



Russell Vale Public School Newsletter

"Think Act Speak Well"

Proud Partner in the Woonona Learning Community

"Strength through Collaboration"

Week 4 Term 2

19 May 2014

Principal's Report

Athletics Carnival

I look forward to the events of our annual Athletics Carnival to be held on Wednesday, 21 May. I hope all parents and visitors enjoy watching the events.

National Sorry Day – next Monday 26 May

The first National Sorry Day was held on 26 May, 1998, following the 1997 HREOC report 'Bringing them Home' which recommended that a national day of observance be declared.

The day offers our school community the opportunity to acknowledge the impact of policies spanning more than 150 years of forcible removal of Aboriginal and Torres Strait Islander children from their families.

27 May – 3 June

National Reconciliation Week was initiated in 1996 to provide a special focus for nationwide activities. The week is a time to reflect on achievements so far and the things which must still be done to achieve reconciliation.

National Reconciliation Week offers people across Australia the opportunity to focus on reconciliation, to hear about the cultures and histories of Australia's Aboriginal and Torres Strait Islander peoples and to explore new and better ways of meeting challenges in our communities. The Week is timed to coincide with two significant dates in Australia's history, which provide strong symbols of our hopes and aims for reconciliation: 27 May and 3 June.

Reforms to P & C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P & Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P & C Associations.

Each school's P & C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation's Annual General Meeting and councillors who will serve on the Federation's Board of Management.

More information will be available at the Department's website at:

<http://www.schools.nsw.edu.au/gotoschool/az/involvement.php>

Mark Grierson
Principal

Congratulations!



BRONZE School Award

Stuart Logan, Noah McInerney, Chase Davy, Tom Holliday, Brianna Roberts, Cameron Hart, Jack Hadfield, Amelia Spence, Ava Hadfield, Ella Lakeman

ACADEMIC MC

Chase Davy, Blake Sweeney, Brianna Roberts, Tom Holliday, Kiara Funnel, Sage Horsey, Kate Luyten, Mathew Armour, Angel Atkinson, Skye Steele, Joshua Mellows, Cooper Rigby.

PD/H/PE MC

Avah Wooldridge, Cooper Paterson, Cameron Hart, Noah McInerney.

Creative Art MC

Thomas Robertson. Ryder Beswick

Upcoming Events

May

Weds 21 Athletics Carnival 9.15 am
Thurs 29 Pies distributed

June

Weds 11 P & C Meeting 7 pm

Notes and Money Due

May

Fri 23 Pie Orders due

Russell Vale Soccer Knock Out (Boys)

On Friday 7 May, the Russell Vale Soccer Team played in round one of the PSSA State Knock Out against Stanwell Park.

They may have lost the game but they won many admirers for their courage and their fight. It was a competitive and gutsy effort. Special thanks to Garry Luyten (who took a day's annual leave) for his expertise in refereeing our match and the girls' match that followed. Also, thanks to David Hughes for running the line. Garry identified some impressive players mentioning, Riley Elliott, Stuart Logan, Riley Walker and Jack Deale. Thank you to those who came along and supported both teams.

Congratulations and good luck to the girls for round two.

Mrs Rafferty

District Cross Country.

Congratulations to our 55 students, who represented our school at the North Wollongong District Cross Country on Friday. They all participated on an extremely challenging course, with courage and enthusiasm. Many of the children who had represented our school before, improved their finishing position. I was very proud of every child!

Highlights:

Amy Joy won the 10 years girls event. She will travel to Nowra in 2 weeks to participate in the South Coast Cross Country. We wish her well.

Nikki Taylor finished 6th in the 8/9 years event, and is a reserve for the District team.

Bradley Lawson finished 9th in his event.

Darby Walsh, Noah McInerney and Olivia Vale were 10th in their events.

Thank you to the parents, grandparents, aunts and uncles who were there to support our runner!

School Athletics!

Helpers Needed!!

We still need helpers to assist with our carnival this Wednesday!

Please let me know a.s.a.p if you can help for all or part of the day. Maybe you could assist the teacher at the event while watching your child! No experience necessary!

Children should come in house colours and be prepared to have a go at all the activities on the day. Don't forget hats, sunscreen, jumpers, water bottles, lunch, snacks... A time table of the day is attached to this newsletter.

Di Body

Uniform Shop

The Uniform Shop is going to hold another second hand stall on the following dates in the School Hall:

Tuesday 20 May, 2014 2.30 - 3pm

Wednesday 21 May, 2014 8.30 - 9am and 2.30 - 3pm

Thursday 22 May, 2014 8.30 - 9am and 2.30 - 3pm

Items will start from \$2.00 per piece.

ALL DONATIONS WILL BE GRATEFULLY RECEIVED. Please leave them in the Uniform Shop. This helps many families out. Come and see a large range of winter school clothes.

The Uniform Shop is open every Thursday morning from 8.30 – 9am. If you are unable to make this time, you can place your order and payment in the letterbox provided in the front office marked "UNIFORMS" and the order will be delivered to your child.

Thank you.

Jodie, Bronwyn and Megan

Friendly Kids, Friendly Classrooms

Students will be learning about positive behaviours. 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.

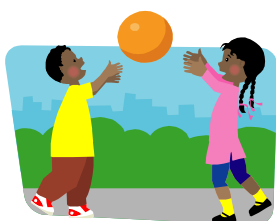
When you feel calm, go and talk to the other person.

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.



P&C News

P & C News

Our last P & C Meeting was well attended and it is great to see some new faces come along. Our next P & C meeting will be on **Wednesday 11 June 2014** at 7 pm in the staffroom. All parents and carers are welcome. It is a great place to find out about the great things happening in our school.

A **Carnivale Day** to celebrate our schools **60th Anniversary** is being planned for Saturday **25th October 2014** and a committee is being formed to organise this day. If you would like to contribute some ideas and assist with planning the day a meeting will be held on **Tuesday 27th May at 9am** - meet under the COLA.

Thank you for purchasing a gift at our **Mothers' Day stall** which raised over \$700.00.

The P & C is holding a **Betta Maid Cakes & Pies Drive** to assist with fundraising for school resources.

An order form is attached to the newsletter with a selection of 12 varieties of savoury and sweet pies - each priced at \$10 each. Please ask neighbours, family and friends to help support this P & C fundraising event. All orders must be completed on the form and returned with money to the school by **Friday 23rd May**.

The pies will be distributed to the students on Thursday 29th May.

If you have any enquiries regarding the P & C please contact **Kelly Mills, P & C Secretary** Ph 0414 851 914

Canteen News

The Canteen will be open and available for all orders during the Athletics Carnival this Wednesday. So if you're a volunteer or carer/parent who has come along for the day, please take advantage of the food and drink at our canteen. If you would like a hot food item from our menu, could you please place an order by 9 -9.30am - this would be greatly appreciated.

We will be holding a Sausage Sizzle on Friday the 30th May. These are always great days and a great fundraiser for our school. If anyone would like to volunteer please contact Astrid Jackson 0434 524 950 or astyjack@hotmail.com

The next three weeks of the roster are listed below. We will be closed every Thursday for the remainder of the term. If anyone can volunteer on any other day please contact Astrid Jackson and hopefully we can avoid further closures. Any questions, queries or suggestions in relation to the canteen, please contact Karan Cambridge 0437 868 509 or akcambo@yahoo.com.au

Many thanks.
The Canteen Committee

W K	Mon 19 May	Tues 20 May	Wed 21 May	Thurs 22 May	Fri 23 May
4	Closed	Mel Boon Sharon Rigby	Karan Cambridge Susie Anderson	Closed	Melissa Raeleen
W K	Mon 26 May	Tues 27 May	Wed 28 May	Thurs 29 May	Fri 30 May
5	Wayne Regan Volunteer Needed	Volunteers Needed	Karan Cambridge Volunteer Needed	Closed	Sausage Sizzle
W K	Mon 2 June	Tues 3 rd June	Wed 4 th June	Thurs 5 th June	Fri 6 th June
6	Wayne Regan Volunteer Needed	Mel Boon Sharon Rigby	Karan Cambridge Volunteer Needed	Closed	Nicole Sorensen Volunteer Needed

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 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
or Lara 0403 844 484

Court is managed by Russell Vale Public School P & C

All hire moneys received are used to improve the Court for the benefit of
Russell Vale Public School and the local community

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



YOU CAN MAKE A DIFFERENCE

BECOME A CARESOUTH FOSTER CARER

Foster care can be a very rewarding journey for individuals, couples or families. By providing a stable, caring home environment you can make a positive difference in a child's life.

CareSouth provides exceptional support, training, caseworker visits, 24/7 on call support, and a tax free allowance.

We look after you so you can look after the people that need it most.

For more information, contact our friendly foster care team on **1300 554 260**, or check out our website www.everydaycaresouth.org.au

EVERYDAY CareSouth

Ray White

The difference is in the detail.....



Rick Taylor 0404 305 315 rick.taylor@raywhite.com Troy Johnson 0411 969 656 troy.johnson@raywhite.com

Ray White Woonona is a long established local business; who are proud of their achievements winning numerous awards for sales & services. Led by principals Rick Taylor & Troy Johnson who boast over 40 years of combined real estate experience. We support numerous local sporting teams, surf life saving clubs & local schools. Our aim is to achieve the highest possible price for your home with the minimum of fuss.

Woonona



Orders Due to School By: Friday 23rd May

Delivery Date: Thursday 29th May

Class: _____

[illegible][illegible]



HEALTHY BITES CANTEEN MENU

March 2, 2014

SANDWICHES & WRAPS

Cheese	\$1.50
Cheese and Tomato	\$1.80
Ham	\$2.20
Ham and Cheese	\$2.50
Salad Sandwich	\$2.20
(Lettuce, Tomato, Cucumber, Carrot, Beetroot, Cheese)	
Strawberry Jam	\$1.00
Tuna	\$2.20
Vegemite	\$1.00
Extras: Ham	\$0.70
Cheese	\$0.30
Gluten Free Wrap	\$0.70

Extras: Tomato Sauce	\$0.20
BBQ Sauce	\$0.20

DRINKS

Bottled Water 350ml	\$1.00
Juice Popper	\$1.20
Apple / Orange / Apple & Blackcurrant	
Oak Milk 300ml	\$1.20
Chocolate / Strawberry	
Fruit Juice Slushies	\$1.20
Soy Chocolate Milk Popper	\$1.50
Hot Chocolate	\$1.20

SUSHI

Teriyaki Vegetable	\$2.00
Tuna	\$2.00
California Roll	\$2.00

HOT FOOD

Lasagne	\$2.50
Macaroni and Cheese	\$2.50
Potato Skin Shells	\$0.50
Beanie Bun	\$1.50
Spaghetti Jaffle	\$1.00
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 1 slice	\$1.10
Pie	\$2.20
Healthy Sausage Roll (120g)	\$1.80
Chicken Wedges	\$0.70
Fish Cocktails	\$0.70

SNACKS

<i>Cheese Rice Sticks</i>	\$1.00
Snack Pack	\$1.60
w. Sultana box, Carrot Sticks, Cheese & 6 Rice Crackers	
Slinky Apples	\$0.50
Tiny Teddies	\$0.40
Air Popped Popcorn	\$0.20
Milk Drops	\$0.25

COLD SNACKS

Frozen Blackcurrant	\$0.50
Jelly Joys	\$0.20
Frozen Yoghurt	
Mango/Passionfruit/Strawberry	\$1.50

*If you can help in the canteen please contact
Astrid Jackson 0434 524 950 or
astyjack@hotmail.com*

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

Lunch Bags \$0.10

Russell Vale Cross Country Results 2014

Russell Vale Public School – 21st May 2014 Athletics Day!

9:00 Mark Rolls

Approximate times only

Age your child turns this year !

	11 & 12 years boys	11 & 12 year girls	9 & 10 years boys	9 & 10 years girls	8 years boys and girls	7 years boys	5, 6 & 7 Girls	5 & 6 years Boys
9:15 - 9:35	Sprints	Shot Put	Distance race	Discus	Long Jump	Novelties	High Jump	Ball Games
9:40– 10:00	Ball Games	Sprints	Shot Put	Distance race	Discus	Long Jump	Novelties	High Jump
10:05 – 10:25	High Jump	Ball Games	Sprints	Shot Put	Distance race	Discus	Long Jump	Novelties
10:30 - 10:50	Novelties	High Jump	Ball Games	Sprints	Shot Put	Distance race	Discus	Long Jump
10:55 – 11:15	Long Jump	Novelties	High Jump	Ball Games	Sprints	Shot Put	Distance race	Discus
Lunch	11:15– 11:55							
12:00 – 12:20	Discus	Long Jump	Novelties	High Jump	Ball Games	Sprints	Shot Put	Distance race
12:25 – 12:50	Distance race	Discus	Long Jump	Novelties	High Jump	Ball Games	Sprints	Shot Put
12:55 - 1:15	Shot Put	Distance race	Discus	Long Jump	Novelties	High Jump	Ball Games	Sprints
Recess	1:15 – 1:45							
1:55 – 2:30	200m	200m	200m	200m	200m	Parachute/Games	Parachute/Games	Parachute/Games
Pack up								