



PDF Details

Andrew St
Inverell NSW 2360

Subscribe: <https://roshillps.schoolzineplus.com/subscribe>

Email: roshill-p.school@det.nsw.edu.au

Phone: 02 6722 2475



Term 4 Week 3 2022

Last Day Term 4

An additional School Development Day has been announced for Monday 19 December 2022 which means that students will now finish school on Friday 16 December 2022.

School Development Days allow staff to participate in professional learning that was put on hold due to COVID-19 staffing pressures and to plan ahead for 2023 to ensure we meet the needs of our students.

With this change, we ask that you arrange alternative care for your child on Monday 19 December.

COVID Isolation rule changes



From Friday 14 October 2022 people who test positive to COVID-19 do not need to self-isolate; however, students and

staff should continue to stay home when sick.

Students, staff and visitors should only attend school when symptom free. We strongly encourage all students, staff and visitors to follow the guidance issued by NSW Health. Schools will continue to send home students or staff displaying symptoms.

Anyone who believes they have been exposed to COVID-19 is strongly recommended to monitor for symptoms and test if they have any concerns, as well as wear a mask. The department will continue to make rapid antigen tests (RATs) available for students and staff and these can be collected from the school office.

Please continue to notify your school if your child tests positive to COVID-19 as we will continue to notify the school community of any known positive cases to prioritise student and staff safety and wellbeing.

Our school will continue to operate with our baseline COVID-smart measures in place throughout Term 4 to minimise transmission and keep our school open.

P & C Lamington Drive



Order forms went home last week for the P&C Lamington Drive and are available at the school office. Please help us raise funds to purchase some mature shade trees for our school oval upgrade.

Lamingtons are 6 for \$10. Don't forget, there is a lucky golden ticket hidden in one of the lamington packs. The finder of this ticket wins a \$10 canteen voucher.

Order forms and money must be returned to the canteen by Friday 28th October. Lamington orders will be delivered to school on Friday 4th November and orders can be collected from the hall after 2pm or sent home with students.

NSW PSSA Athletics Championships Sydney



Congratulations to both Eli and Ruby for representing the North West Region at the NSW PSSA Athletics Championships held in Sydney last week.

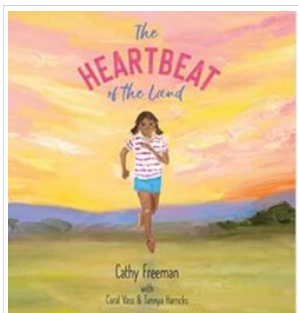
Ruby competed in the Long Jump event at the NSW PSSA Athletics Championships Eli competed in the 100m heat and qualified for the semi final.

Reading Club

Our Reading Club students are making such wonderful progress. Thanks to our Volunteers for making this initiative happen every day in our school.



Book of the Week



The Heartbeat of the Land

Author: Cathy Freeman

Cathy ran barefoot every day across the great ancient land, as her people had done for sixty thousand years before.

And when she ran, she could hear

the heartbeat of the land.

Ba Boom Ba Boom Ba Boom...

Then one day, Cathy hears a cry. She answers this cry and, with one small step at a time, the seeds of change are planted.

Cathy Freeman has always been an inspiration to young people. Here, she does it again, through storytelling - just as her people have done, for sixty thousand years before... Listen, and you too, will hear the Heartbeat of the Land.

Breast Cancer Awareness Month



A touch of pink today to show our support during Breast Cancer Awareness Month!

Build a healthy lunch box

All you need to know about healthy lunches.



FIND OUT MORE

 **Cancer Council**
Healthy Lunch Box

New Recipes:

- Cauliflower and barley salad – a delicious salad using in season cauliflower. Perfect as side or meal.
- Easy veggie curry – our vegetable curry recipe is a simple family meal. Packed with vegetables, leftovers are perfect for the lunch box.

New Blogs:

- 6 easy tips to get legumes into your diet – legumes are a nutrient powerhouse that we need to eat more of!
- The Healthy Lunch Box website – not just for lunch! - don't let the name fool you, our website has hundreds of recipes to provide inspiration and ideas for any time of the day
- Healthy snack solutions – healthy snacking can be hard, but it doesn't have to be. Here's your guide to fast, tasty and healthy snacks.

New simple packed lunch box ideas:

Healthy lunch boxes don't have to be fancy. We have 10 new, very basic but healthy lunch boxes that only take minutes to prepare. Perfect for the time poor parent or carer, sticking to a budget or trying to feed fussy eaters. You can find them here.

New Lunch Box Builder items:

We know that packaged snacks are easy to keep in the pantry and throw in the lunch box. However, it's important to know which package snacks provide good nutrition for kids. We have added the healthy options for packaged snacks to our Interactive Lunch Box builder.

Bringing up great Kids

Bringing Up Great Kids



Overview

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

Program Content

The Bringing Up Great Kids' program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
- identify the important messages they want to convey to their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with children;
- discover ways for parents to take care of themselves and to find support when they need it.

Date: Tuesdays for six weeks starting the 1st of November. Sessions will be 1/11, 8/11, 15/11, 22/11, 29/11, 6/12, 13/12.

Time: 10:00 – 12:00

Where: Pathfinders Office
3 Glen Innes Rd Inverell

Contact: Meagan

0437937749

Meaganp@pathfinders.ngo

