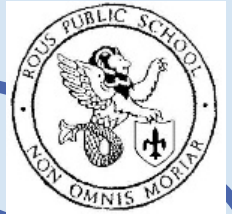


# Rous Public School Newsletter

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



Term 4 Week 10

15 December, 2022

## Principal's Report

Dear Rous Families,

We have officially come to the last newsletter of the year. What an amazing Presentation & Concert on Tuesday night! Thank you to so many families for joining us. The students performed so proudly on stage. A special shout out to Bill and Kirby Johnston, the BBQ was awesome and I know everyone appreciated having something to eat upon arrival. Thank you to the P & C for organising the raffle. This is what makes Rous the amazing place it is - the community connection is unlike another school on the North Coast.

I'd like to formally acknowledge Pat Byrnes. Your outstanding contribution to Rous Public School has been so greatly appreciated and we thank you for your leadership, support and guidance as the P&C President. We will miss you.

Best of luck to our outgoing Year 6 families; Paki, Byrnes, Grossman, Noakes and Pearson. We will miss you dearly and we wish you the very best of luck next year. Stay in contact and we will hopefully see you all at the next Bonfire.

To our outgoing Year 6 - we wish you the absolute best going into high school. You are all amazing!!! The high schools are so lucky you are joining them for the next stage of your educational journey.

Aim high and have fun along the way. Your Rous family are always here if you need support. But you will all fly when you start, so stay confident in your ability and keep a positive growth mind set.

Congratulations Billy, Ruth, Finlay, Asiah, Gwen, Memphis, Tane, Zeus, Zoe, Ethan and Noah.

As we say goodbye to 2022, let's reflect on the many positives that have been the driving force at Rous PS. Let's focus on a positive and successful 2023.

To the awesome staff, thank you for your hard work in 2022. Miss Allen, Mr De Stefani, Mr Johnson, Mrs Bate, Mrs Kavanagh and Mrs Jenkins will all be returning next year and we are excited for a great year ahead. Thank you Ms Ivy

## Upcoming events

Thu 15 Dec	Year 6 Farewell Assembly and Dinner
Fri 16 Dec	Dress Up Day – 80's Theme Last Day of Term 4 for Students
Mon 31 Jan	Students return – Years 1-6
Fri 3 Feb	New Kindergarten start

for your time at Rous. We wish you all the best in your career moving forward.

A very special mention to Heather and Russel Williams from next door. It was a privilege having you attend our Presentation Evening. Thank you for coming – your attendance made the night so special.

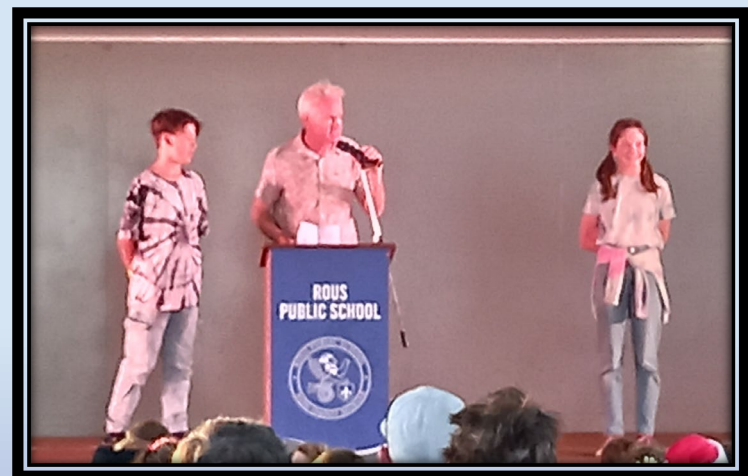
Congratulations to our new 2023 School Captains; Lani Turner and Patrick Fox. Mr J and I are excited to be working with you both in preparing you to lead the school.

Merry Christmas everyone! Stay safe and we will see you in 2023.

Mrs Jenkins and Mr Johnson











### Exciting canteen news....

Online ordering and payment is here!

Say goodbye to hunting around for a bag and coins on Friday mornings and order via the 'Spriggy Schools' app instead. We have decided to trial the app for the rest of the term and if it goes well, to gain P&C agreement to use Spriggy Schools next year.

The canteen menu options and prices will remain the same. There is a 29c fee per online order, which is on a par with other online canteen providers and should be worth it to save hassle for parents and to help make canteen run more smoothly.

For the time being it will still be possible to order with brown paper bag and coins, but we would encourage you to download the app and give it a try. Please see details below.

Thank you.

P&C Canteen Committee

### Spriggy Schools

## The canteen has partnered with Spriggy Schools for online lunch orders!

#### Creating your account

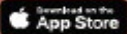
- Download the app
- Register your details
- Create a profile for each child

#### Placing your first order

- View the canteen menu on the home screen
- Browse the menu and tap 'Add to Cart' on any item
- Go to cart and tap 'Place Order' to confirm
- You can edit or cancel your order before the cut-off time



Download the app now!



Spriggy Schools Pty Ltd (ABN 48 650 445 819), based in Sydney, Australia is the issuer of the Spriggy Schools. Spriggy Schools does not hold an AFS licence but operates in accordance with ASIC Instrument 2016/211 (Non-cash payment facilities). Please consider the Terms and Conditions and the Target Market Determination to ensure the product is right for you. See full terms at [www.spriggy.schools.com.au](http://www.spriggy.schools.com.au).



## From Our Community

'Melaina's workshop was amazing!  
It's inspired me to be more  
creative and use my  
imagination. I loved it!!!!' Lilly



'Brilliant, funny  
and awesome.  
Thank you!!!'  
Ed



**SCHOOL HOLIDAY  
WORKSHOPS ACCEPTING  
2022 & 2023 CREATIVE KIDS  
VOUCHERS!**

## CREATIVE WRITING MASTERCLASS FOR KIDS!

**IN PERSON WORKSHOPS FOR 10-12 YRS (GRADES 5-6)  
WITH MELAINA FARANDA - TEACHER AND AUTHOR OF OVER FIFTY  
CHILDREN'S BOOKS**



**BOOK NOW TO SECURE YOUR CHILD'S PLACE.  
HTTPS://WWW.TRYBOOKING.COM/CDXOA  
OR EMAIL: STORYWELLAUSTRALIA@GMAIL.COM  
FOR A GREAT OPPORTUNITY TO USE YOUR  
2022 OR 2023 CREATIVE KIDS VOUCHERS**



**POTTSVILLE TUESDAY JAN 10TH  
MURWILLUMBAH WEDNESDAY JAN 11TH  
TWEED HEADS THURSDAY JAN 12TH**

**BRUNSWICK HEADS TUESDAY JAN 17TH  
BANGALOW WEDNESDAY JAN 18TH  
LISMORE (BEXHILL) THURSDAY JAN 19TH**

## Before and After School Survey Link

The Department of Education are asking families in our local community to click on the link below and complete the survey. This survey will continue to ensure that the needs of families are included in the design and delivery of before and after school care for your school. The survey will close **Tuesday 13 December**.

<https://surveys.education.nsw.gov.au/s3/Parent-Survey>

## CARDIO TENNIS

**TUESDAY & THURSDAY MORNINGS**

6am-7am

\$15 a session

All levels of tennis ability & fitness

Wollongbar Courts

Contact Alexis 0402 097 212

Email: [alexis@northernriverstennis.com](mailto:alexis@northernriverstennis.com)



### -Kids Sushi class in Ballina-

Date: 2pm-3.30pm Sunday 22nd January 2023

Place: CWA room Ballina

Price: \$45 per kids

Suitable age: 6-14 y.o

Sushi kids class menu

-Chu -Maki roll (take-away style sushi/4 pieces)

-Hosomaki roll (the small ones/6pieces)

-Uramaki roll (the inside out ones/4 pieces)

-Inari sushi (Tofu pocket sushi/2pieces)

Sushi fillings

Avocado, Cooked Tuna, Carrot, Cucumber,  
Teriyaki Chicken, Inari tofu pocket

Booking on website

[https://japanesechefbyronbay.square.site/product/kids-sushi-cooking-class-ballina-22-1-14-00/179?cp=true&sa=false&sbp=false&q=false&category\\_id=3](https://japanesechefbyronbay.square.site/product/kids-sushi-cooking-class-ballina-22-1-14-00/179?cp=true&sa=false&sbp=false&q=false&category_id=3)

## From Our Community

### NUYOU Tween Retreat Day

January 20th

Lennox Head CWA Hall , Mackney Lane

9am - 3 pm.

This one day retreat will feature the following:

Nourish your mind, body and soul : nutrition and mindfulness activities

Unleash your girl power: physical activity made fun

Your day your way : mindset, planning for success, and team building Open your mind: creative activities and challenges

Uncover your best self: live your best life and find your girl gang

Facilitator: Kellie is a health educator and coach with 23 years experience teaching and coaching young people, 15 years of fitness industry experience, a Mental health and wellbeing course facilitator with Prevent Consultants and she is a mum of a Tween!

This retreat day is designed to be holistic, challenging, fun and educational. SPECIAL GUEST - Amy Quitoriano - Nutritionist [www.madesimplynutrition.com.au](http://www.madesimplynutrition.com.au) Lunch and snacks provided - created on the day by the participants with Amy

Bring a hat, water bottle, and a change of clothes, sports shoes or covered footwear, and a gratitude attitude!

Purchase your Ticket here: \$85

<https://bigpicturehealth.com.au/nuyou-tween-retreat-day-zXQr6Q>

### Optimise Me Basketball Camp

When: Jan 24-25th

Where: Ballina Indoor Sports Centre, Cherry Street Ballina

Times: 9am - 3pm both days

Who: Students 10-15yrs -No level of basketball experience required.

What: OPTIMISE ME basketball camps are for everyone. This is an amazing school holiday activity for anyone who wants to level up their game on and off the court. There will be plenty of fun and on court action, games specific fitness, skills and game development delivered by highly experienced coaches. Participants will also learn how to support themselves, others, and team mates with on point strategies for visualisation, mindset, nutrition, grounding, self regulation and recovery and more.

Coaches:

Sammi Johnston: Psychosocial recovery coach, NCAA athlete (Basketball), Movement coach, counsellor, ASK Youth facilitator

Kellie Coates: Human Movement specialist, Basketball Coach, Athlete, Health educator, Empowerment Coach for Mindset and leadership development, Personal trainer/ Pilates instructor, ASK Youth Facilitator.

Cost: \$180 for both days ( 24-25th Jan 2023)

Single day option \$95 (24th Jan only)

Purchase tickets here:

<https://www.eventbrite.com.au/e/optimise-me-basketball-camp-tickets-476179053367>

Brought to you by:

Prevent Consultants - Preventative mental health and wellbeing specialists.

## Mind Movement Camp

When: 17-18th Jan

Where: Ballina Indoor Sports Centre

Times: 9-3pm both days

Who: Students 10-15yrs

What: Mind Movement camps are for those students who love to move, or for those who want to learn more about movement. It will also lean into the mind/ body connection, provide skills and strategies for visualisation, self regulation, grounding, nutrition, recovery, body positivity, mindset and more. The camp includes a variety of activities that will enhance movement potential for all participants, regardless of their background.

Pilates

Dance

ZUU

Functional fitness

Flexibility training

Yoga and more....

It will be creative, fun and will foster amazing new friendships and connections through the love of movement across a wide variety of platforms.

Coaches:

Sammi Johnston: Psychosocial recovery coach, NCAA athlete (Basketball), Movement coach, ZUU trainer, ,counsellor, ASK Youth facilitator

Kellie Coates: Human Movement specialist, Youth Sports Coach, Athlete, Health educator, Empowerment Coach for Mindset and leadership development, Personal trainer/ Pilates instructor, ASK Youth Facilitator.

***PLUS Special Guest International Dance teachers.***

Cost: \$212 for both days

Includes: Lunch

Single day option \$110 ( 17th Jan only)

Purchase ticket here:

<https://www.eventbrite.com.au/e/mind-movement-camps-are-for-those-students-who-love-to-move-or-for-those-w-tickets-476185231847>

Brought to you by:

Prevent Consultants - Preventative mental health and wellbeing specialists.