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2021 Term 3 Week 5

COVID update



Sending out lots of good wishes to all our families as we navigate our way through COVID. Please take care and stay safe. We will post any updates to our Facebook

page that impact us and will contact families by text directly if the situation changes.

Our school restrictions remain as Level 2. Anyone who has symptoms is to get tested and remain isolated until they receive their results. School is operational as normal with COVID safe handwashing and hand sanitiser for everyone. Students are expected to be at school unless they are unwell. Only essential visitors are able to access the school site.

Primary Athletic Carnival

It was wonderful to see our students able to enjoy a great day at the complex for our Athletic Carnival. We are aware that some students will have missed out due to the Armidale lockdown and will make very effort to give them an opportunity to enter some times and distances for the Zone carnival. However, at this stage the Zone Athletics Carnival is postponed to a date to be determined.

Thank you goes to Ms Plain and the staff for their efforts in making this a great day. I would also like to extend sincere thanks to the Inverell High students who assisted. It was wonderful to catch up with some of our former students, and their help was invaluable.

Parent / Teacher Interviews



Due to the current Covid restrictions our Parent Teacher interviews will be conducted this year by phone . Your childs

teacher will give your a phone call to discuss your childs progress if needed, if you do not receive a phone call but would like to speak to the teacher please contact the school on 6722 2475 and we will arrange a time that suits for your phone interview.

Kindergarten Garden Party

KINDERGARTEN GARDEN PARTY

On Tuesday 24th August 2021 in the school "You Can Do It" Garden. Come dressed in your gardening clothes.

As part of our Kindergarten garden study our students will enjoy a variety of garden themed activities.

COVID-safe practices will be in places and we will review advice on the day.

Crazy Sock Fundraiser



Our school P&C are selling Crazy Socks as a fundraiser. Socks are on sale from the canteen at \$6 a pair and there is a variety of sizes available from childrens to adults. The socks are not available through Munch Monitor as we are unable to guarantee availability. We appreciate everyone's support of this initiative as they are just the thing to brighten up a wintery day.

P&C Meeting



The P&C meets on the second Wednesday of each month at 6pm in the staffroom and new members are always welcome.

Our next Meeting is this Wednesday 11th August. Masks and COVID sign-in are required.

Good For Kids

Good for Kids good for life

RECIPE FOR A GOOD NIGHT'S SLEEP

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?!

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.¹

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Daily exercise and time outdoors promote good sleep. Make sure your child is getting plenty of physical activity throughout the day.



Check out more sleep tips at www.healthdirect.gov.au/sleep-tips-for-children



HI-EHLD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Thought for the day

“Education is the most powerful weapon which you can use to change the world”
— Nelson Mandela

Mathematics Challenge

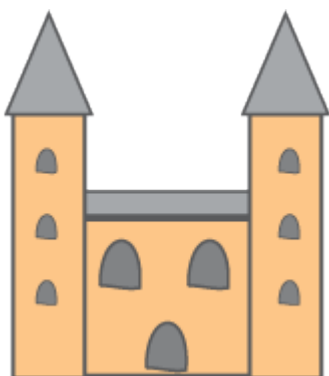
Escape from the Castle

Age 7 to 14
Challenge Level

Skippy and Anna are imprisoned in a castle and need to find their way out of five locked rooms to escape.

To unlock each room, they need to find the solution to a problem. In each case, the solution provides the key to that room.

Can you help them to get out?



The first room:

There is a pile of dice.



Three of them are put in a row. The numbers on the top of these three add to 8.

What do the hidden numbers on the bottom add to?

This number is the first key.

The second room:

Skippy and Anna have the first key number. They have gone through the first locked door.

There are ten cards numbered from 0 to 9. Five of these are face down in a row on the table.



The numbers on the first two cards add to the first key number.

The numbers on the second and third cards add to 9.

The numbers on the third and fourth cards add to 11.

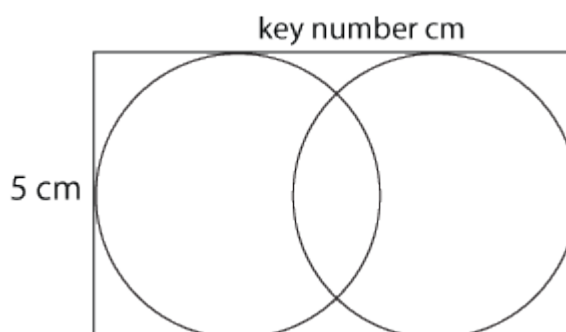
The numbers on the fourth and fifth cards add to 16.

What number is on the last card? This number is the second key.

The third room:

Skippy and Anna have the second key number. They have gone through the second locked door. Here there is a diagram.

There are two overlapping circles inside a rectangle. The rectangle is the second key number of centimetres long and 5 centimetres high.



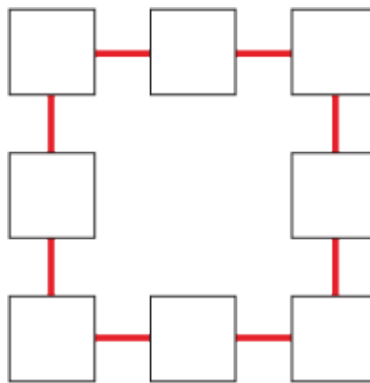
How far apart are the centres of the two circles?

Square this answer and subtract one. This will give you the third key number.

The fourth room:

Skippy and Anna have the third key number. They have gone through the third locked door.

On the floor there is a strange diagram and the numbers from 1 to 8 on eight cards. The diagram is a square with eight boxes arranged round it.



Skippy and Anna have to arrange the numbers in the boxes so that each side of the square adds to the third key number.

To find the fourth key number, add the numbers on all the corner boxes and then subtract 10.

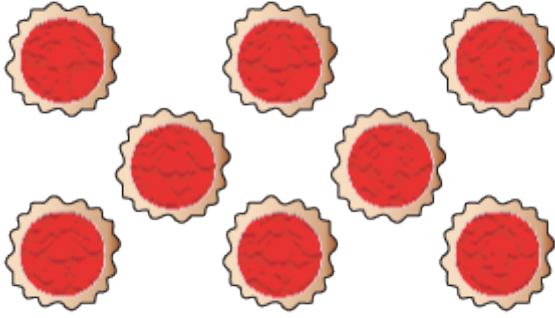
The fifth room:

Skippy and Anna have the fourth key number. They have gone through the fourth locked door.

On the table there are some jam tarts.

The tarts were baked in two identical trays. The trays hold the fourth key number of tarts each.

There are enough tarts to fill one tray but not enough to fill the other one as well.



If the tarts are counted in fours there are three left over.

If they are counted in threes there is one left over.

How many tarts are there altogether? This number is the fifth and last key.

The last question:

Before they can leave the castle you must answer a last question.

What is Skippy's real name?

Using the code 1 = A, 2 = B, 3 = C, ... 26 = Z translate all the key numbers into letters.

These letters will give you an anagram of Skippy's real name.

When you have worked this out, Skippy and Anna will be free!

Activity from: <https://nrich.maths.org/7501>