



South West Rocks Public School

Bulletin – Tuesday 21 August 2018

*Achieving Academic Excellence in a Caring,
Co-operative and Courteous Environment*

65666208

sthwestroc-p.school@det.nsw.edu.au

Book Week

We are very much looking forward to the book parade as part of our Book Week Celebrations. The parade is on Thursday August 23 commencing at 9:15am in the hall. Speaking from previous Book Week parade experience, it is not to be missed. Hope to see you there.



Canteen

Please note due to rising costs we have had to increase the prices on some of our canteen items. These are modest increases but will help to cover our expenses. A new menu with prices will be issued with this bulletin.

Kindergarten 2019 – Save the Dates!

SWRPS are now accepting applications to enrol for Kindergarten 2019. Students eligible to attend Kindergarten next year must turn 5 by July 31, 2019.

We have many exciting activities planned for new students. The dates for the Kindergarten orientation and parent information sessions are listed below.

Tuesday October 23 at 6:30pm. Week 3 Term 4	Parent information evening at SWRPS.
Friday October 26 at 11:30am. Week 3 Term 4	Parent information daytime session at SWRPS.
Friday November 23 from 9am-11:30am.	Kindergarten Orientation/Transition.
Friday November 30 from 9am -11:30am.	Kindergarten Orientation/Transition.

Public Speaking

Thank you to all students for your time and effort in preparing your public speaking speeches. I had the very difficult task of judging the Year 3-6 finals last week. The task was particularly difficult as the speeches were of such a high quality. The speeches were well prepared, informative and very entertaining. Congratulations to all our participants. Our winners were Alex, Mekhala, Ollie and Phoebe.



SRC

Our SRC continue to organise and support worthy causes. Last week we had our "Dress Like a Farmer Day" to support those affected by the drought. There was plenty of flannel, denim and Kempsey manufactured Akubra hats on display. All good fun and we raised \$754.70. All money raised will go towards Macleay Valley Hay Run.



IMPORTANT DATES

Thursday August 23 – Book Week Parade at 9:15am in the hall

Thursday August 30 – Fathers' Day Stall

Friday August 31 – LNC Athletics Carnival at Wauchope

Community Thanks

Many thanks to Kristy Edwards for her kind donation of teaching resources specifically on local Aboriginal history, culture and stories. The resources will be a very valuable part of our teaching materials for local history and geography.



Shoeys Thanks

We continue to receive great support from local businesses, charities and sporting clubs. Shoeys Bakery has always been strong supporters of the school. We thank them for their recent contribution to our NAIDOC celebrations. Shoeys donated the yummy NAIDOC cake and dough for the Johnny Cakes. Thank you Shoeys we really appreciate your generosity.

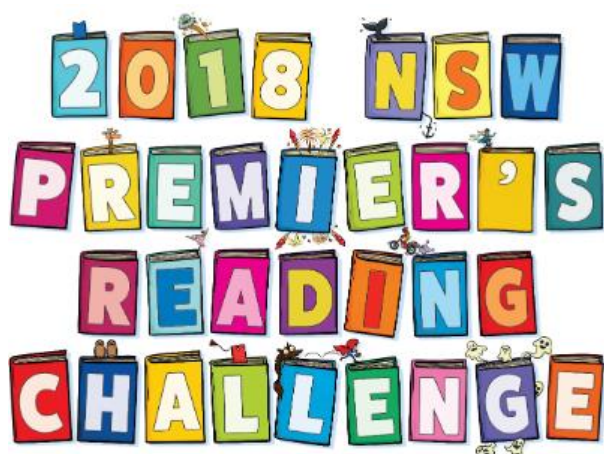
Fathers' Day Stall

It's getting closer to that special day each year when all dads receive that extra bit of love and attention. Once again our P&C will hold the Fathers' Day stall to ensure students have the opportunity to purchase something special for dad. If you are able to donate a suitable gift for the stall it would greatly help the P&C. The stall will be held on Thursday August 30. All donations can be sent to the office prior to this date. Thank you.

Cliff Peachman
Principal

SOUTH WEST ROCKS PUBLIC SCHOOL SCHOOL NEWS

LIBRARY NEWS



Congratulations to the following students for completing the 2018 **Premier's Reading Challenge** - Maggie Brenton, Sharni Crossley, Brayden Hintz, Jaspa Mulcahy, Jack Rooney, Jaiden Sensoy, Ivy Brenton, Saphire Carmichael, Kai Etheridge, Zeb Fairhurst, Emma Jarman, Tommie Parkinson-Davis, Ivie Schubert, Conner Vos, Jasper Wey, Emily Cunningham, Orlando Wills, Jayden Allen, Alana Baker and Jacinta Pratt . Well done!!

VOLUNTARY SCHOOL CONTRIBUTION

The voluntary school contribution has been capped at \$20 per child and \$50 per family. Please return this slip with your payment.

Name: _____

Class: _____

Name: _____

Class: _____

Name: _____

Class: _____

Amount enclosed: _____ Parent/Caregiver: _____ Date: _____



BOOK WEEK 2018

SWRPS Book Week is this week!!

Book Week is celebrated all around Australia and aims to promote and inspire reading in children. The Book Week theme this year is 'Find Your Treasure'. The Australian Children Book Council's shortlisted books are currently being studied and reviewed in library sessions. There are some wonderful new books out this year.



The Book Fair

Each year we hold a Scholastic Book Fair in the library where the students are able to come in and purchase a brand new book. There are always a variety of good books starting from \$5. Students can come to the library during their library session or at lunchtime (from 1:10pm) to purchase a book.

K-2 can come Monday lunchtime.

3-4 can come Tuesday lunchtime.

5-6 can come Wednesday lunchtime.

Parents are welcome to come in after the Book Parade on Thursday from 10am.

The Book Parade

All students will be involved in the Book Parade which will be held in the hall on Thursday morning from 9:15am. Students come dressed as a character from a book and parade their costume with the book that the character is from.

Prizes won't be given for 'Most Creatively Dressed' this year, instead, all students that come dressed up will receive a raffle ticket and go in a raffle to win prizes on the day. Look forward to seeing you there! 🤗

Maths Box Questions

Year 1 and 2

How much change did Max receive if his haircut cost \$15 and he gave the hairdresser \$20? _____

Name: _____ Class: _____

Year 3 and 4

A piece of timber was 1 metre long. How long is it now if $\frac{1}{5}$ was sawn off? _____

Name: _____ Class: _____

Year 5 and 6

What is the average height of the three boys whose heights are 138cm, 155c, and 133cm? _____

Name: _____ Class: _____



Dress
Like a
Farmer
Day



South West Rocks RSL Sub Branch

Essay Competition

2 x \$500.00 prizes.

Donated by SWR Country Club

Amateur authors only, age no restriction

Open to all locals who have never had an essay (or similar) published.

All LOCAL Students will be offered an invitation to participate

Amateur authors from SWR, Arakoon, Jerseyville, Clybucca, Yarrahapinni, Kinchella, Smithtown and immediate surrounds.

Subject

“An event on the 11th of November 1918”

Must be no more than 1000 words.

Can be set in Europe, France, SWR or similar, or, SWR only.

Date of submission no later than1 October 2018

One of the winners will be offered to be the Guest Speaker at the SWR Remembrance Day Ceremony on **11 November 2018**.

Judges...Your Sub Branch will have at least one member on judging panel.
The Winner's essays will be submitted for publishing in local newspapers.

Details available from Don Robertson SWR RSL Sub Branch 41 McIntyre Street, SWR

helendon57@bigpond .com

Tele 0413 360 266

CANTEEN MENU TERM 3 2018

RECESS

RAISIN TOAST (MADE TO ORDER)	.60c
PIKELETS 2 FOR	.40c
ASSORTED FRESH BAKED GOODS FROM	.50c
HASH BROWNS	1.00c
WHOLEMEAL CHEESY GARLIC BREAD	1.00c

FRUIT SALAD CUPS	.80c
YOGHURT CUPS	.80c
FRUIT AND YOGURT CUPS	\$1.00
CUSTARD CUPS	.80c
PIECE OF FRUIT	.80c
DIP & VEGE STICKS	\$1.50

SANDWICHES

VEGEMITE	\$ 2.00
HONEY	\$2.00
BEETROOT	
BANANA	\$2.50
HAM	\$3.00
CHEESE	\$2.50
EGG & LETTUCE	\$3.00
CHICKEN, LETTUCE & MAYO	\$4.00

SALAD BOXES

\$ 5.00

-LETTUCE -CARROT -TOMATO- BOILED EGG
-CUCUMBER -CHEESE -CAPSICUM

SALAD DRESSING OR MAYONNAISE .20c
ADD CHICKEN OR HAM \$6.00

CHICKEN CAESAR SALAD BOX SM \$5.00

-CHICKEN -DRESSING -BACON -LETTUCE

LG \$7.00

SALAD SANDWICH \$4.80

-LETTUCE -CARROT
-TOMATO -BEETROOT
-CUCUMBER -CHEESE
ADD HAM OR CHICKEN \$5.80
MAKE IT A ROLL OR WRAP ADD \$1.00

-GRATED CHEESE -CROUTONS

TOASTED SANDWICHES

CHEESE \$2.20
CHEESE AND HAM \$2.80
CHEESE AND CHICKEN \$3.50
CHEESE, HAM AND TOMATO \$3.50

ALL SANDWICHES, ROLLS AND BURGERS CAN BE ORDERED IN WHOLEMEAL, MULTIGRAIN OR WHITE.

ALL BEEF IS LEAN AND ALL CHICKEN IS 100% BREAST

BURGERS

CHEESE BURGER -MEAT, CHEESE, SAUCE	\$3.50
HAMBURGER -MEAT, CHEESE, SAUCE, SALAD	\$5.00
CHICKEN BURGER -BREAST CHICKEN CRUMBED, LETTUCE, MAYO	\$5.00
-WITH SALAD	\$5.50
EYE BACON & EGG ROLL	\$4.50

HOT FOOD

FRESH HALF CORN ON THE COB..... \$1.50

CANTEEN MADE - BEEF NACHO

-VEGETARIAN NACHO \$3.80

CANTEEN MADE PIZZA ON WHOLEMEAL PITA BASE

-HAM & PINEAPPLE

-HAM & CHEESE

-VEGETARIAN \$3.80

SHOEYS JNR PIE..... \$2.80

MINI SAUSAGE ROLLS \$1.50

CHICKEN BREAST NUGGETS 1 @ .70c 5 @ \$3.00

CANTEEN MADE- LEAN BEEF LASAGNE..... \$4.00

TOMATO OR BARBEQUE SAUCE SACHETS .30c

LUNCH BAGS AVAILABLE FROM CANTEEN .10c

FROZEN TREATS AVAILABLE AT LUNCH TIME ONLY

FROZEN ORANGE QUARTERS .20c
QUELCH .50c
ICE BREAKERS .80c
APPLE OR PARADISE PUNCH

DRINKS

WATER \$2.00

MILO CUP \$2.20

JUICE POPPER \$2.20

LITE MILK POPPER \$2.20

CHOCOLATE, STRAWBERRY, BANANA

ALL FOOD AND DRINK ON MENU CAN BE ORDERED AT RECESS OR LUNCH



Health
Mid North Coast
Local Health District



My Emergency Dr App - Pilot program for all residents in South West Rocks

Dear Resident,

An exciting new health care initiative between Mid North Coast Local Health District, My Emergency Dr and North Coast Primary Health Network has commenced for all residents living in South West Rocks.

The pilot commenced on 1 August 2018 and aims to:

- Improve patient access to healthcare;
- Reduce amount of travel for patients from South West Rocks to local Emergency Departments;
- Reduce patient waiting times.

The My Emergency Dr App is a 24-hour-a-day medical service that connects patients anywhere in Australia to Specialist Emergency Doctors via a video link on a smartphone. The service has been developed by a group of leading Australian emergency department doctors as a way to improve access to emergency care for all Australians wherever they live, and help alleviate pressure on public hospital Emergency Departments. My Emergency Dr is Australian-owned and operated and is not reliant on government funding.

Doctors can provide an online emergency consultation, including prescriptions, x-ray and pathology referrals, and even provide advice on whether the patient needs to attend the Emergency Department or whether their condition can be managed initially via the app and then followed up by the patient's usual GP.

You and your family are encouraged to visit your GP as soon as possible and ask for a referral to My Emergency Dr.

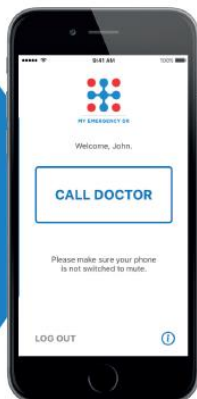
Every time you or your family use the app, select 'Register with Partner Code'. The code is **2431**.

Please refer to the attached pamphlet for further information about how to use the app.

If you have any questions, please come along to the upcoming Community Information Sessions, session times will be advertised soon, or contact Adam Ulrick on 6561 2790.

Adam Ulrick
Project Officer
Primary Health Care Initiatives
Kempsey Integrated Community Care Centre
Ph: 6561 2790

We put you
in touch with
qualified
Specialist
Emergency
Doctors



- 1 Ask your GP to provide a referral to our service
- 2 Download the free app
- 3 Register your name and phone number
- 4 Enter the South West Rocks postcode at the Partner Code screen

Our Service:

My Emergency Dr is a video-based smartphone app that puts you in touch with a Specialist Emergency Doctor when you need it, at the touch of a button.

Why use this service? My Emergency Dr is an alternative service if you need to speak to an emergency doctor quickly but don't require a physical visit to an emergency department which may require long waits.

With My Emergency Dr, the Emergency Specialist Doctor can fast track your journey, assessing you via a video link and can arrange urgent admission to the nearest Emergency Department. The doctor can even email you a prescription or x-ray referral.

Any resident of South West Rocks can use this service. You can contact us about any acute medical condition you may have.

This service does not replace your GP or 000. Your GP is your primary healthcare provider. But we will be there during times when your GP can't be: 24 hours a day, 7 days a week. If you suffer a time-critical emergency such as chest pain, call 000 without delay.

Does it cost anything to use? Not if you have a referral from your GP. For residents of South West Rocks simply ask your GP to provide a referral to our service and we will then bulk-bill every consultation. If there is no referral in place, the cost is \$100 per call.

If I use the service, will you let my GP know? Yes. Every time you contact us for advice, we will send a formal follow-up letter to your GP like a discharge summary.

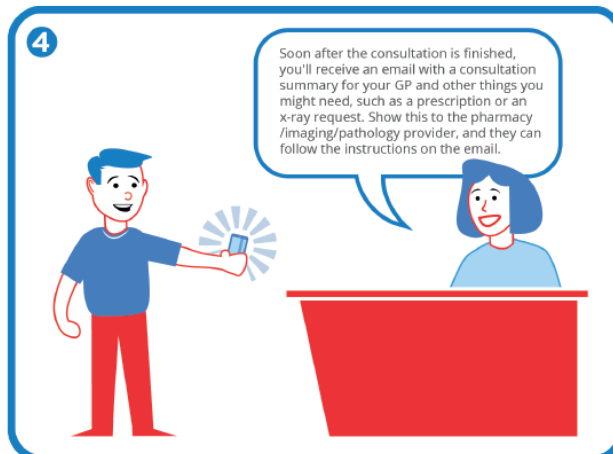
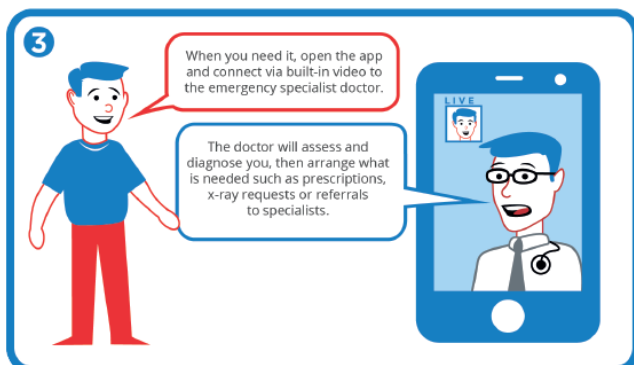
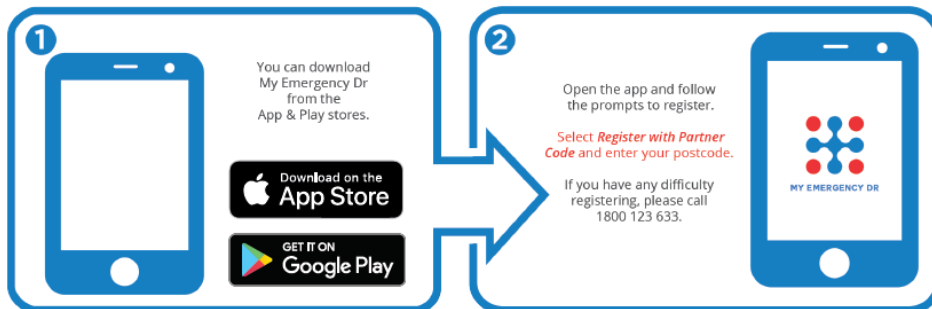
My Emergency Dr



Using the app.



MY EMERGENCY DR



Find out more: www.myemergencydr.com.au
info@myemergencydr.com.au



*If you need help installing or would like to find out more about system requirements, please see 'Troubleshooting' on our website or give us a call.

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SOUTH WEST ROCKS PUBLIC SCHOOL

COMMUNITY NEWS

SOUTH WEST ROCKS SPORT AND REC

SWR Sport & Rec are now officially a donation partner of the Return & Earn scheme. When you put your returnable bottles into the Reverse Vending Machine located at the South West Rocks Shopping Centre you can choose to donate your money to SWR Sport & Rec!

Our campaign runs from 28 May to 26 August 2018. Like and share to show you care!

Isn't that neat! So get collecting everyone!



GUITAR LESSONS

Guitar lessons with Glenn Fleck afternoons from 3:30pm.

Phone: 6566 6650

SOUTH WEST ROCKS LITTLE ATHLETICS

Registrations are now open for the 2018 South West Rocks Little Athletics season. All registrations are now online and can be done via the Little Athletics website. www.lansw.com.au

Cost is \$80 a season and we cater for 3 years up to under 17's. Little Athletics will run on Friday afternoons at the local sporting fields.

For more information please call or text President, Leigh on 0432799915.



Vision Screening Clinics

Is your child starting school?

Have they had their eyes checked?

You can have their Eyes checked at our StEPS Clinics,
Conducted by Nurses, trained in Eye screening.

Centrelink have now made compulsory a 4-year-old "Get Ready for school" health check including an eye check with StEPS or an Optometrist
If you receive Family Tax Benefit A & Income support

AT: **Education Centre**,
entry through Community Health Centre, River St
Kempsey District Hospital

ON: Friday 14th September

OR: Thursday 15th November

Please make an appointment

RING StEPS on **66567 061**

Or email: MNCLHD-Steps@health.nsw.gov.au

then write the appointment time here & put in a prominent place:

Date ___/___/18 at ___:___ am

SOUTH WEST ROCKS PRESCHOOL FUNDRAISER

SWR Preschool in conjunction with Shoeys Bakery is running a pie-drive as their fundraiser for 2018. Order forms are available at our school front office if you would like to purchase. Orders and correct money are due back by Friday August 31.

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www.espfire.com.au

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Email: sales@macleayblinds.com.au

Web: www.macleayblinds.com.au

*Darryn Andrew
&
Kelly Wells*



RRE Rocks Real Estate

Real Estate Agents

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Email: enquiries@rocksrealestate.com.au

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Ph: 65-666-999

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Michelle Ferguson
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- Antennae Systems



Robert & Trudy Slapp

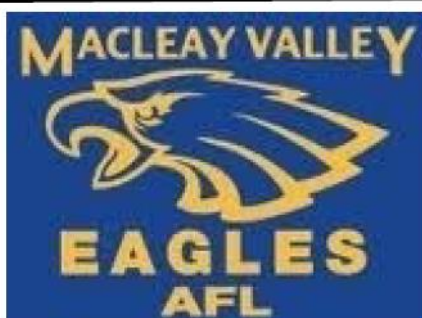
55 Belle O'Connor Street
South West Rocks 2431

Phone: 02 6566-6635

Fax: 02 6566-6821

Email: workshop@trialbayelectronics.com.au

• WARRANTY AGENTS FOR MOST BRANDS •



AFL Club U11s U13s U15s Cost \$50
Contact Ronda Ph: 6566 6217

Greg Wood & Co



Greg Wood

Suite 7, 11 Prince of Wales Avenue
P.O. Box 200
South West Rocks, 2431

Tel: (02) 6566 6044
Fax: (02) 6566 5397
Email: gregwood@tsn.cc