



# Rukenvale Public School

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Friday 6th February, 2015  
Term 1, Week 2

## ★ Newsletter

### From the Principal

Dear parents

It has been a busy and productive couple of weeks at school already this term with all the students settling in nicely to the classroom and the routines. We have been extremely busy beginning units of work for the term and learning new skills.



Next week Kel and Milo will return to our school to engage the students in NRL skills. They will continue the program for three weeks on Tuesday afternoons. I know the students

are very excited about this.

Last week we began our weekly sport program. This began with practising our throwing and catching skills. We then had a game of cricket, this was a fun and educational experience as many of the students are still learning the rules and the skills.

### Swimming Carnival

Our COLOURSS swimming carnival will be held on Friday, 13th February at the Kyogle pool.

We hope you are able to join us for this special whole school event. There will be some activities for the junior students and non swimmers throughout the day. Please complete the permission slip and return it to school ASAP if you have not yet done so.

This year our school has the opportunity to fundraise through the BBQ and selling cakes, slices, etc. I appreciate all the families that have already indicated that they will donate cooked items or their time for this event. I

can see that the families and community are truly supportive of the school and their children

and I thank you for this wonderful response.



### Timetable

Our timetable has been reviewed with a few changes this year:-

Library is on Monday

Sport is on Friday

Mobile Library - Every second Friday: weeks 1, 3, 5, 7, and 9

### Morning Snack

Presently there has been a morning snack provided to students that have expressed that they are hungry. Staff realise that many of our students travel long distances and need to eat breakfast early, therefore they can be hungry again by the time they arrive at school. Presently they are offered wholemeal or multigrain toast with honey, strawberry jam or vegemite on it as a snack. It does not replace breakfast. To gauge parent interest if we will continue with this can you please fill out the note at the end of the newsletter. We will charge a small amount each term to be able to offer this snack.

Kind regards

Kerry Flick



# Weekly Awards!

*Congratulations to the following students this week:-*

**Ruby Stafford** for trying very hard in handwriting and writing.

**Yuna Davison** for settling well into 'big school'.

## P & C NEWS

### Fundraising

Thank you to those who have offered to help out at the barbecue and provide home cooking at the swimming carnival on Friday 13th February.

### P&C Meeting

There will be a P&C welcome barbecue on Wednesday 18th February with an AGM to follow.

Regards

David Hausen



### Beating Picky Eating

Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge. Some of the following ideas may be helpful:

Remember: Parents choose "which" foods, children decide "how much"

Create a positive environment at the table, make meal times pleasant

Be a good role model

Stick to a routine

Provide the same meals for the whole family

Take children shopping, involve them in planning and preparation

Limit sweet drinks and juice so children have an appetite. If you are stuck in a constant battle, maybe try a different approach.

## Term 1 Dates

Friday 13th February - COLOURSS Swimming Carnival

Tuesday 10th, 17th February- NRL

Wednesday 18th February - P&C meeting/AGM and welcome barbecue

Friday 27th February - Tuckshop, ML

Tuesday 3rd March - NRL

Friday 20th March - Tabloid Sports morning

Monday 23 March — Harmony Day

Friday 27th March - Tabloid Sports morning, mobile library, Tuckshop

Tuesday 31st March - Social

Thursday, 2nd April - Last day of Term 1

## Community News

### Kyogle Soccer - Season 2015

Calling all soccer players young and old our season is about to start

Senior training has commenced, every Tuesday and Thursday from 6pm

Junior training will start on Thursday the 19th March

Players should register online using the "My Football Club" Website

Any questions can be directed to [kyoglefc@ffnc.net.au](mailto:kyoglefc@ffnc.net.au) or to Glenn Rose on 0418 264 968

### Bundgeam Preschool

- Enrolment vacancies for children aged 2.5 to 5 years
- Tuesday/Thursday 9am-3pm
- 35 Terrace Creek Road
- Enquiries on 66364287 between 8am-4pm on