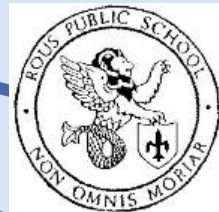


Rous Public School Newsletter

Principal – Krystal Jenkins Mon/Tue/Fri
Relieving Principal – Brad Johnson Wed/Thu



Term 4 Week 2

20 October, 2022

Dear Rous families,

Term 4 is already shaping up to be a busy one. Class teachers have begun end of year assessment tasks in class and senior classes have completed the Check-in-assessments tasks. This allows teachers to collect data for reporting purposes and also provides a foundation and direction for future learning for our students. Classes are also preparing for the end of year concert as well. A huge congratulations to all students for their efforts in completing these assessment tasks.

There are many events on the calendar this term. In the next two weeks the Chess and Draughts Day will be held at Rous Public School and another Handball Competition will be conducted at the Lismore Basketball Stadium. Students will be given the opportunity to try out for these competitions.

The Chess and Draughts are for students in Stage 2 (3/4) and Stage 3 (5/6). The handball competition is for student in stages 1, 2 and 3. Attendance data will be assessed for student eligibility to trial for this competition.

Have an awesome week everyone!

Mrs Jenkins and Mr Johnson

Upcoming events

TERM 4

Thu 27 Oct – 10 Nov	Book Fair
Fri 28 - Sat 29 Oct	Alstonville Show
Tue 1 Nov	Kindy Orientation
Wed 2 Nov	Chess and Draughts Competition
Fri 4 Nov	Bike Day
Tue 8 Nov	Kindy Orientation
Thu 10 Nov	Handball Competition
Tue 15 Nov	Kindy Orientation
Mon 21 – 25 Nov	Swimming Years 3-6
Mon 28 Nov - 2 Dec	Swimming Years K - 2
Thu 1 Dec	2023 Captains Speeches Assembly
Thu 8 Dec	Volunteers Morning Tea
Tue 13 Dec	Concert and Presentation Evening
Thu 15 Dec	Year 6 Farewell Assembly
Fri 16 Dec	Last Day of Term 4 for Students

School Captain's Report

Hello, these are your captains speaking. This week our PBL focus is using grit and determination to finish all of our tasks, and that means to put your absolute all into all of your subjects.

This week the Rota Kids are going to be organising a school veggie garden with the money raised from all the poppers that they are recycling. These veggies can be used by the canteen on Fridays, so that they have more resources for the kids.

Last week on Friday the SRC held a Spider Day and they raised \$113 dollars for the Year Six day out at the end of the year.

Sport News

Week 1 of Tennis was a hit!!

Thank you Mrs Osborne for organising this great opportunity for our kids ✨



🥤🍦 SRC Spider Day 🍦🥤

An absolute treat 🍦

Thank you to our SRC for supplying the soft drink
and responsibly selling the drinks.

Another fun day at Rous 🌟🌟🌟



Awards

Bronze	Silver	Gold
Charlotte G Miles Levi V Mabel Patrick S Kaleb J Ethan J Emilee B Jessica T Paige Indi Lillie Lani Trixie Zoe Ronin Dom Ruth Patrick F	Odin	Finlay Sullivan Rowan
Principal's Awards		
Miles Billy N Gwen Liam		



Rous RotaKids Report

On Tuesday RotaKids had a meeting. In that meeting, we discussed what we should do with the money from the recycling of the poppers. We have decided that it should go towards growing a garden for the school. With the garden we would be able to provide fruit and vegies like tomatoes and lettuce for the canteen. This would be a great step for Rous as prices for ingredients are going up. We also plan to grow beans for the kids to pick and eat for crunch and sip as they are delicious and healthy.

We also welcome Sophie Powell as our new Vice Treasurer, as elected by our Rota student members. Congratulations Sophie.

Ben Towner, Vice President RotaKids

Farewell Function for Margaret Simpson

Where: The Federal Hotel, Alstonville
When: Saturday 12th November 2022
Time: 2:00pm

Past and present families and staff who acknowledge the outstanding contribution that Margaret provided to students and families during her years of teaching are most welcome to celebrate with Margaret.

Snacks and light meals will be available to purchase from the kitchen.

For any further enquires, contact Rous Public School

Enrolments for Kindergarten 2023 are still open.



Kindergarten Orientation Mornings

Tuesday 1st November
Tuesday 8th November
Tuesday 15th November

9.00am – 11.30am

Bring fruit/vegetable snack, waterbottle & hat.

- ★ classroom program for students
- ★ information session for parents

2023 enrolments

For further information and RSVP please contact the school
Phone: (02) 6629 5294
Email: rous-p.school@det.nsw.edu.au

 **Rous Public School**
Quality education in a caring environment

P&C News

The next P&C meeting will be held on
Tuesday, 15th November 2022
7.30pm
Wollongbar Tavern
All welcome

Canteen Roster – Term 4

WEEK	DATE	HELPER 1	HELPER 2
2	Fri 21 Oct	Katie	Maz
3	Fri 28 Oct	Veronica	Zoe
4	Fri 4 Nov	Tasha	Katie
5	Fri 11 Nov	Maz	Karina
6	Fri 18 Nov	Zoe	Suse
7	Fri 25 Nov	Tasha	Gopal
8	Fri 2 Dec	Kirby	
9	Fri 9 Dec	Karina	
10	Fri 16 Dec	Julia	Kirby

From the Community



Intro Musos

Six-week music course for 5-7 year olds

WITH ROCHELLE WRIGHT

This exciting course introduces singing, percussion and instrument playing from our range of instrument resources. Children will learn the foundations of musical notation and music concepts through song, rhythm and movement. There will be visits from our inspiring tutors to demonstrate a variety of instruments, opening up the possibilities of what and how you can learn!

Thu 3rd Nov to Thu 8th Dec, 4-5pm | \$100

The Northern Rivers Conservatorium is a registered Creative Kids provider.



Northern Rivers
CONSERVATORIUM



admin@nrcac.edu.au
Ph: 6621 2266

Hello 5-7 year olds!

Are you interested in learning an instrument? Then this is the course for you 🎵🎵

Over the 6 weeks you will be introduced to the foundations of music through singing, percussion, instrument playing and movement as well as an introduction to music reading. During the course we will have visits from our inspiring tutors demonstrating a range of instruments. Join Rochelle Wright on Thursday afternoons at the Northern Rivers Conservatorium.

Creative kids vouchers can be used.
Limited places available
enrol.nrcac.edu.au



It's National Nutrition Week!



Veggie Food Facts & Tips



Tryfor5 a day

Only 7.5% of Australia adults meet the daily recommendations for 5 serves of vegetables a day, and it's even less when it comes to kids.

Work with Nutrition NSW to [inspire healthy eating](#) through information, education and one-on-one consultation services.

[Contact us](#) to hear about working with you.



Healthy Eating on a Budget

Economic barriers to healthy food is becoming a common trend as the cost of living increases in Australia.

[Check out our tops tips](#) to reduce your grocery costs without compromising on you and your family's health and well-being.



Eat a rainbow

Eating a rainbow of fruits and vegetables can ensure you receive a variety of nutrients.

There are 5 different colour categories for fruits and vegetables with their own unique set of phytochemicals.

[Check out](#) our fact sheet to learn more.