



# Rukenvale Public School

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Friday 9th May, 2014  
Term 2, Week 2

## ★ Newsletter

### Message From the Relieving Principal

Hello everyone

Firstly we have had a fantastic week this week, welcoming two new students to our school, Mark and Gypsy Howie. So even if the weather has turned cold and miserable we have been happy.

The children had a very successful day last Friday at the Cross Country. I am extremely proud of all of them for participating and completing their races. Harry and Deagan both placed 3rd in their respective races and go on to Zone in two weeks. Tabitha gained 7th place and is a reserve. Marley also ran a fine race and we are expecting him to do well next year when he is in Year 3.

The seniors are continuing to train in support of Harry, Deagan and Tabitha so everyone is improving in strength and endurance.



This week we were lucky enough to have Tara Patel and Angie Brace from Landcare do a Water Watch Survey with the children.



The seniors thoroughly engaged in complex scientific analysis of the water and gained an understanding of how to better care for this valuable resource.

The juniors had fun finding bugs and identifying them.

**Thank you Tara and Angie.**

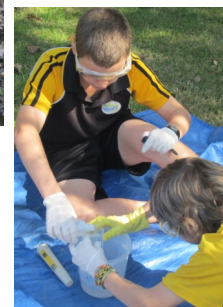
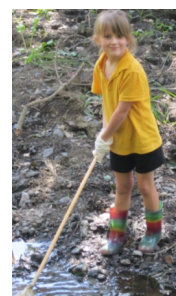
Watch out for the Newspapers in Education article in the Northern Star on May 20.

Today after school we have Graydon Leonard and Chelsea Payne coming to train the children as preparation for the Athletics Carnival. This is a wonderful opportunity for our children to have some extra training.

Thank you Darcy for the wonderful effort on the school grounds during the holidays!

Next week is NAPLAN for year 3 and year 5 on Tuesday, Wednesday and Thursday for part of those days.

*Anne Goss  
Relieving Principal*



# Weekly Awards!

**Congratulations to the following students this week:-**

- Gypsy Howie** for settling well into Kindergarten at Rukenvale School.
- Riley Dunn** for displaying so much confidence in his learning.
- Mark Howie** for being an enthusiastic and courteous student.

## Term 2

13th-15th May: NAPLAN

Tuesday 20th May: Newspapers in Education Published; ICAS Computer

Wednesday 21st May: P & C Meeting; KEEP

Friday 23rd May: Zone Cross Country

Friday 30th May: Tuckshop

Friday 6th June: P&C Street Stall

12th/13th June: Year 6 camp at Collins

## Star of the Week Rhys Ryan

- Rhys does the 'golden rule'
- He is doing more detailed drawings
- Rhys is fair, is safe and is a learner
- He has good healthy food in his lunchbox
- Rhys is a "Bus Kid, Safe Kid"
- He is friendly
- Rhys is very keen on finding out about bugs and birds



# Community News

## Kyogle Vacation Care Closure

For several years now, our vacation care service has struggled with low enrolments, and we have been running at a loss for some time. It is with regret that our Management Committee has come to the decision to close vacation care as of the 7<sup>th</sup> May. This means that we will not be offering vacation care in the next holidays and thereafter. If you require vacation care for your school aged child/children, please contact: Sandra Dobbie, Family Day Care Coordinator 66216437 Creating Footprints 66322070 We thank you for your support of our service, and wish you and your children all the best.

## Kyogle Preschool & Outside School Hours Care

Liz Scott

Office Manager

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## Can Breakfast Make Kids Smarter?

Last year the University of Pennsylvania School of Nursing published findings from their research that says it does. The research found that children who regularly have breakfast on a near-daily basis had significantly higher full scale, verbal, and performance IQ test scores.

Why? After a whole night of fasting, breakfast serves as a means to supply "fuel" to the brain. Meanwhile, social interaction at breakfast time with others may promote brain development. Mealtime discussions may facilitate cognitive development by offering children the opportunity to expand their vocabulary, practice synthesizing and comprehending stories, and acquire general knowledge, noted the authors.

So the advice is eat breakfast – it may make you smarter.

<http://www.nursing.upenn.edu/sia/Pages/Can-Breakfast-Make-Kids-Smarter.aspx>



Colour your world with a fun filled family outing

## Lismore's 24th Annual Gemfest

**2 Full Days** Saturday 17th May, 9am–5pm  
Sunday 18th May, 9am–3pm

**Venue** Lismore Showground

**Entry** \$5 per adult, \$1 per child (under 5 yrs free)

**Featuring** Gold, Sapphires, Jewellery, Opals  
Gemstones, Rare Fossils,  
Meteorites, Healing Crystals,  
Raffles, Kids Activities, Food Stalls  
& Lucky Gate Prizes





