

**1st week & uniform
FREE
this month only**





Russell Vale Public School

Premiers Sporting Challenge

Dear Parents/Carers

Our school has registered to participate in the **2013 NSW Premier's Primary School Sport Challenge**.

The purpose of the Challenge is to encourage students to participate in sport, games and physical activity and to have *more students, more active, more often!*

Over a ten week period Monday 20th May to Friday 28th June and then Monday 15th July to Friday 9th August, our school will be monitoring physical activity we do during class time, at recess and lunch as well as during sport. What we do outside school hours will also count towards the Challenge award for our school.

Each student will be issued with a Challenge log book to record their physical activity.

Your support in encouraging your child to be physically active before and after school as well as on weekends will encourage him/her to develop healthy lifestyle habits. You may like to join us in this venture by organising family activities such as walking, swimming and cycling.

Each student completing the Challenge will receive a personalised certificate from the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mrs Body who will be pleased to talk further with you. For more information on the *NSW Premier's Sporting Challenge* please visit www.schools.nsw.edu.au/psc

I know our students are really looking forward to participating in the Challenge and having fun along the way!

Yours sincerely

Mrs D Body

May 2013