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Term 2 Week 5 2023

John Coutis visits our school

John Coutis visit:

It was such a privilege to have special guest speaker John Coutis visit our school last Wednesday. John spoke with students (Stages 2 and 3), staff and community. John has faced adversity in life, having been born with severe disability, which led him to have his legs amputated in his teenage years. His life was not held back by his disability, rather he has lived the life that he could best manage. John spoke of the challenges he faced in school, from not being able to attend a regular school until he was in Year 5, as well as the challenges of being bullied and victimised because of his disability. He explained that what he endured led him to make the choice to have his 'dysfunctional' legs removed so he could get on with life.

JC's presentation was delivered with a mix of humour, reality and inspiration. Student, staff and community were challenged to see life a little differently, to confront some adversity and to focus on one's own individual worth.

John, who is now in his 50s has toured much of the world presenting his story. He has presented to audiences in the thousands, engaged with world leaders and been a motivational speaker to many leading sports teams. JC engages with audiences and brings them in as if they have been friends for a lifetime.

Our audience members were challenged to set goals, to believe in themselves and to own our own decisions in life. It is not for us to blame others, but rather to be the best versions of ourselves. To treat people as we ourselves would want to be treated was a very strong message for us all to take home.

Thank you again John for coming and visiting our school and sharing your story and words of motivation.

John Coutis also visited Inverell High School, Ashford Central School and Glen Innes Public School as he toured through our region. I am sure all the students, staff and community who were able to engage with JC left with their own take-away messages from his presentation.

Shane Fletcher

Relieving Principal



GRIP Leadership Conference

Members of our SRC had the opportunity to attend a student leadership conference (GRIP) in Armidale. They experienced inspiring activities to develop positive leadership qualities and network with other student leaders from schools around the region. Thank you to Ms Murray for organising and supporting our student leaders at this event.



Zone Cross Country

The Zone Cross Country was held at Gilgai on Friday 12th May, ***Congratulations to all our students*** who participated and those who will now progress to the NW Regional Cross Country in Coolah on June 15th.

8/9 years girls - Alea 5th.

10 years girls - Jasmine 4th.

10 years boys - Jaye 4th, Lachlan 5th, Noah 6th, Joshua 7th (1st reserve).

11 years girls - Ruby 1st and fastest 3km runner

11 years boys - D'Kye 1st and fastest 3km runner, Tazman 6th.

12/13 years girls - Rowie 2nd, Mia 6th, Charlotte 7th (1st reserve).

12/13 years boys - Toby 4th, Royce 5th, Ryan 6th.

A big thanks to Mr Frankham, Miss Turner and Mrs Robertson and our parents who supported the organisation of the event.

We are grateful for the strong community spirit we have for our students at Ross Hill Public.



Robotics and Coding Lessons

Primary students have enjoyed starting their robotics and coding lessons in their library classes this week



NW PSSA Touch Football Knockout

Yesterday our Ross Hill Public girls and boys touch football team played against Inverell Public in the 2nd round of the NW PSSA Touch Football knockout. Unfortunately both teams lost with the boys playing an incredibly intense and fast-paced game with scores even at half time, IPS came out the victors with a score of 7-4.

Both games were played with great sportsmanship, thanks to Mr Frankham for organising IPS and Inverell High referees



School Breakfast Club Program

In partnership with FoodBank, Ross Hill P.S now has Breakfast Club . This is for our students who get to school early and haven't had breakfast. Mrs Gibbs and her team of volunteers will serve breakfast between 8.30am and 8.50am near the 3G classroom. This is a great initiative to support our students to be ready for learning.



Kindergarten 2024

Reaching out to families who will have students enrolling in *Kindergarten* at Ross Hill Public School in 2024. Please join this private group (and answer member questions) to keep up to date during the year.

Please comment and share with family and friends

<https://www.facebook.com/groups/784148042634556/>



Book Of The Week

Book of the Week

Bowerbird Blues

Author: Aura Parker

Library Location: Infants PAR

I am a collector. Always looking, finding ... and keeping! Bowerbird loves blue. Magnificent cobalt. Brilliant, vibrant blue! But something is missing. What could it be? This new picture book from Aura Parker stars a beautiful bowerbird on the

search for blue! It's a moving story of longing and connection, that unfolds as the bowerbird's search sends him soaring across the sea, sky and city. He swoops and snatches vibrant treasures for his collection, and soon his bower – a mix of natural and unnatural objects – attracts something greater and more fulfilling than he could ever have imagined.



Good For Kids

Good for kids
good for life



Breakfast for brain power!

A healthy breakfast fuels physical activity and improves attention span, concentration, and memory - all important for learning!

Breakfast is a great way to get essential nutrients. Some ideas for a nutritious breakfast include:

- Wholegrain cereals - Weetbix, Cheerios, Sultana Bran, porridge
- Wholegrain toast - topped with avocado, tomato or reduced-fat cheese
- Untoasted muesli topped with reduced-fat yoghurt
- Raisin toast
- Fruit and vegetable smoothies

If you are running short of time in the morning, try on-the-go options like a tub of low-fat yoghurt, cereal to munch on, overnight oats or a piece of fruit!



Even a small breakfast will help your child to reach their potential at school.

Source: Breakfast | Nutrition Australia | <https://nutritionaustralia.org/fact-sheets/breakfast/>

Developed by Hunter New England LHD



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<https://goodforkids.nsw.gov.au>



Inverell Art Gallery - Junior Mudchuckers Classes

JUNIOR MUDCHUCKERS @ INVERELL ART GALLERY

In this five week course children will experiment with clay modelling and learn the processes of bisque firing & glazing.

30th May - 27th June

4:00 - 5:30 pm

Evans Street Inverell

\$125

Carolyn: 0404855897

Go to www.service.nsw.gov.au and apply for a Creative Kids voucher of \$100 to pay for this course. A material fee of \$25 applies.

