



Rukenvale Public School

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Friday 21st November, 2014
Term 4, Week 7

★ Newsletter

Message From the Relieving Principal

Dear parents
It has been a quiet week without our five senior students. We hope the seniors have all had a wonderful time.



Congratulations to Oliver Hausen for stepping up as group leader this week.

SUMMERLAND HOUSE FARM K-4 EXCURSION



On Tuesday we had a wonderful excursion to the Summerland House Farm at Alstonville. The children found out about many activities that the 'Farm' is involved under the lovely guidance of Rebecca, our tour guide. (A more detailed report will be in this semester's Achiever !)

Many members of the public enquired regarding the school where the children were from and complimented them on their behaviour. They were truly great ambassadors for Rukenvale.

A big thank you to Ali for transporting us on this excursion.

Linda Jones



INTENSIVE SWIMMING

Our Intensive Swimming Program commences on Monday 24th November. This is a whole school program, with proficient swimmers involved in developing water safety and rescue skills, and others involved in intensive swimming lessons and water awareness.



The bus will depart Rukenvale School at approx. 9 am, returning at 11am.

Please ensure that your child/ren have all their possessions clearly labelled with their name. Students are required to have: swimmers, sunshirt, towel, plastic bag/s to store wet gear in, water bottle and hat. Students are reminded to wear their swimmers under their uniform and bring appropriate underwear for changing into after swimming.

CHRISTMAS TREE - 3 WEEKS AWAY

Our Christmas Tree Presentation night is only 3 weeks away. Items to put under the Christmas Tree need to be kept to about \$10.

These can be sent to school or put under the tree on the night. Please label with child's name on the wrapping. We ask families to bring a plate of food to share on the night.



It is our **Kinder Orientation Day** on Monday. If you know of any families who may like to give their child the wonderful "Small School Experience" please encourage them to contact us as soon as possible.

SOCIAL

On Wednesday we are having our last COLOURSS social for this year. The theme is Kaleidoscope of Colours. Come along !!



TUCKSHOP

Reminder it is Tuckshop next Friday—28th November.

Anne Goss



Weekly Awards!

Congratulations to the following students this week:-

Ruby Stafford for Maths subtraction skills

Oliver Hausen for developing leadership

Kiarna King for improvement in reading

K-4 for being keen listeners and enjoyable participants on the excursion to Summerland House Farm

Term 4 at a glance

Saturday 22nd November - Street Stall at Kyogle Farmer's Market

Monday 24th November - Intensive Swimming starts. KEEP Brisbane Science Centre excursion

Monday 24th November - Kinder Orientation and P&C meeting

Wednesday 26th November - Social at The Risk Hall

Wednesday 3rd December - Kyogle High School Year 6 to Year 7 Orientation Day

Monday 8th December - KEEP Presentation afternoon

Monday 15th December - Turner Cup Cricket. Reports to go home

Tuesday 16th December - Interviews

Wednesday 17th December - Last day school for students and barbecue

P & C NEWS

URGENT: Help Needed

Street Stall at the Farmers' Markets tomorrow. Please bring any cooking and bric-a-brac to the stall on Saturday morning.

Raffle tickets are to be returned to the school on Monday as it will be drawn early next week.

P&C meeting this **MONDAY** 24th November at 6pm in the library (changed day due to Social)



School Banking

Congratulations to the following students who have earned 10 silver Dollarmite tokens through the School Banking program and are now ready to redeem these tokens for a fantastic reward item:

Deagan King Kiarna King Kobe King

Can these students please complete your reward card coupon and return it, along with your 10 tokens, on the next School Banking Day and the item will be ordered for you.

LAST BOOKCLUB FOR 2014

PLEASE SEND IN ANY ORDERS BY
28TH NOVEMBER



Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:
Preschool (3 - 5 years) 11- 13 hours/night

School (5 - 12 years) 9 - 11 hours/a night

Teens (12 - 18 years) 8.5 - 9.5 hours/night

Some hints for a healthy sleep:

Consistency: going to bed and rising at a regular time (be firm)
having a 30 - 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.

No screens (TV, phones or game consoles) in the bedroom



COLOURSS SOCIAL

WHEN: Wednesday 26th November 2014

WHERE: The Risk hall (please note change of venue)

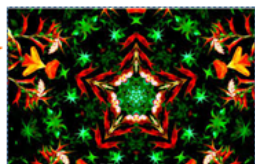
TIME: 6pm - 8pm

THEME: Kaleidoscope of Colour

HOST SCHOOL & CATERING: The Risk P & C

Light supper available - as well as cakes, slices, drinks, tea, coffee

Prizes!



Parade!

Lucky Spots

Games

Come along and join in all the fun !!!

This dance is for Primary School students.
High School students should not attend.