

Rockville State School



TERM 3
Week 10, 2024

'a great place to learn'

Rockville State School



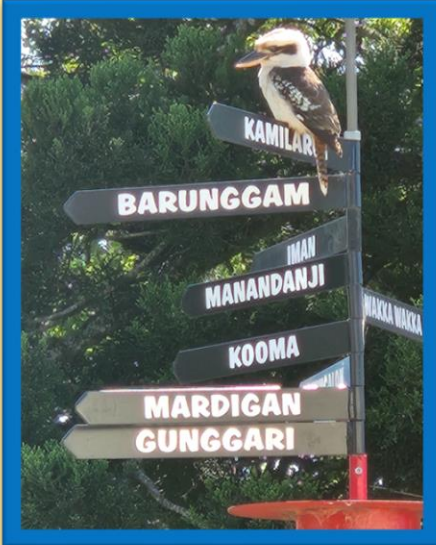
Find us on:
facebook

SCHOOL WATCH

Please remember to ring

School Watch on

131 788



Dates to Remember

- *School returns on Monday 30th September 2024.*
- *Public Holiday Monday 7th October 2024.*

Students of Week 10





OUR PLAYGROUP

***Will return on Tuesday 8th October
9am till 10:30am***

0-5 years

Bring hat, water bottle and morning tea.

COMMUNITY RELIEF & FOOD AID SUPPORT

STRUGGLING? NEEDING FOOD AID? YOU DO NOT HAVE TO BE HOMELESS TO GET SUPPORT
IF YOU OR A LOVED ONE ARE STRUGGLING PLEASE REACH OUT TO OUR COMMUNITY SERVICES

Tonys Kitchen
174A James Street
Meals 430-630pm
365days a year
shower facilities

Rosies Friends on The Street
Harlaxton
9 Gleeson Crescent-
Wednesday 5pm-7pm

Wilsonton
10 Wine Drive Sunday
10-30am-12:30pm

Cathro Park
Ruthven & Hodgson St
Toowoomba, QLD 4350
Friday:
5:00pm - 7:00 pm

Presbytery of the Downs
0492 893 231

New Hope Church
4639 1777

St Lukes Parish Pantry
4639 1910

St Vincent De Paul Society
4 Julia Street
131812

Lifeline Darling Downs
33 Russell street
for referral call
1800 951 052

The Salvation Army
119 West Street (Cnr Anzac Ave)
TOOWOOMBA QLD 4350
(07) 4632 7206

Emerge Youth services
House 360/Rainbow room
0402 790 677

Lifecare Community
3 Murray St Pittsworth
Monday Wednesday 12-3pm
Fridays 10am - 4pm

Angels Rescue
0438 013 254
One weeks food for pets

Loads of Love
(Christmas time)
register in November to be
a recipient

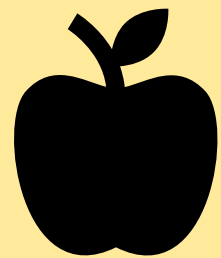
**Under the Southern Cross
Outreach Ministries**
Incorporation
Free meal and food parcel
Drayton Scout Hall
530pm Wednesday Nights
0401013798

Grocery Boxes -Payment required

Loaves & Fishes
106 Hill st
830-5pm weekdays
46326941

Food Assist
148 Campbell st
9-4pm weekdays
46341157

This information is current as of April 2024



Get up to \$500 for education costs

Achieve a savings goal for 10 months,
and **ANZ** will match it up to \$500.

To be eligible, you need to meet these requirements:



18 years
or older



A regular
income
(you or your
partner)



Attend
free online
financial
education
workshops



Are studying
yourself or
have a child
at school, or
starting next
year



Current
**Health Care
or Pensioner
Concession
Card**

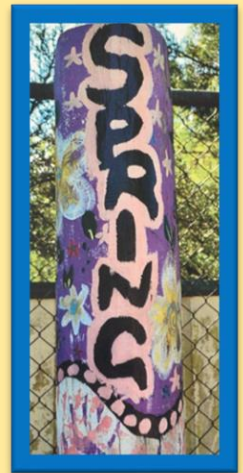


Saverplus.org.au
1300 610 355

saverplus

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.

Cooking with Mrs Nilon



Now it's Time for Spring Delights

In the Kitchen this week Year 4 cooked Rainbow Frittata Muffins. What a great everyday food recipe. Collect a recipe card up from the Office and try for a great spring lunch or dinner.

Year 2 made Smoothies and a Strawberry Parfait and Year 1 mastered making Blueberry Coconut Balls and Strawberry Parfaits.



Rockville State School









3 Holberton Street,
Toowoomba Qld 4360
ABN: 64 583 294 003

Phone 07 4659 2333
Fax 07 4659 2300
Email: the.principal@rockvilss.eq.edu.au

*A Great
Place to Learn*

TERM 4 SWIMMING FOR ALL STUDENTS WILL COMMENCE Week 1, Thursday 3rd October!

Swimming lessons will begin Week 1, Thursday 3rd October as part of the HPE Water Safety Lessons.

*	Swim shirt	
*	Togs / swimmers (once piece for girls)	
*	Swim pants or spare jocks (boys)	
	Swim shorts	
*	Swim cap	
	Towel	
	goggles	
	bag	

	Thursday	Friday
8:45am		
9:30am	5/6S	5/6Q
10:15am	5/6P	4L
11:45am	Prep	3G
12:30pm	1H	2A
1:45pm	2/3GW	Hi 5

To maintain sun safety and hygiene in the school pool there are specific requirements for all Rockville students during their swim lesson.

*compulsory swimming items

Please ensure that all items are clearly marked with the students' name, including on their school clothes.

Swimming will also be available on Friday afternoon as part of the 'High Five' Rewards program for those who have brought their swimming gear.

If any student is unable to swim on their swimming day, please let the school know.

Warm regards,



Brett Bizzell
Principal
Rockville SS



Rebecca Carter
PE Teacher
Rockville SS

From the Guidance Officer

Cyber Safety for Students these School Holidays

School holidays are about to kick off around Australia, which means students will have more free time to play and have fun. But school holidays can be a difficult time for some kids. Changes to routine and being away from their usual school supports can cause them to feel stressed, down or lonely. Holidays can be a particularly vulnerable time for students whose families are struggling with grief, loss, poverty or family violence.

School holidays also mean more time spent online.

Importantly, the risk of cyberbullying may increase during the holiday period.

According to *Headspace*, parental support is crucial during the holiday period. Below are some tips for parents, to help keep their kids happy and well over the holidays, and deal with issues around technology use and cyberbullying.

Being safe on the internet

The internet is amazing, but it can also be scary

Playing games, looking at videos and talking to friends online can be a lot of fun! Take a look at these tips to make sure you do it safely.

Don't give out information about yourself

Don't share personal stuff online like your full name, address or phone number. Someone could try to use this information to find you. Choose a fun nickname instead!

Only talk to people you know

When using social media or online messaging, make your profile private and only add your friends in real life. Talk to your parents first before you chat with people you don't know.

Think carefully before you press send

You can get in trouble with Police if you send photos of you or other people without clothes on. You can also get in trouble if you bully someone or talk about hurting them.

Watch what you buy online

Some stuff on the internet needs money like playing games or shopping. Always ask your parents before spending money online!

Talk to an adult if you feel worried

Some things on the internet might make us feel scared or confused. Always talk to a parent or an adult you trust if you are worried about something online.

Support is available for anyone who may be distressed:

Lifeline 13 11 14; Kids Helpline 1800 55 1800;

Suicide Call Back Service 1300 659 467.

If you or someone you know requires immediate assistance, please call Emergency Services (000) or Lifeline (13 11 14).

Other supports can be found at www.ruok.org.au/findhelp.



YUM BURGERS!!!



ROCKVILLE STATE SCHOOL CAFÉ MENU

TUCK SHOP **OPEN EVERY DAY**
ONLINE - schoolshoponline.com
TUCKSHOP - 1ST BREAK ONLY

HOTFOOD

Sausage Roll	\$3.00
Pie	\$3.50
Chicken Nuggets (6)	\$3.00
Lasagne	\$3.50
Spaghetti Bolognese	\$3.50
Macaroni Cheese	\$3.50
Fried Rice Traditional	\$3.50
BBQ Chicken Pizza	\$3.50
Margherita Pizza	\$3.50
Meat lovers Pizza	\$3.50
Toasted Cheese Sandwich	\$3.00
Toasted Ham & Cheese Sandwich	\$3.50
Toasted Ham, Cheese & Tomato Sandwich	\$3.50

SNACKS

Chocolate Cake Slice	\$2.00
Vanilla Cake Slice	\$2.00

SAUCES

Tomato	\$0.50
BBQ	\$0.50



BURGERS

Chickenburger with lettuce, tomato, cheese and mayo	\$5.50
Hamburger with lettuce, tomato and cheese	\$5.50

DRINKS

Juice Popper - Orange, Apple	\$2.50
Flavoured Milk - Chocolate, Strawberry	\$3.00

ORDERING - Tuckshop is now so much easier using our preferred payment method of online ordering. Simply log onto schoolshoponline.net.au and search Rockville State School to register and start ordering.

Alternatively, you can order using a brown bag and you or your child can deliver to the office before 9:00 am. Please provide name, food, class and correct money. If you don't have a paper bag these are provided at the tuckshop for your convenience

PLEASE NOTE: the tuckshop cannot be held responsible for money before delivery to the office!



ROCKVILLE STATE SCHOOL UNIFORM SHOP

OPEN EVERY DAY

Opening Times: 9:00 am till 11 am

schoolshoponline.net.au

UNIFORMS	PRICE
SCHOOL SHIRT	\$28.00
SENIOR SHIRTS (YEAR 6)	\$38.00
HATS	\$18.00
SKORTS	\$28.00
SHORTS	\$20.00
HOUSE SHIRTS	\$38.00
JUMPERS	\$40.00
TRACKSUIT PANTS	\$30.00
JACKETS	\$40.00
ADULT HOUSE SHIRTS	\$5.00
HOMEWORK FOLDER	\$10.00

ORDERING—Uniform ordering is now so much easier using our preferred payment method of online ordering. Simply log onto schoolshoponline.net.au and search Rockville State School to register and start ordering. (Same as TUCKSHOP- choose uniforms for the session)

Uniform Shop is open every day

Opening Times: 9:00 am till 11am

Online orders will be delivered to the Office for collection or given to your child in class.

PIZZA!!!



FORMAL SHOES -
ACCEPTABLE



*The Rockville School Uniform
Colour is Navy Blue **NOT**
Black.*

*Runners/ Bike shorts or
Tights (regardless of colour)
are also not part of the
uniform.*

*Parents/Carers - please take
the upcoming holidays to
check your child's uniform.
Copies of the School Uniform
Policy are available at the
Office or on our Facebook
page.*

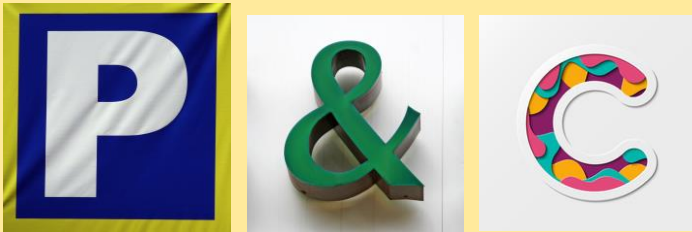
*Acceptable and Not
acceptable Shoes at
Rockville State School.*

SPORTS SHOES -
ACCEPTABLE



SPORTS SHOES -
NOT ACCEPTABLE





Uniform Shop

*Will be open every morning
9am till 11am.*

*Eftpos only or can order
online through the Canteen
App under Uniforms.*

Book Club

*Reminder with Book Club
that the books need to be
ordered on LOOP.*

*If unsure how to use LOOP
please ring the Office.*

**CASH WILL NOT BE
ACCEPTED**



Checklist

★ *We have had a few
cases of headlice reported.
Please check your children's
hair and treat.*

★ *Tuck shop is open every
day. Order online at
schoolshoponline.com for food
and uniforms.*

★ *A reminder per the
Uniform Policy that school
shoes should NOT be bright
coloured. Black or dark colours
are preferred. Please check with
the school office before
purchasing if unsure.
With the cooler weather,
remember to wear or pack a
school jumper. Jumpers are to
be Rockville or Navy blue with
no hoods.*

*Students are expected to
have a hat for PE and
Play.*