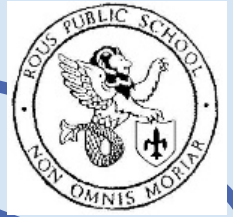


Rous Public School Newsletter

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



Term 1 Week 8

17 March, 2023

Upcoming events

TERM 1

Mon 20 Mar – Tue 21 Mar	NAPLAN (Years 3 and 5) Mon 20 – Language Conventions Tue 21 – Numeracy
Tue 21 Mar	Harmony Day
Tue 4 Apr	Anzac Assembly 9:30
Thu 6 Apr	Easter Hat Parade and Fete
Thu 6 Apr	Students Last Day - Term 1
Mon 24 Apr	Staff Development Day
Tue 25 Apr	Anzac Day (Public Holiday)
Wed 26 Apr	Term 2 Begins for students



2023 Easter Fete

Our Easter Fete is fast approaching. We are kindly asking for some donations of Easter eggs. Each class will have an Easter egg hunt and a little surprise left for them in their baskets.

Thank you in advance, we greatly appreciate your support

All donations are to be left at the office.



Harmony Week 2023

Harmony Day will be celebrated on Tuesday, 21 March. Students can wear orange to school to symbolise this important day. This year's theme for Harmony Week 2023 is:

Everyone Belongs

Let's unite and celebrate our cultural diversity!!



Rous PS Award Winners



Bronze		Silver	Gold
Freya	Paige	Mikayla	Kodah
Rylan	Marley	Kaleb	Leo O
Winnie	Emilee	Liam	Quillan
Rarvi	Leo W	Luca	Arahbella
Charlotte G	Odin	Lydia	Dartanyan
Angus F	Ethan	Lani	Indi
Olive	Connor	Sophie	Lillie
Max	Levi W		
Clancy	Chloe T		
Roman	Edward		
Macey C	Indi		
Nancy	Lacey		
Maddie G	Maddy L		
Paikea			
Angus J			
Leo O			
Gemma			
Nirvana			
Tilly			
Elliot			
Levi			
Charlotte H			

Jump Rope for Heart

Rous PS students will be participating in the Jump Rope for Heart program during Term 2. Keep an eye out for more details and information on how to register your child, in the coming newsletters.



High School Expression of Interest Form

Thank you to the parents that have already returned their Year 7 Expression of Interest forms. If you have not done so yet, please return your completed form to the office as soon as possible.

Rous RotaKids

On Friday, 10 March we had a special visitor to Rous Public School, Ruth Byrnes. Ruth was our 2022 Rous Public School Captain. Ruth returned to congratulate the incoming Rous RotaKids President, Ben Towner and present him the President Collar. It was so lovely to see Ruth again and learn that she is really enjoying High School. Thankyou and well done Ruth.



RotaKids are growing things!

At the recent Rous RotaKids' meeting, the students decided our school gardens are in need of some special attention.

The RotaKids want to plant beautiful sunflowers along the side fence and vegetables in the above ground beds. The vegetables will be used in the canteen for lunches, as well as for students to pick for Crunch & Sip times.

The RotaKids discussed that the garden soil needs to be prepared before seedlings are planted. If you can assist with some natural fertiliser such as chicken, cow or rabbit poo ---- that would be great.

Rous Public School General Assistant, Adrian, has set up the compost bin for any green waste to grow some garden worms. In Term 2, we are going to have a special science project in our classrooms, and everyone will need a small glass jar & some cotton balls --- keep an eye out for an empty jar.

Picnic for Pigs

Back in 2021 Rous PS held a Picnic for Pigs. From this event we were able to purchase two piglets for two very poor families in Candi dasa ---- haven't they grown!.



Curriculum Corner

You have an important role in your child's learning in the primary years of schooling.

Syllabuses for learning

Can you name all the syllabuses developed by NESA to support quality teaching, learning, assessment across NSW primary schools?

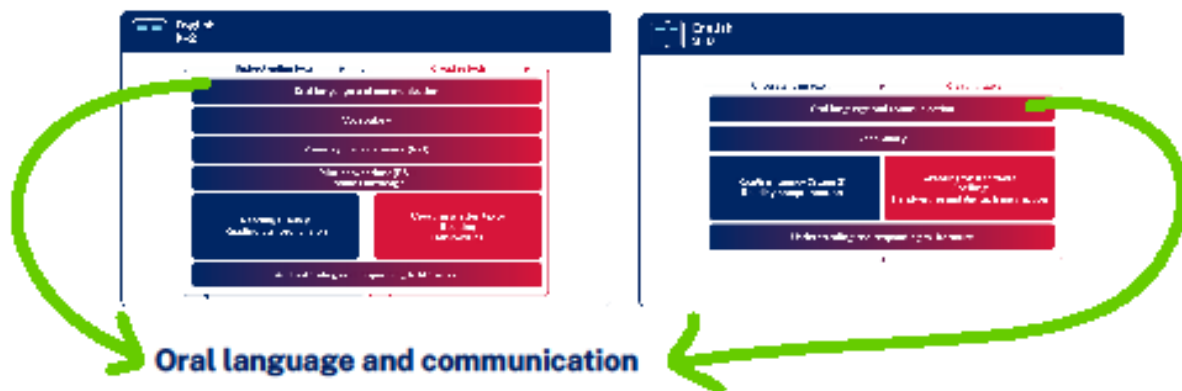
NESA develops the syllabuses for these learning areas in NSW primary schools:

- English
- Mathematics
- Science and Technology
- Human Society and Its Environment (HSIE) which is History and Geography
- Creative Arts (visual arts, music, dance, drama)
- Languages (optional for schools)
- Personal Development, Health and Physical Education (PDHPE)

A closer look at the English syllabus

In English K–6, the importance of strong foundations in the early years across oral language, reading and writing is highlighted. The organisation of the syllabus supports the development of literacy knowledge and skills, while continuing to acknowledge the importance of learning about and enjoying literature.

The figures below show the organisation of English K-2 and 3-6 syllabus content.



Oral language and communicating focuses on developing speaking, listening and interacting skills. You can help at home through these simple suggestions for each stage of learning:

Early Stage 1 (Kindergarten)

- modelling listening skills by taking turns when speaking with your child and waiting from them to respond.
- asking your child open-ended questions about their day or surroundings. Eg *Tell me about a book you read today.* Or *How did you make that artwork?*
- gradually building the number of verbal instructions from one single direction to two directions then up to three directions for your child to follow.

Stage 1 (Years 1 and 2)

- ☺ Using and explaining language that describes position such as *left/right, near/far, above/below*. Play games such as 'Simon Says' or design a map to go on a treasure hunt.
- ☺ Comparing and discussing different aspects of life around you. Eg what is the same or different about *seasons, movies, books, food, clothes, cars or weather*.
- ☺ Continuing to support your child to successfully complete 2-and 3-step instructions. Eg *make your bed – put on your jacket – turn out the light*.
- ☺ Introducing more detailed texts to your child, such as beginning chapter books, so they can focus and listen to YOU read about one topic over a longer period of time. Eg. Reading one or 2 chapters per night.

Stage 2 (Years 3 and 4)

- ☺ Ensure you are asking open-ended questions, or questions that require more than a one- or two-word response. Eg *when, where, what, why, how?*
- ☺ Use describing words when talking. If your child says "There's a dog", add descriptive words such as "That's a small, fluffy, white dog." Encourage them to do the same.
- ☺ Build on your child's language by teaching them new words. If your child says "The house is big", you could say "Yes, the house is large" "The house is enormous".
- ☺ When reading with your child talk about the words used in books. Discuss together the meaning of the words. You might also like to find new, interesting words to talk about.
- ☺ Practise using new words in a sentence.

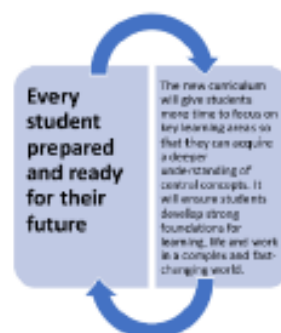
Stage 3 (Years 5 and 6)

- ☺ If your child is preparing and practising for an oral presentation/public speaking event, remind them exactly how body language and vocal cues can positively (or negatively) affect their presentations. Draw attention to different elements of their body language, including posture, eye contact, facial expressions and gestures. Also, make your child aware of vocal cues such as volume, clarity, pace, pause and tone. Help them adjust any of these components to support what they're saying in their presentations.
- ☺ When walking or travelling together, talk about street names and the meaning of signs, etc. You could discuss anything known about names and signs encountered (eg give an explanation about how street names may have come about).
- ☺ If your child has trouble remembering things said to them, it's a good idea to encourage them to repeat in their mind what has been said, then retell it in their own words. Making notes can help if they have to do a task.
- ☺ Ask your child's opinion on a matter and then have them justify or provide some reasons as to how they came to have that opinion.

Kelly-Rae Allen

Teacher/AP Curriculum and Instruction

Do you have a question for Curriculum Corner? Email me at rous-p.school@det.nsw.edu.au



Next P&C Meeting

6:30pm on Tuesday, 4 April 2023
at Rous Public School.
All welcome

Email Communication

The P&C would like to communicate with our Rous families through email. If you are happy to be contacted via email, could you please supply your email address to:
rouspublicschoolpandc@gmail.com

School Soccer Uniform

If you have a business and are in the position to support our school soccer team with the purchase of new uniforms, we would be very grateful.
Please contact the P&C on **rouspublicschoolpandc@gmail.com**
We really appreciate your support.

Canteen

Hi everyone, it has been a busy start of the year at Rous Public School Canteen – it is great to see this service being so popular with Rous families and staff. Thanks to all our volunteers.

A few updates...

From the start of Term 2, ordering on Spriggy Schools will be possible up to ten weeks in advance – this means that you can order ahead for the whole term if you wish to! Orders via the app can be cancelled and refunded at any point up until the order cut-off time, so no problem if your child is off sick or changes their mind.

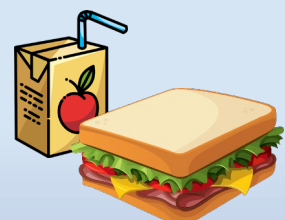
Also from the start of Term 2, the online order cut-off time will be 8.45am Fridays, to help give enough time to get the current volume of orders ready for that 11 o'clock lunch bell! This needn't make your mornings harder however, as you can order the night before – or even 'set and forget' as above!

The last canteen day for Term 1 will be Friday 31st March. We will be offering the normal menu, no pie day this term but it will resume in future. Any volunteers for next term, queries or feedback, please contact:

rouspublicschoolpandc+canteen@gmail.com

Rous P&C Canteen Committee

Canteen Roster – Term 1			
WEEK	DATE	HELPER 1	HELPER 2
9	Fri 24 Mar	Zoe	Abbi
10	Fri 31 Mar	Tasha	Julia



WOLLONGBAR PUBLIC SCHOOL
P&C PRESENTS
A Fair to Remember
SATURDAY 18TH MARCH 2023
9AM - 2PM



Market Stalls, Plants, Food, Coffee, Drinks, Cakes, Rock Wall, Meltdown, Super slide, Tea Cups, Mickey Mouse castle, Jurassic Park, Ninja Wall, Mega fun, Fairy floss, Snow Cones and more..

There is something for everyone at A Fair to Remember!

**Pre- paid ride passes available on the Flexischools App or email:
wollongbarpc@hotmail.com**

Don't attend Wollongbar? You can still purchase ride passes just download the app create an account and purchase the pass as a guest.

\$35 (\$40 on the day, single ride tickets available on the day for \$5per ride) or email: wollongbarpc@hotmail.com

Rides for all ages!

For more info on Rides; <http://www.nrjc.com.au>

**For more information contact Anna on 0410 594 676 or email:
wollongbarpc@hotmail.com**

Speech Pathology Student-led Clinic

Southern Cross University Gold Coast, Lismore and Coffs Harbour Health Clinics are now offering student Speech Pathology services in-person or via Telehealth for 2023.

This service is available for both children and adults.

All sessions are delivered by student speech pathology clinicians who are supervised by a qualified Speech Pathologist.

Speech Pathology services are available for people who have communication difficulties that may be present for a variety of reasons. Clients can self-refer. Referral from a doctor is not required.



Reasons to refer to the Speech Pathology student clinic may include:

- Difficulty using/finding words to communicate
- Difficulty understanding others or following directions
- Difficulty with clarity of speech
- Voice changes
- Difficulty speaking fluently
- Difficulty with reading or writing

Please contact the Southern Cross University Health Clinic to discuss services or be placed on the waiting list for an appointment.

GOLD COAST:
t: (07) 5589 3252
e: clinic@scu.edu.au

LISMORE:
t: (02) 6626 9131
e: clinic@scu.edu.au



Contact either clinic phone number above for Coffs Harbour Health Clinic.

LEARN AND PLAY! AND HAVE SOME FUN!

- Skills for the game and life!
- Biomechanics for optimal movement
 - Mindset
 - Game Skills, strategies, and GAMES
 - Self regulation & recovery
 - Self optimisation
 - Nutrition and performance
 - AND SO MUCH MORE.....

OPTIMISE ME BASKETBALL CAMP

Primary School Camp 8-12 YRS

8-12 YRS - BOYS AND GIRLS
9 am - 3.30pm

Ballina Indoor Sports Centre

REGISTER YOUR INTEREST
www.askworkshops.com.au

Coaches:



Kellie Coates
State League Basketball
23 yrs Coaching youth basketball
Accredited NSW basketball coach
P.T & Human Movement specialist
Youth mindset and Empowerment coach



Sammi Johnston
NCAA Basketball
Athlete & Psychosocial recovery coach,
Movement and Mindset Coach

More Information
on the website



Call Kellie: 0432662050
Email: kellie@preventconsultants.com

LEVEL UP! AND HAVE SOME FUN!

- Skills for the game and life!
- Biomechanics for optimal movement
 - Mindset
 - Game Skills and strategies and GAMES
 - Self regulation & recovery
 - Self optimisation
 - Nutrition and performance
 - AND SO MUCH MORE.....

High School Camp
12-16 yrs

OPTIMISE ME BASKETBALL CAMP



12-16 YRS - BOYS AND GIRLS
9 am - 3.30pm

Ballina Indoor Sports Centre

REGISTER YOUR INTEREST
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Kellie Coates
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Accredited NSW basketball coach
P.T & Human Movement specialist
Youth mindset and Empowerment coach



Sammi Johnston
NCAA Basketball
Athlete & Psychosocial recovery coach,
Movement and Mindset Coach

More Information on
our website

Call Kellie: 0432662050
Email: kellie@preventconsultants.com



LIFT YOUR GAME! AND HAVE SOME FUN!

Learn how to lift your game to the next level!

- Biomechanics for optimal movement
- Success Mindset
- Game Skills and strategies and GAMES application
- Self regulation & recovery
- Self optimisation
- Nutrition
- AND SO MUCH MORE.....

OPTIMISE ME "ELITE" BASKETBALL CAMP

Experienced players
12-17+ years



12-17+ YRS - BOYS AND GIRLS
9 am - 3.30pm

Wednesday 19th April
Ballina Indoor Sports Centre

REGISTER YOUR INTEREST
www.askworkshops.com.au



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