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Term 4 Week 7 2022

Whats On

https://roshillps.schoolzineplus.com/_file/media/2207/calender_dates.pdf

Parent Survey



As we complete our end of year evaluations, we would love to get some feedback from our school community about the level of satisfaction with the school.

We are asking if everyone could please complete the short, 3 question survey (with the option to

add a comment) and we will share the results in our newsletter. We value the feedback and thank everyone for taking the time to help us.

Sometimes there are difficulties opening the link. To get the survey to work you may have to copy and past the address into a browser. If you have difficulties, please ring the school office and one of our staff can enter your comments for you.

<https://www.surveymonkey.com/r/BTS2PQQ>

3C's BFG creations



3C had a fantastic day making BFG inspired clay with Mrs Louise Walburn.

Northern Regional Cricket Trials



Lachlan, Warwick and Ryan had a great day at the Northern Regional Cricket Trials on Friday. The boys represented Ross Hill School with pride. A massive congratulations to Ryan who gained selection to attend the final Northwest Trials in Tamworth on the 29th November. Champion effort Ryan

Stage 2 Swimming



Our Stage 2 students had a fantastic time at the pool on Friday for sport.

Vouchers



Back To School Vouchers: Applications open in December 202. You will be able to apply for vouchers if your child is:

* A NSW resident

*Enrolled in a government or non-government school, or registered for homeschooling in 2023

*Listed on a valid Medicare card

Parliament and Civics Education Rebate (Pacer)

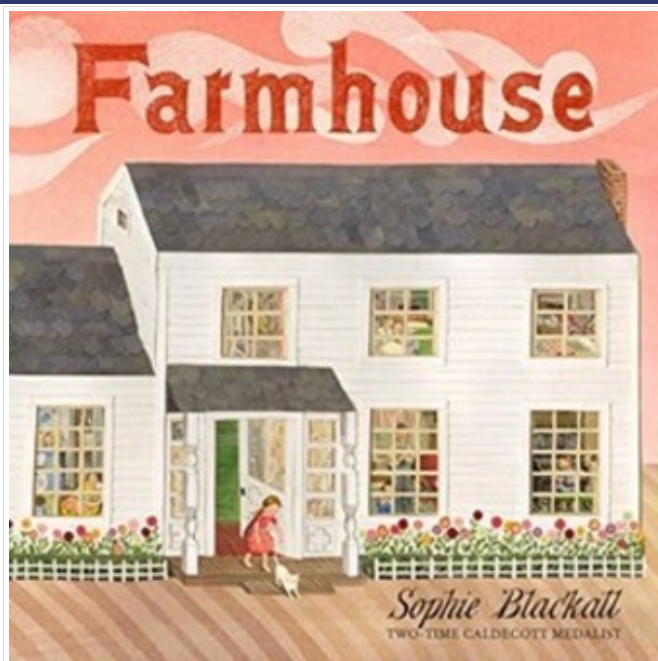
The Year 6 students from our school have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$45.00 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion and is part of the way we reduce the costs for our students to attend.

Healthy Canteen Menu

https://rosshillps.schoolzineplus.com/_file/media/2205/canteen.pdf

Book of The Week



Farmhouse

Author: Sophie Blackall

Over a hill, at the end of a road, by a glittering stream that twists and turns stands a farmhouse.

Step inside the dollhouse-like interior of *Farmhouse* and relish in the daily life of the family that lives there, rendered in impeccable, thrilling detail. Based on a real family and an

actual farmhouse where Sophie salvaged facts and artifacts for the making of this spectacular work, page after page bursts with luminous detail and joy. Join the award-winning, best-selling Sophie Blackall as she takes readers on an enchanting visit to a farmhouse across time, to a place that echoes with stories.

Good For Kids

Good for Kids good for life

RECIPE: BEEF AND BROCCOLI PASTA

Serves 4

Ingredients:

- 1 medium onion, finely chopped
- 1 tbsp olive oil
- 2 cloves garlic
- 400g lean beef mince
- 1 medium capsicum, chopped
- 1 tin no-added-salt chopped tomatoes
- 250g wholemeal penne
- 1 head broccoli, chopped in to florets
- 1/3 cup grated cheese



Method:

1. Fry onion and garlic in oil for 2-3 minutes on medium-high heat. Add beef mince and cook, stirring until brown (about 5 minutes).
2. Add in capsicum and tomatoes. Reduce heat to low and simmer for 10 minutes.
3. Meanwhile, cook pasta in boiling water until al dente. Add broccoli for last 1-2 minutes of cooking. Drain. Stir pasta and broccoli in to beef and tomato mixture.
4. Serve and top with cheese.

Variations: Add in herbs such as basil, oregano, rosemary for extra flavour. Before serving, place in baking tray, top with cheese and bake 15 minutes at 180 degrees Celsius.

Recipe adapted from healthyfoodguide.com.au



Health
Hunter New England
Local Health District

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

The Importance Of Sleep



Are you struggling waking up getting ready for school?

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restrictions can have effects on your child's day-to-day life.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental health. The Australian Medical Association and the Australian Department of Health consider chronic sleep loss in adolescents to be a public health problem.

Screen time is a term used to describe the amount of time spent looking at screens such as computers, TV's smartphones, tablets, and video consoles. Screen time can have a massive impact on a child's ability to sleep. The light emitted from screens have been shown to prevent onset of sleep in children when used in the evening or just before bedtime. This can reduce the amount of quality sleep a child can get.

Reduced sleep in children is linked to weight gain, mood and behaviour problems. The Australian guidelines recommend children sleep between 8 and 12 hours each night.

Tips for quality sleep:

- Ensure that screen time is limited less than 2 hours per day and not before bedtime
- Ensure that your child has a regular evening routine
- Have a strict bedtime for your child
- Provide a calm activity for your child before bed (read books, play a board game)

If your child is struggling to attend school and you need further assistance, please call TFSS on 1800073388 or visit www.tfss.com.au

Worm Juice



Give your plants a nutritional boost with our **Worm Juice concentrate** collected straight from our school's own worm garden. Come into the front office and purchase a 1 litre bottle for \$10 (a refill will be \$5) or if you bring in your own bottle in you can purchase the worm juice for \$5 a litre.

All monies raised from the sale of our Worm Juice goes to our Student Representative Council.