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## Term 4 Week 4

### Kindergarten Transition

Our second Kindergarten Transition day will be held on Tuesday 26th October. Parents are requested to QR code in and access the school through the Support Unit gate on Bannockburn Road.

If you need to supply any supporting documents for your child's enrolment, would you please bring this to the office at your earliest convenience.

### Year 2 Swim School



Unfortunately with the continuing COVID-19 restrictions for schools, we are unable to run swimming school this term. If you would like to organise swimming lessons for your child out of school hours, please contact the Inverell

Swimming Pool and they will be able to provide you with the relevant information and costs.

### Slime Run

[https://rosshillps.schoolzineplus.com/\\_file/media/1119/slime\\_run\\_information\\_for\\_newsletter.pdf](https://rosshillps.schoolzineplus.com/_file/media/1119/slime_run_information_for_newsletter.pdf)

### Selective Schools Test

[https://rosshillps.schoolzineplus.com/\\_file/media/1116/selective\\_schools\\_test\\_flyer.pdf](https://rosshillps.schoolzineplus.com/_file/media/1116/selective_schools_test_flyer.pdf)

### Aurora College Year 7 Information

[https://rosshillps.schoolzineplus.com/\\_file/media/1117/aurora\\_yr\\_7\\_2023.pdf](https://rosshillps.schoolzineplus.com/_file/media/1117/aurora_yr_7_2023.pdf)

### Cleaner Position Available

[https://rosshillps.schoolzineplus.com/\\_file/media/1118/cleaners\\_required.pdf](https://rosshillps.schoolzineplus.com/_file/media/1118/cleaners_required.pdf)

Good for Kids good for life

*Good for Kids* good for life

**Dice fitness at home**







Keep active at home with a game of dice fitness. You can play as a family!


**Equipment**  
Dice

List of six exercises (on paper or a whiteboard so you can see them)

**How to play:**  
Roll the dice and do the matching exercise (for example if you roll a '3' do a squat)  
Start with one repetition of the exercise and build up with each roll (for example, on your second roll do the exercise twice)

**Change it up:**  
Try adding an action between each roll – you could run the length of the garden and back  
Use our exercise ideas below or make your own list. Get creative!

	Burpees		Mountain climbers
	Lunges		Sit ups
	Squats		Push ups



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