



# Ross Hill Public School

### Monday 25 November 2019

#### Week 7 Term 4

#### **High School Transition**

Thursday 28 November will be a full day transition for all Year 6 students. Students are to make their own way to and from either Inverell High School or Macintyre High School. Information notes have been sent home with all Year 6 students.

#### **P&C Scholarships**

Scholarships to the value of \$750.00 are being offered to 2020 Year 6 students. Applications open on Monday 18 November to all Year 5 students who are currently attending Ross Hill Public School.

To apply, students complete and return the application and agreement. To support their application, students are required to submit:

- A letter addressing the selection criteria (no more than 2 pages) and
- ◆ A portfolio to support the application. This can be in the form of photographs, drawings, videos etc.

No original copies are to be included. Applicants will be short -listed and undergo an interview and selection process. Applications will close on Monday 2 December and the winners will be announced at Presentation evening.

#### **Presentation Evening**

School

Staff are currently preparing for our Presentation Evening celebrations. All parents, family and friends are invited to attend on Wednesday 11 December. Kindergarten to Year 6 Presentation Evening will be held in the school hall commencing at 6:30pm. More information will be sent home with our award winners as the date gets closer.

Students attending Year 7 at High

Do you have a student moving to Inverell High School or Macintyre High School for Year 7 next year? Please return your enrolment applications to allow staff time for processing.



#### What's On ...



## Life Education Van visits all week

#### **Thursday 28 November**

Year 6 full day transition to High Schools

#### **Monday 2 December**

P&C Scholarships closing date

#### Wednesday 11 December

Years K to 6 Presentation Evening

#### Friday 13 December

SU Christmas Party at Shake Rattle & Bowl

#### **Monday 16 December**

School reports to be sent home

Year 6 Formal Dance

#### Tuesday 17 December

Kindergarten beach day Stage 2 end of year party Stage 3 pool party day SU Christmas party and students last day

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#### **P&C News**

Don't forget to support the canteen for your summer uniform

requirements before the school holidays.

Volunteers are needed for next year in the canteen. All helpers are appreciated, even if you can only do from 9:00am until 11:00am. Contact Annie.



T4 Week 7	Fantastic Helpers
Mon 25 Nov	Josie Sheck
Tue 26 Nov	Jodie Haidle
Wed 27 Nov	Lisa Parsons
Thurs 28 Nov	Michelle Blackburn & Carleigh Hall
Fri 29 Nov	Carleigh Hall, Ann Campbell

T4 Week 8	Fantastic Helpers
Mon 2 Dec	Josie Sheck
Tue 3 Dec	Jodie Haidle
Wed 4 Dec	Therese McGann
Thurs 5 Dec	Michelle Blackburn & Carleigh Hall
Fri 6 Dec	Carleigh Hall, Ann Campbell, Janet Mepham Marg Hewat

## Good for Kids good for life

WAYS TO BE PHYSICALLY ACTIVE

#### Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



#### ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



#### ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



#### CTIVE AT HOME

- · Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



#### ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water
- Speak with your doctor or other health professional if your child has a medical condition.

image source: Department of Health



NELHD-GoodForKids@health.nsw.gov.au ttp://www.goodforkids.nsw.gov.au/

#### K-6P Excursion

Students in K-6P are being offered an outstanding opportunity to take part in a great excursion to Port Macquarie.



This excursion will be held from 2 to 4 December 2019. They will be staying at the Lighthouse Beach Holiday Village.

While at the excursion they

will visit Timbertown, Billabong Zoo, Sea Acres and attend a Sunset River Cruise and also visit the Koala Hospital.

Students have been given a note detailing all these events and items they need to bring with them.

Please ensure the signed permission note is returned to Mrs Payne as soon as possible. We look



forward to hearing all about this excursion when you return. Have a great time.

Empowering our children and young people to make safer and healthier choices through education.



Students from Kindergarten to Year 2 along with classes from the Support Unit will visit the Life Education Van during next week. Life Education cares about Australian children. They have an active passion for the health and well being of the next generation of Australia.

The Mobile Learning Centre provides a unique learning environment and trained educators who use an innovative teaching and learning approach to engage students.



#### **Swimmers from Year 2**









#### **Don't Mess With Our Shire"**

Recently schools in our local shire were invited to participate in a poster competition to "Create Art for Our Local Parks".

Students artworks were asked to share the message of "Don't Mess With Our Shire" to encourage our community to look after our waterways, along our waterways and in our towns. The competition was open to students from Kindergarten to Year 6, thank you to all students who entered their colourful posters. Thank you to the Mayor Mr Paul Harmon and Deputy Mayor Mr Anthony Michael for visiting our school announcing the winners.

#### Highly Commended:

Ben W, Lath T, Chelsea F, Ben M, Emily S, Hunter L, Kiara W, Courtney P, Madison C. Finalists

Nakia H, Millie K, Khijah M, Chlouie J, Christopher R, Malia W, Amelia H, Lilly J, Alexia M, Akeelah J, Abigail C, Imogen C, Josh C.

All the entries went into a draw to win \$100.00. Congratulations to Tyler who has won \$100:00 for Ross Hill Public School.







