



# *The Cudgegong Courier*

*A weekly newsletter issued by Rylstone Public School*

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## **From the Principal**

### Notes

A huge thank you to all the families who brought back notes over the last week. The response to the large number of notes that went out in last week's newsletter has been wonderful.

### Chatswood Band

The students thoroughly enjoyed travelling to Kandos High School to listen to the Chatswood High School Band. A huge thank you to Chatswood High and Gavin Staines who organised the event.

### Stage Two Excursion

Next week on Wednesday the 22nd of October the students in Years 3 and 4 will be travelling to the Blue Mountains for their excursion. Please make sure all notes for this excursion are returned by this Friday the 17th of October.

### Stage Two T20 Cricket Day

The Milo T20 Cricket day will be held for the students in years 3 and 4 on Friday the 24th of October. Students need to bring in their notes if they would like to participate by this Friday the 17th.

### School Fete

The fete is almost upon us with the SRC busily organising games and activities for the event. The fete is on Friday the 24th of October after school from 4.00pm to 7.00pm. Just a reminder, if you have any items you can donate to be sold at the fete please contact Mrs Balfourt.

### Grandparents Day

We will be holding the lovely Grandparents Day on Wednesday the 5th of November. We are inviting all grandparents to come and spend time with the students in the morning from 10.30am and to then have morning tea at 11.00am.

### SRC Ice Blocks

Although the weather was a little chilly to say the least on Wednesday with the snow on 'baldy mountain' in Kandos, the SRC still had plenty of customers for the ice blocks that were for sale. Just a reminder that each Wednesday the SRC will be selling ice blocks for 60c and thanks to Bec MacKander and the P&C there will also be frozen fruit for 20c each.

### St Matthews Horse Sports Day

Congratulations to Molly Best, Miah Currie and Lucy Evans who all competed in the St Matthews Horse Day on Monday the 13th of October. Well done to all three students who walked away with places in a variety of events.

Alexandra Cashman  
Principal

Volume 32

16th October 2014

Week 2 Term 4

### Dates To Remember

#### Term 4

- 20 Oct P & C Meeting 5.30pm
- 22 Oct 3-4 Blue Mts Excursion
- 23-25 Oct Wollemi Art Show
- 24 Oct T20 Cricket Yrs 3-4
- 24 Oct SRC Fete 4-7pm
- 27 Oct Yrs 3-6 ArtExpress
- 31 Oct Bandanna Day
- 5 Nov Grandparents Day
- 24 Nov-5 Dec Intensive Swim.
- 30 Nov Tourist train @ Kandos
- 11 Dec Presentation Night
- 15 Dec Yr 6 Farewell Disco
- 17 Dec Students last day



*Left: Lucy and Miah competing in the pairs event.*

*Below: The Rylstone girls, Miah, Molly and Lucy at the St Matthews Horse Sports Day.  
(Photos by S Evans)*





### CLASS 2/3 NEWS

Just a few reminders as next week is really busy!! Please remember to bring in your Blue Mountains excursion note, T20 cricket note, ArtExpress excursion note, Fete note and raffle tickets. We are running the cake stall at the Fete so any contributions would be greatly appreciated. If you are able to help out for 1/2 an hour or so on our cake stall please let me know. Thank you.

**Mrs Suttor**

### CLASS 4/5 NEWS

If you break a bone or have been poisoned call the students in the 4/5 class. We have been learning all about what to do with fractures and poisoning in our final few weeks of our First Aid and Safety program. Congratulations also to the students on their results from their Information Reports which were handed out this week. **Mrs Cashman**

### K-1 NEWS

This week our room has been a circus! We have written a funny acrostic poem about a clown and decorated it with clown pictures. We have also begun to decorate the hall with trapeze artists. In Reading Groups we are working very hard on strategies to help us understand what we have read. Kinder have been describing and making patterns in Mathematics while Year 1 have been measuring the length of objects. **Mrs Balfoort**

### SRC NEWS

Thank you to Mrs Mackander who helped the SRC sell ice blocks (on the coldest October day in history!). This proved very successful and they will be on sale each Wednesday for 60c an ice block and 20c for frozen oranges.

Everyone is very excited about our mini fete on Friday (24th). Remember there is a choc drop, popcorn, cakes, lollies, plants and games. Also bring the family along and shout them dinner at the BBQ. Bring a pocket full of change and have fun! For those fabulous people who would like to donate goods or time can you please fill in the form that was in last week's newsletter and return by Tuesday so the children can organise their stalls. Any plants or white elephant goods can be left in my room.

**Mrs Balfoort**

### PEER SUPPORT

This week in Peer Support we looked at resilience. The children learnt about the importance of having a go. The activities helped them identify what they have already learned to do and what things they would still like to learn. The children also explored their feelings when faced with difficulties and identify the need for courage when trying something new.

During this week encourage your child to be aware of the importance of learning from their mistakes and trying new experiences. **Ms Burcher**

### BANDANNA DAY—FRI 31ST OCT

Rylstone PS will again participate in Bandanna Day with the sale of bandannas (\$4) and pens (\$3) on the verandah in the mornings.

**Ms Burcher**

### WELFARE NEWS

This term's focus during our Virtues Time Slot across the school is "Mastering The Heart". In this final chapter for the year, students will be examining options for mastering the way they choose to interact with those around them and make good choices based on what their heart says is the best way to resolve issues they may face.

Last week we introduced the 5 Ingredients for Resilience -the ability to bounce back from life's disappointments. They are **Planning** (developing self control to think ahead), **Energy** (doing your best, persistence and using your energy reserves wisely) **Calm** (thinking about your behaviour and the behaviour of others and being able to control your feelings) **Courage** (Overcoming fear and behaving ethically) and **Caring** (being your own best friend, speaking up for yourself and others, do unto others).

Students will be making a Resilience Bracelet today and choosing a coloured strand for each of the 5 components and 5 people in their lives that they identify already have fabulous skills in these areas. You may not know it, but so many of our students recognise you as the people in their lives who have already mastered these skills in their eyes!



## WELFARE NEWS (cont.)

In May of this year I attended the 2014 Mental Health and Wellbeing of Young People Conference in Sydney. Over 1500 delegates were in attendance with prominent guest speakers who delivered 40 minute presentations in their fields of expertise.

Prevention of anxiety and stress amongst young people was the common theme. I have included with the newsletter today information about a program I wish to begin with Year 6 as they commence their own preparations emotionally and physically for the transition to High School.

Professor Gavin Andrew had many practical insights into the prevention of serious anxiety and sadness amongst adolescents. The opinions of many presenting at the conference all who work directly within the Mental Health, Juvenile Justice or Care areas associated with adolescents effectively believe and actively encourage processes of Prevention through learning to control thoughts, emotions and behaviours that intensify the feelings of anxiety and sadness.

The message is clear. Identifying how anxiety feels and makes you think BEFORE it becomes a serious issue and then adapting your behaviours and thoughts with resilient strategies to navigate these life's stressors, is a Skill for Life! I'm certain that the "This Way Up" for Schools program is one that can give our Year 6 Students that definite advantage. **Kelly Curtis**

## PERMISSION NOTE SUMMARY

Blue Mountains Exc 22/10 (Yrs 3-4)—due 17th Oct  
T20 Cricket 24/10 (Yrs 3-4)—due 17th Oct  
SRC Fete 24/10—donations/help roster—due 21/10  
ArtExpress 27/10 (Yrs 3-6)—due 23rd Oct  
Intensive Swim. (non/poor swimmers)—due 14 Nov  
SRC Raffle Tickets due 3.30pm 24th Oct



**2014-2015  
Family  
Energy  
Rebate**

Apply before Midnight  
16 June 2015



**\$150\***  
**TOWARDS  
ENERGY  
BILLS**

**2 MINUTES TO FILL IN A FORM**  
<https://applications.fer.trade.nsw.gov.au/>  
\* eligibility criteria apply

## P & C NEWS

### P & C MEETING—20 October

The next P&C Meeting will be held on Monday 20th October at 5.30pm. Everyone is welcome.

### UNIFORM SHOP

The uniform shop is open on Friday afternoons from 3-3.20pm. Please note that the Uniform Shop will not be open on Friday 24th October.

### JOLLY JOKER AT 'THE GLOBE'

Rylstone Public School P&C and the Rylstone Kandos Preschool are the beneficiaries of this fundraiser held each Friday evening at The Globe. This week's ticket sellers are Bec Mackander and Tanya Besant. **The total has jackpotted to \$2300.**

## COMMUNITY NEWS

### Little Athletics

We are looking to form a Little Athletics Centre in Kandos/Rylstone. An adult member of your family is invited to attend an "Information Meeting" which will be held:

**Where:** Kandos Sportsground, Kandos  
**When:** Thursday 23 October 2014  
**Time:** 4.00pm



Any queries or if you are interested in being a committee member, phone Kylie on 0427 702 320



### **Sport and Recreation's Swim and Survive starting soon**

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

**Prices for nine lessons are \$67 for school-aged children and \$48 for preschoolers (prices exclude pool entry fee).**



For more information or to make a booking, visit [www.dsr.nsw.gov.au/swimandsurvive](http://www.dsr.nsw.gov.au/swimandsurvive) or phone 13 13 02



# TOWN HALL CINEMA

\*\*\* SHOWING NOVEMBER 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> 2014\*\*\*

Tickets on sale Monday 3<sup>rd</sup> November at all Council offices

## THE HUNDRED FOOT JOURNEY



## THE BOXTROLLS



## SESSION TIMES

THE HUNDRED FOOT JOURNEY	Friday Nov 7	7.00pm
	Saturday Nov 8	4.30pm
	Saturday Nov 8	7.00pm
	Sunday Nov 9	4.30pm
THE BOXTROLLS	Saturday Nov 8	11.00am
	Saturday Nov 8	2.00pm
	Sunday Nov 9	11.00am
	Sunday Nov 9	2.00pm

## TICKET PRICES

Adults:	\$14.00
Children/Concession:	\$10.00
Children under 5 years:	Free

Tickets available at Mid-Western Regional Council offices from Monday Nov 3<sup>rd</sup> 2014 or at the door (if not sold out prior). For more information, visit [www.midwestern.nsw.gov.au](http://www.midwestern.nsw.gov.au), like Council on Facebook or follow us on Twitter.

PROUDLY SUPPORTED BY



Combined Rotary Clubs of Mudgee

# Kandos Rylstone Swimming Club 2014-2015

Registration	Friday 17 <sup>th</sup> October 2014
Time	4pm
Where	Pool
Cost	\$90.00 PER MEMBER
Commences	22 <sup>nd</sup> October 2014
6.00pm-6.30pm	*Swimming instruction/stroke correction
6.30pm onwards	*swim club

A responsible person must be present with each member/family

POOL ENTRY APPLIES

Parents required to assist with running club nights

Any inquiries contact President Ross Lomax 0435 959 997

Pool

63796164