

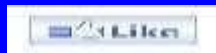
# Rockville State School



TERM 1  
Week 8, 2025

'a great place to learn'

Rockville State School



Find us on:  
**facebook**

SCHOOL WATCH

Please remember to ring

School Watch on

131 788

## Behaviour Focus for Week 9

*“Use your  
Walking  
Feet”.*

## Dates to Remember

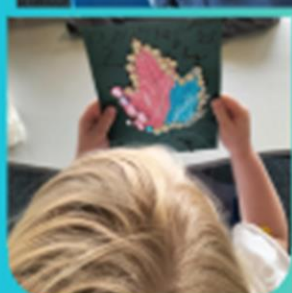
- NAPLAN - Until 24<sup>th</sup> March 2025. Year 3 and 5 students only.
- 28<sup>th</sup> March 2025 - Toowoomba Show Holiday - No School
- 2<sup>nd</sup> April - Parent/Teacher interviews
- 3<sup>rd</sup> April - Cross Country

## Students of the Week & STEM Recipients





Our Playgroup  
Every Tuesday 9am till  
10:30am  
0-5 Years Old  
Bring Hat, Water Bottle  
and Morning Tea.





### **Show Entry**

***Over the past few weeks, 5/6P have been working hard on upcycling old bottles into herb pots. The students collected a variety of bottles, cut them in half and painted and decorated them before planting herbs inside. We collaborated with 2/3GW, who created some beautiful signs to label our herbs! After the show, these will be used by the kitchen for our cooking classes.***





Year 4/5  
decorating  
their pots for  
the  
Togwoomba  
Show



## Cooking with Mrs Nilon Week 8



**Tutti Fruity Punch and  
Sunshine Rice Salad**  
This week students in Year  
2/3 and 1/2 made Tutti Fruity  
Punch for Harmony Week.  
They practiced their cutting  
skills, cutting up pineapple,  
oranges, apple, grapes,  
watermelon and dragon fruit.  
Year 3/4 and 4/5 prepared  
Sunshine Rice Salad. The star  
ingredients in our cooking  
this week are pineapples and  
dragon-fruit.



# *From the Guidance Officer*

## **FROM THE GUIDANCE OFFICER**

### **My child has friendship issues**

**Encouraging your child to solve problems.**

**Things you can try:**

#### **1. Stop and listen before stepping in.**

It's completely understandable to want to protect your child. But try not to jump in too quickly to fix things for them. When your child has an argument with a friend, it can be very hard not to take sides. And sometimes you might have such a hard time seeing your child in pain that you get angry at the other child. But this can make it difficult to really listen to your child's experience and understand their feelings.

It's natural to have strong feelings about your child's friendship issues. Maybe they make you think back to how you were treated by friends when you were a child. If you take a moment to notice how their worries are affecting you, it will help you manage your emotions. Then you can better support them as they find a solution.

#### **2. Reassure them that it's natural for friends to fall out sometimes.**

Children's friendships often change and can look different depending on your child's age and stage of development. While having friends at school is important, it is perfectly ordinary for your child to have difficulties with their friendships. Let your child know that being friends doesn't always mean agreeing or getting along with others all the time.

#### **3. Help your child move past the anger and hurt.**

It's important to help our children learn how to make up again. Listen to your child and show you understand how they're feeling by helping them name their emotions. Once your child feels understood, they will be better able to move past the anger and hurt. That's when you can help them to start problem-solving. Encourage them to come up with their own ideas to deal with friendship issues.

#### **4. Help them grow confidence in their friendship skills.**

Friendship difficulties can happen for different reasons. Your child might be shy or like to take control or lack confidence with friends. You can help. Talk to them about what makes a good friend, and practice friendship skills such as listening, sharing, compromising and negotiating. Sit together and explore examples in everyday life, and from TV and books. This will help your child think about what makes a good friend and feel less worried about friendship issues. You can also encourage friendships beyond school like joining clubs or arranging play dates.





**A DAY**



**AT**



**PREP**



**YUM  
BURGERS!!!**



**ROCKVILLE STATE SCHOOL CAFE MENU**



**OPEN EVERY DAY**  
**ONLINE - [schoolshoponline.com](http://schoolshoponline.com)**  
**TUCKSHOP - 1<sup>ST</sup> BREAK ONLY**

**HOTFOOD**

Sausage Roll	\$3.00	
Chicken Nuggets (6) + Veggie Sticks	\$4.00	
Lasagne	\$3.50	
Spaghetti Bolognese	\$3.50	
Macaroni Cheese	\$3.50	
Margherita Pizza	\$3.50	
Corn on a cob	\$1.50	

**SNACKS**

Chocolate Cake Slice	\$2.00
Vanilla Cake Slice	\$2.00
BBQ Snaps	\$2.00
Light & Tangy Snaps	\$2.00
Frozen Mango Yoghurt	\$3.00
Frozen Strawberry Yoghurt	\$3.00


**SANDWICH**

Toasted Cheese Sandwich	\$3.00
Toasted Ham & Cheese Sandwich	\$3.50
Toasted Ham, Cheese & Tomato Sandwich	\$3.50

**SAUCES**

Tomato & BBQ	\$0.50
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**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
Water	\$1.00



**ORDERING** - Tuckshop is now so much easier using our preferred payment method of online ordering. Simply log onto [schoolshoponline.net.au](http://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 11am**  
[schoolshoponline.net.au](http://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
LIBRARY 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](http://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**



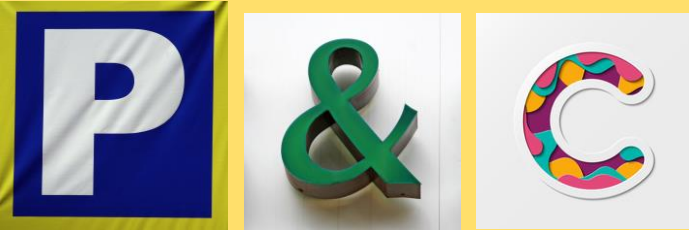
*Acceptable and  
Not acceptable  
Shoes at  
Rockville State  
School.*

**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

★ **IMPORTANT:** *The school uniform colour is NAVY BLUE not BLACK.*

★ *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](http://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.*