



Rukenvale Public School

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Friday 9 November 2018
Term 4 Week 4

★ Newsletter

Principal's Message

Thank you to the parents and community members for attending the P&C meeting this week. Joining the P&C is a great way to engage with the school and have your say. If you are considering joining, please let me know, we would love to see everyone there.

COLOURSS Social

Next Tuesday there will be a social at the Wiangaree Hall, from 6-8 pm. All students from COLOURSS schools are invited. The theme for this social is 'When I grow up' children can come dressed as something they would like to be when they get older. Collins Creek P&C are catering on the night, they will offer a meal deal for \$6.00 that will include a sausage sandwich, drink and a home baked treat. Extra baked goods and drinks will be on sale. Please note: This is a primary school event and no high school students should attend. Parents are required to stay for the duration of the event.

STEM Kits

This week we have been learning through the use of Lego WeDo. Mr Vasterink challenged the students to build a hybrid or robot to replace an animal in the food chain. The robot had to perform the function of the chosen animal. Students designed, built and recorded their ideas, then programmed their robot to move about the animal's habitat to perform their role.

Swimming Week 7

In week 7, Monday 26th November, we will begin a week of intensive swimming at the Kyogle pool. We will have two lessons per day for five days. The first lesson will be at 10:25, then the second lesson will begin at 12noon. We will be travelling in and out by bus. Students will need a swimmers, a rash shirt, towel and lunch to bring with them. Thank you to the P&C for supporting the swimming scheme and providing the bus.



Remembrance Day

Representatives from Rukenvale PS will attend the Remembrance Day service in Kyogle on Sunday 11th November. Everyone is encouraged to attend, please wear your school uniform. A parade will be marching from the Kyogle Railway Station up to the Kyogle Memorial Institute, where the service will be held. Please meet Mrs Blackburn at the Railway Station parking area at 9.45am ready to form up for the procession.



Star Students



Year 6 Camp

The year 6 students are having a wonderful time at the camp. Last night they enjoyed bowling in Kyogle and pizza. Thank you to The Risk Public School for hosting, Ms Sawford for organising the event, and Mr Vasterink for attending the camp. I am sure they will sleep well tonight!

Red Poppy Community Tribute

Today Years K-5 went to Kyogle to visit the Armistice Day commemoration display at the memorial hall. We then walked to the library to contribute to the 100 poppies display outside the library. Thank you to Mr Doug Campbell of the Historical Society and Corrine at the Library for your time and knowledge.

Tuckshop

Next Friday we will have tuckshop. Senior should bring a savoury dish and juniors should bring a sweet dish. Students can purchase the food at recess and lunch for a small fee. All money raised goes to the SRC.

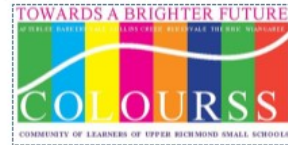


Date	Event
Tuesday 13th November	Kindergarten Transition Day 9 - 11am
Thursday 15th November	Transition Day for Year 6 at Kyogle High School
Friday 16th November	Tuckshop—seniors savoury and juniors sweet
26th –30th November	School Swimming Scheme
Tuesday 4th December	Kindergarten Transition 9 - 11am
Tuesday 4th December	Transition Day for Year 6 at Kyogle High School
Thursday 13th December	P&C Meeting 12:30 in the library
Tuesday 18th December	End of Year Concert
Tuesday 18th December	Kindergarten Transition 9am - 3pm
Wednesday 19th December	Last Day of the year for students

Community News

Table Sleep Duration Recommendations

Age	Recommended	May be appropriate	Not recommended
Newborns (0-3 months)	14-17 hours	11-13 hours 18-19 hours	<11 hours >19 hours
Infants (4-11 months)	12-15 hours	10-11 hours 16-18 hours	<10 hours >18 hours
Toddlers (1-2 years)	11-14 hours	9-10 hours 15-16 hours	<9 hours >16 hours
Preschoolers (3-5 years)	10-13 hours	8-9 hours 14 hours	<8 hours >14 hours
School-aged children (6-13 years)	9-11 hours	7-8 hours 12 hours	<7 hours >12 hours
Teenagers (14-17 years)	8-10 hours	7 hours 11 hours	<7 hours >11 hours
Young adults (18-25 years)	7-9 hours	6 hours 10-11 hours	<6 hours >11 hours
Adults (26-64 years)	7-9 hours	6 hours 10 hours	<6 hours >10 hours
Older Adults (≥65 years)	7-8 hours	5-6 hours 9 hours	<5 hours >9 hours



COLOURSS SOCIAL

WHEN: Tuesday 13th November

WHERE: Wiangaree Hall

TIME: 6pm - 8pm

THEME: When I grow up

HOST SCHOOL & CATERING: Collins Creek School



Come along and join in all the fun !!!

CCPS P&C are offering a meal deal-sausages, drink & slice of cake for \$6.00

Extra cakes will be on sale

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

FREE

Netball Coaching Clinic



For all ages 5-17 @ Kyogle Netball Courts

Starting Monday January, 2019.

Every Monday during Term 1, 2019

from 4:00-5:30pm

Registration can be done

anytime at KFSSNC.

For info contact KFSSNC on 66321044.

**This Youth Program
presented by**



Kyogle Family Support Services
Neighbourhood Centre Inc.

Activity Club

For all ages 5-17

**Kyogle Family Support Services
Neighbourhood Centre**

8 Geneva St, Kyogle

Starting Thursday October 25, 2018

Every Thursday during school terms.

3:30-5pm Age appropriate Activities

Costs: FREE

(Must be signed up by an adult)

NDIS participants WELCOME.

For info contact KFSSNC on 66321044.

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