



# The Rock Central School

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**NEWSLETTER**

Week 3 Term 1 Wednesday, 13th February 2019

## Principal's Message

Dear Families,

### **Vision Statement**

**The Rock Central School will strive to achieve a quality learning culture, which supports students to reach their greatest potential. Our School will meet the individual needs and interests of each student, inspiring them to become, literate and numerate and productive members of the community.**

### **Computer Technology**

We have just purchased a large quantity of computers. Our aim is to supply every secondary student with a laptop to use at school in all classes. We now have a trolley of 30 laptops each for Infants and Primary classes. In addition, there will be 30 laptops in the library, as well as standalone computers. We aim to get all students computer literate so they can fully access the curriculum and the wider world.

### **Change of Weather**

With the change of weather, it has become very chilly in the mornings and students are coming to school without jumpers on, or out of uniform. Please be proactive by purchasing your winter jumpers much earlier than other years.

### **P&C Meeting Tonight**

What a better way to engage with your school, than to come along to our P&C meetings. We have a great group of parents and carers whose aim is to ensure your children receive high quality education. Different families come and go during the year depending on their availability, so if you just want to come along and see what it is about, there is no pressure to come to every meeting.

### **Reach Your Potential Student Welfare Program**

Our student welfare program starts this week, and I mentioned today to the students that we would be evaluating the program this year. Is it meeting student's needs? Is it improving how they feel about themselves? Does it assist their learning and how? These are the types of questions we will need answers to, during the year. To make a start on the process, I will be collecting students Reach Your Potential booklets at the end of this term, to see how they are being used and what sort of goals students are setting for themselves.

### **Dogs on School Grounds**

It is a Department of Education Policy that no dogs are allowed on school grounds, not even for drop off and pick up. We have students who are afraid of dogs and they can also be unpredictable around large groups of people. We appreciate your co-operation with this matter.

**Donna Rockley - Principal**

## 2019 WINTER SOCCER SEASON

Under S's right through to senior men and women  
Registration Day Sat 16th Feb 2019 9am - 12noon  
at Rawlings Park, Forest Street Lake Albert

or register online [www.playfootball.com.au](http://www.playfootball.com.au)

For further information checkout our website

[www.hpfc.org.au](http://www.hpfc.org.au) or contact

Robyn Menz 0458 212 037



We are an NSW Active Kids approved club, apply for a \$100 voucher for each student enrolled in school



## School Banking - Tuesdays

To start school banking your child will need a Youthsaver account. This is a savings account that has no monthly account fees and offers a competitive bonus interest rate when your child makes a least one deposit and no withdrawals in a calendar month. You can open an account online at: [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) or go into any CommonwealthBank branch and take identification for you and your child (eg driver's licence and their birth certificate.) Information packs are available from the office. Student banking is on Tuesdays.



## BELL TIMES 2017

Morning assembly	9.00am
Lunch (first break)	11.10 - 11.40am
Recess (2nd Break)	1.40 - 2.00pm
Finish	3.00pm



## T-Rock Lunch Box Specials

Day & Date	Name
Wed 13th February	Volunteer needed
Thurs 14th February	Emma Kay
Fri 15th February	Bec Swift

### Meal Deal 1st Break \$5

Butter chicken with rice

The crackin beef burger

### 2nd Break \$1

Mini pizza torpedos

Apple parcels

Granola, yoghurt & fruit parfait

Real fruit jelly cup with custard

Bliss bomb all 50c

Watermelon trees 50c

Corn on the cob 50c

Mini sultana cups 20c

**All items are made fresh daily!**

## Move more for a healthy mind



## IT'S ON AGAIN! WAGGA'S MONSTER GARAGE SALE

Saturday, 23rd February 2019 8.00am to 3.00pm

156 Tarcutta Street, Wagga Wagga

Thousands of good quality recycled items all at bargain prices. books, furniture, kitchen and household items, clothes and toys. Also a BBQ and coffee shop, cake stall, plants for sale and so much more.

Come and enjoy our annual combined churches fundraiser and find something special for everyone.

Monies raised to support local Scripture in Schools and LIFE FM radio.

Check out [facebook.com/waggasmonstergaragesale](https://facebook.com/waggasmonstergaragesale) for more information or phone 0409607657.





# SWIMMING

## CARNIVAL 2019

### Results

**Deakin - 408 points**

**Barton - 247 points**

#### Primary Age Champions

Junior Girls Champion 8-10 Yr olds

**Daisy Charters**

11 Years Girls Champion

**Hannah Somerville**

No Senior Girls Champion

Junior Boys Champion Years 8-10

**Jack Lee**

No 11 Years Boys Champion

Senior Boys Champion Years 12-13

**Kippling Flinn**

#### Secondary Age Champions

12 Years Girls Champion

**Tajah Louttit**

13 Years Girls Champion

**Victoria Li**

14 Years Girls Champion

**Kiara Gorman-Cervini**

15 Years Girls Champion

**Chloe O'Leary**

16 Years Girls Champion

**Chloe Wallis**

No 12 Years Boys Champion

13 Years Boys Champion

**Jordan Barnes**

14 Years Boys Champion

**Callum Gardiner**

15 Years Boys Champion

**Rowan Cuthbert-Fischer**

16 Years Boys Champion

**Ned Campton**

#### Records

100m Freestyle 14 Yrs Boys 1.06.43

50m Freestyle 14 Yrs Boys 30.37

50m Breaststroke 14 Yrs Boys 39.81

50m Backstroke 14 Yrs Boys 35.28

50m Butterfly 14 Yrs Boys 34.34

**Callum Gardiner - Barton**

On Friday, 8th February we had a very successful Swimming Carnival with excellent participation from a large number of our students. There were some stand-out performances. Deakin was the victorious house on this occasion with Barton planning a result reversal for the upcoming athletics carnival in the last week of this term.

Congratulations to all age champions especially Callum Gardiner who broke all existing records for all of his events. Thank you to all staff for their support and assistance on the day.





# Snake bite



IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

**DRSABCD** Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation.

All known or suspected snake bites must be treated as potentially life-threatening, and medical aid should be sought urgently.

## WARNING

Do not wash venom off the skin or clothes because it may assist identification.

## SIGNS AND SYMPTOMS

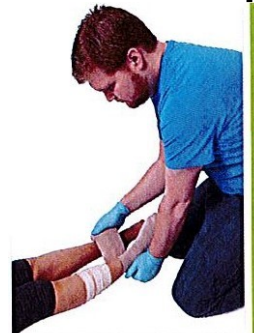
Signs of a snake bite are not always visible and, in some cases, the patient may not have felt anything. Symptoms may not appear for an hour or more after the person has been bitten.

Depending on the type of snake, signs and symptoms may include some or all of the following:

- immediate or delayed pain at the bite site
- swelling, bruising or local bleeding
- bite marks (usually on a limb) that may vary from obvious puncture wounds to scratches that may be almost invisible
- swollen and tender glands in the groin or armpit of the bitten limb
- faintness, dizziness
- nausea and vomiting
- headache
- abdominal pain
- oozing of blood from the bite site or gums
- double or blurred vision
- drooping eyelids
- difficulty in speaking or swallowing
- limb weakness or paralysis
- difficulty in breathing
- occasionally, initial collapse or confusion followed by partial or complete recovery.

## WHAT TO DO

- 1 Follow DRSABCD.
- 2 Call triple zero (000) for an ambulance.
- 3 Lie the patient down and ask them to keep still. Reassure the patient.
- 4 If on a limb, apply an elasticised roller bandage (10-15 cm wide) over the bite site as soon as possible.  
  
Apply a further elasticised roller bandage (10-15 cm wide), starting just above the fingers or toes and moving upwards on the bitten limb as far as can be reached.  
  
Use clothing or other material if an elasticised roller bandage is not available.  
  
Apply the bandage as tightly as possible to the limb.
- 5 Immobilise the bandaged limb using splints.
- 6 Keep the patient lying down and completely still (immobilised).
- 7 Write down the time of the bite and when the bandage was applied. If possible, mark the location of the bite site (if known) on the skin with a pen, or photograph the site.
- 8 Stay with the patient until medical aid arrives.



**YOU COULD SAVE A LIFE WITH FIRST AID TRAINING** [WWW.STJOHN.ORG.AU](http://WWW.STJOHN.ORG.AU) • 1300360455

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These dates can change without notice.  
We do apologise for any inconvenience this may cause.

Feb/Mar 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
3	11/02	12/02	13/02 Whole School Assembly 2.15pm Sec COLA Welcome to Kinder & Year 7, presentation to SRC Reps & House Captains announced. Meet the Teachers cuppa and informal chat P & C Meeting 7pm Staffroom	14/02	15/02
4	18/02 Book Club Orders Due	19/02	20/02	21/02	22/02
5	25/02	26/02	27/02	28/02 Exchange Student Information Session 12.30pm	01/03
6	04/03	05/03	06/03	07/03	08/03
7	11/03	12/03	13/03 School Photographs Riverina PSSA P & C Meeting 7pm Staffroom	14/03	15/03
8	18/03	19/03	20/03	21/03 Harmony Day	22/03 Immunisation Year 7 & 10
9	25/03	26/03	27/03	28/03	29/03

#### NOTES & PAYMENT REMINDER

Class/Year	Excursion/Incursion	Date of Event	Cost \$	Date Note and payment is Due
Secondary Students who have qualified	Zone Swimming Carnival - The Rock Pool	22/02/19	\$3	18/02/19