



Rukenvale Public School

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Friday 26th August 2016
Term 3, Week 6

★ Newsletter

From the Principal **Science Day**

Last week we celebrated National Science week throughout our Community of Schools with a Science day. Each Stage group attended a different location. Early Stage One and Stage One attended The Risk and visited the Robotic Dairy completing a range of activities to do with robots. Stage Two worked at Rukenvale with all the students building a robot out of WeDo2 Lego and then using coding on an Ipad to make it move in certain ways. They also experimented with making things move in different ways and researched information about robots. Stage Three attended Kyogle High School and were involved in Coding and Scratch activities and a staff member from Southern Cross University supported these activities. The students were all engaged and worked cooperatively with students from our COLOURSS network. It was a fun, yet educational day and all students spoke highly of the activities they completed on the day. I hope you heard all about the day at home!



TUCK SHOP

Last Friday the students held another tuckshop at school. The SRC raised \$27.35 which will go towards purchasing equipment for the students. Last week I held a lunch box meeting with the SRC students and we discussed the items they would like to purchase with these funds. The students all had excellent ideas and we are now planning our purchases.

RUGBY

At the recent COLOURSS meeting it was announced that due to a lack of numbers the combined Rugby teams will not be going ahead. I apologise for any inconvenience caused.



HATS

As the days begin to warm please ensure your child has their hat at school every day. We have a 'no hat, play in the shade' policy. Hats are for sale at the office for \$20.

LANDCARE

Ann Hartigan and Emma from Landcare have been working at the school preparing the area for planting. On Monday, 5th September at 9am all parents, carers and interested community members are invited to Rukenvale to assist with the planting of new trees and shrubs. This will be followed by a morning tea. If you are free please come along to work with the students or if you can donate a plate for morning tea. It would be great to see as many families as possible.

YOGA

This great program is ensuring our students have the skills to build strength through movements, relaxation techniques and mindfulness. The students are totally enjoying the literacy based yoga program and poses.



EAR Education

Last Tuesday we had a visit from Mrs Baxter from the DoE who completes education sessions with students on ear education, blowing noses and the way ears work. The students had plenty of questions for Mrs Baxter who enjoyed working with our lovely students.



Flash Flood

Due to the flash flood we experienced on Wednesday we decided to postpone our **Book parade** until next Wednesday, 31st August at 9am.

All parents, carers and family members are welcome. Morning tea will be provided afterwards. I hope this did not cause any inconvenience but to ensure all our students could attend I thought this was the best solution. Thank you for your support. Pie and Poppers will be available on this day.



The Big Crunch

September is Fruit and Vegetable Month. Next Thursday we will hold a Big Crunch at school where we all bring fruit and vegies and support healthy eating. The students can bring in their normal fruit and vegetables and we will complete some work on this topic.

OLIVER

We have a new Library program being introduced to schools throughout the state. Thank you to Anne for all the work she has been completing in preparation for our rollover date. It is a big job!

External Validation

Our school has also been selected to be part of an external validation process mid term 4 and as part of this process we will validate our current practices. Staff and students will be involved in this process.

Music Program

The students are enjoying our music Program with Mr Nolan and gaining valuable skills. The seniors are learning to read music and the juniors are moving and performing to music. The senior guitar group is sounding fantastic.

Kind regards
Kerry Flick



Term 3 Dates

Wednesday 31st August - Book parade and morning tea starting at 9am

Monday 5th September - Landcare planting 9am
P&C meeting 6pm

Friday 9th September - Mobile Library

Thursday 15th September - Public Speaking

Friday 16th September - KEEP

Friday 23rd September - Mobile Library;
Tuckshop and last day of Term 3

Let's L🍷K at Lunches

Soggy Sandwiches

The dreaded soggy sandwich has been a feature of lunchboxes for years. A lovingly made salad sandwich can become a soggy mess by lunchtime if the tomato leaks on the bread. There are some easy solutions to this problem.

1. A "create your own" sandwich: if your child likes to be independent you can send the sandwich contents in a separate container and they can create their own sandwich at lunchtime.
2. Layering: when making a sandwich put the proteins (meat, cheese) directly onto the bread & then the wet ingredients (tomato, cucumber etc) on the inside. This creates a barrier between the bread & fillings. Rolls tend to be a better option than bread when it comes to moist fillings.
3. Use dry greens: ensure lettuce / baby spinach is dry before adding to a sandwich or roll
4. When in doubt simplify sandwich fillings & add the veggies as snacks instead



P & C NEWS

Dear Parents

The P&C are providing morning tea for the Landcare tree planting project on Monday 5th September.

We would like to invite families to please provide a plate of food (sweet or savoury) for this occasion.

Thank you for your support.

Jodie Dunn
P&C Secretary



Science Day Drone



Community News

BALLINA HIGH SCHOOL FAREWELL WEEKEND

FRIDAY 11/11/16 6-9PM
BARN DANCE, FOOD & DRINKS

SATURDAY 12/11/16 9AM - 6PM

BALLINA HIGH REMEMBERS
FOOD STALLS, MEMORABILIA ON SALE, PRESENTATIONS, TOURS,
ARCHIVES, DISPLAYS, MUSIC, GAMES & PERFORMANCES

SUNDAY 13/11/16 9AM - 12

RECOVERY BREAKFAST & DISPLAYS



Figure 1 - A 3D perspective of the proposed concept design

SAVE THE DATES

11TH TO 13TH
NOVEMBER 2016

FRIDAY NIGHT
BARN DANCE
6-9PM

SATURDAY
BALLINA HIGH
REMEMBERS
9AM - 6PM

SUNDAY
RECOVERY
9AM-12



Ballina High School
Farewell Weekend
Committee Contact:
02 6696 2133
ballina-h.school@det.nsw.edu.au
Locked Bag 1
Ballina NSW 2478

TEXT ANDREW PLAYFORD
FOR STALLS
0408 166 419

KYOGLE HIGH SCHOOL

OLYMPIC TRIVIA NIGHT



Saturday 24th September

Kyogle High School Hall

Doors open at 6pm • Trivia starts at 6:30pm

\$25 per person/tables of strictly 10 players

No under 18s • No school students

• BYO Drinks • BYO Food • Raffles • Lucky door prize • Games

Featuring:

MANDY NOLAN



When you collect your
tickets please nominate
the country your team
will be representing.
Tickets must be collected
by Friday 16th
September.

Tickets available at KHS office (Ph: 6632 1300)

BreastScreen
NSW

NSW Health



The mobile unit
is coming

Kyogle

Stratheden Street

Outside the KMI

Mid September – Early Oct 2016



Call 13 20 50 to book
your free screening
mammogram

13 20 50

20 minutes every 2 years
could save your life

For women aged 50 to 74 years
breastscreen.nsw.gov.au

Free screening is also available all year round at BreastScreen's Lismore clinic, at 29 Uralba St, Lismore. The service is free for all women over the age of 40.

Saturday Parents'n'Kids Club



Who: Parents/Carers with their Kids

Where: Kyogle library children's area

When: Saturday, 27th AUGUST, 2016 – we're playing with LEGO & doing DIY Father's Day craft to make'n'take home FREE. (Yes, Parents/Carers can play with the LEGO & do the craft too!!!)

Time: 10:30-11:30am

Bookings: Not necessary, just drop-in, STAY, PLAY, have FUN & be HAPPY with YOUR kids!!!

Cost: FREE!!!

• Saturday Parents'n'Kids Club is a FREE, monthly, un-structured activity @ Kyogle library, so Parents/Carers need to please supervise their children at all times.