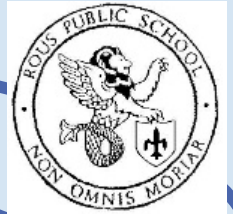


Rous Public School Newsletter

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



Term 4 Week 9

8 December, 2022

Principal's Report

Dear Rous Families,

What a fantastic day Year 6 had at the Ballina Waterslide yesterday! They are a wonderful group of students who are a huge asset to Rous Public School. They will be sorely missed next year.

We have a busy end to the term ahead. Our School Concert and Presentation night is on Tuesday night. All classes have been busy preparing their items. We can't wait to see what they will present.

Next Thursday will be our Year 6 farewell assembly. Whilst this is a sad time, it is also a reflective assembly where our students talk about their time at Rous Public School.

Mrs Jenkins and Mr Johnson



Upcoming events

TERM 4

| | |
|------------|-------------------------------------|
| Tue 13 Dec | Concert and Presentation Evening |
| 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 |



A Mum and Baby spotted cruising around Rous PS!! We are so lucky to share our beautiful school with these amazing creatures.

Year 6 – Fundraising Gift

Thank you Year 6 for these beautiful mats for our classrooms. The student's fundraising efforts throughout the year, contributed to the purchase of these amazing mats.



Years 4/5/6 Ice Cream Experiment

Our lucky 4/5/6 students have been putting their ice cream making skills to the test this week.

The purpose of the experiment was to investigate liquids turning into solids 🍷🍦



Year 6 Fun Day - Ballina Waterslides

Our Year 6 students enjoyed a well deserved fun day out at the Ballina Waterslides yesterday. What an amazing group of students!!



Hampers

We are now collecting donations to put into this years Hampers. The hampers will be given away to our lucky raffle winners on the Concert and Presentation night. We are asking any families wishing to contribute, to send in the items to school with your child or feel free to drop them off to the office.

Thank you to those families who have kindly donated items already.



Pie Day

Pie Day will be held on Thursday 15 December this term. Pie orders will need to be in by **Monday 12 December**.

(The normal canteen menu will also be available but must be ordered by the Monday too for catering purposes)

The order form is attached to the bottom of this newsletter or you can place your orders via the preferred online method using the new Spriggy Schools app
No canteen orders will be taken on the day.



School Awards



| Bronze | Silver | Gold |
|--|------------------------------|--|
| Charlotte G Gemma Kodah Leo O Miles Spencer Sarah Tilly Esme Arahbella Marley Liam Lylah Chase Paikea Tahhi Connor Finn Ethan J Kaleb Quillan Leo W Bella Lloyd Madelyn Paige M Lani Molly Sullivan Lydia Indi Chloe T Dom Tane Billy N Levi W Angus Noah Gwen | Olive Adalyn Patrick S | Tilly Spencer Billy N Ethan M Gwen Asiah Ruth Zoe |

Canteen Roster – Term 4

| WEEK | DATE | HELPER 1 | HELPER 2 |
|------|------------|----------|----------|
| 9 | Fri 9 Dec | Karina | Maz |
| 10 | Thu 15 Dec | Julia | Kirby |

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 48 650 445 810), 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.

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



-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

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 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.

Friday Canteen Menu – 2022

Canteen open one day per week

Name: _____ Roll Class: _____

Available every Friday

| | Cost | Order | Total |
|---|--------|-------|-------|
| Vegemite sandwich/roll | \$2.00 | | |
| Ham sandwich/roll/wrap | \$3.00 | | |
| Chicken sandwich/roll/wrap | \$3.00 | | |
| Salad sandwich/roll/wrap (Combination salad items – lettuce, tomato, carrot, egg, beetroot, cheese) | \$3.00 | | |
| Ham salad sandwich/roll/wrap | \$3.50 | | |
| Chicken salad sandwich/roll/wrap | \$3.50 | | |
| Toasted cheese sandwich | \$3.00 | | |
| Toasted ham & Cheese sandwich | \$3.00 | | |
| Toasted tomato & Cheese | \$3.00 | | |

Available last Friday of term only

| | | | |
|--------------|--------|--|--|
| Meat Pie | \$4.50 | | |
| Sausage Roll | \$4.00 | | |

Poppers & Milk

| | | | |
|------------------------------|--------|--|--|
| Orange | \$1.00 | | |
| Apple | \$1.00 | | |
| Apple & Blackcurrant | \$1.00 | | |
| Chocolate or Strawberry Milk | \$1.50 | | |

TOTAL \$