

Rockville State School



TERM 1
Week 9, 2024

'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 10

**“Be a good
Sport”**

Dates to Remember

- Thursday 28th March 2024 Cross Country 9:15am start. Parents Welcome. Program on page two.
- Thursday 28th March 2024 – Last day of Term 1
- Monday 15th April 2024 – First day of Term 2.

Students of the week 9





Rockville Cross Country

2024

Thursday 28 March to start at 9:15 am!!

Prep to year 2 participate in a fun run.

Year 3 from 8 years and over competing in Cross Country.

Events

Time	Age / Year	Distance
Events 1 & 2 9:15 & 9:25am	Prep Boys Girls	500m = small lap Take them back to class early
Events 3 & 4 9:25 & 9:35	Year 1 Boys Girls	500 = small lap Take them back to class early
Events 5 & 6 9:35 & 9:45am	Year 2 Boys Girls	500m = small lap
Events 6 & 7 9:45 & 9:55am	Year 3 Boys Girls	500m = small lap
Event 8 10:00am	9 years (2015) Boys Girls	1 km = 1 lap of track
Event 9 10:15am	10 years (2014) Boys Girls	2 km = 2 laps of track
Event 10 10:30am	11 years (2013) Boys Girls	2 km
Event 11 10:45am	12 years (2012) Boys Girls	2 km



ROCKVILLE STATE SCHOOL CAFÉ MENU



MONDAY, TUESDAY AND WEDNESDAY

ONLINE-schoolshoponline.com

TUCKSHOP – 1ST BREAK ONLY

HOT FOOD

Sausage Roll	\$2.50
Pie	\$3.50
Chicken Nuggets (6)	\$2.70
Lasagne	\$3.50
Spaghetti Bolognese	\$3.50
Macaroni Cheese	\$3.50
Butter Chicken Fried Rice	\$3.50
Ham & Pineapple Pizza	\$3.50
Margherita Pizza	\$3.50
Chickenburger with lettuce, tomato, cheese and mayo	\$5.00



SNACKS

Chocolate Cake Slice	\$2.00
Vanilla Cake Slice	\$2.00
Gingerbread Man	\$2.50



SAUCES

Tomato	\$0.50
BBQ	\$0.50
Mayo	\$0.50



SALE ITEMS

Hot Dog on Roll	\$2.00
Hamburger with lettuce, tomato And cheese	\$4.50

DRINKS

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

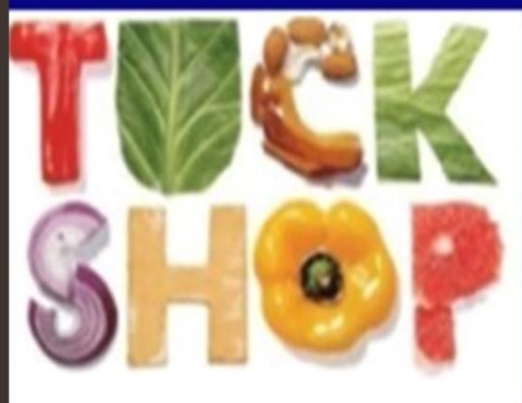


ORDERING - Tuckshop is now so much easier using our **preferred payment method** of online ordering. Simply log onto schoolshoponline.net.au and search Rockville State School to register and start ordering.

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 TUCKSHOP



**MONDAY, TUESDAY AND
WEDNESDAY**

[ONLINE-schoolshoponline.net.au](http://schoolshoponline.net.au)

1st BREAK ONLY



SALE



The Tuckshop is having a sale on 2 of our products. Orders can be placed until 9am on Monday, Tuesday and Wednesday!!!

Hot Dog on Roll \$2.00

Healthy Hamburger with salad (lettuce, tomato and cheese) \$4.70

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.



OUR PLAYGROUP
 Tuesdays 9am till 10:30am
 0-5 years
 Bring hat, water bottle and
 morning tea.

Last day for Term One for
 Playgroup. We made Easter
 baskets to collect Easter eggs.
 The egg hunt was a hit, the
 children had fun finding some
 chocolate eggs.
 See you all on Tuesday 23rd
 April 2024. We welcome new
 members.



Cooking with Mrs Nilon



*From the Pumpkin Patch.
Pumpkins are in season. These golden heroes are at their peak.
In the kitchen, the pumpkin is so versatile.
This week we have celebrated Harmony Week with some delicious pumpkin scones. Students in 5/6Q and 5/6P prepared salsa and made a 5 layered Mexican dip. Our 3G and 3A peeled and cut rockmelon and enjoyed dipping them into an orange dipping sauce.*



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.



REMINDERS

FORMAL SHOES - ACCEPTABLE



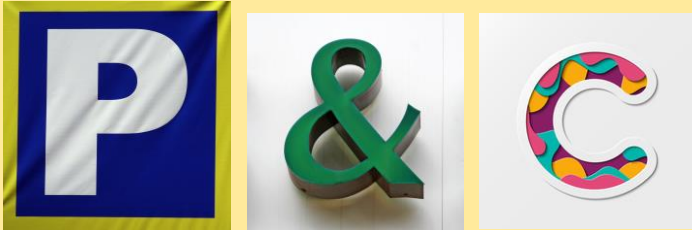
SPORTS SHOES - ACCEPTABLE



- 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.
- **Cooler Weather coming - Jumpers** are to be Rockville or Navy blue with no hoods

SPORTS SHOES - NOT ACCEPTABLE





Uniform Shop

*Will be open every Monday -
Tuesday - Wednesday
Morning and
Eftpos only or can order
online through the Canteen
App under Uniforms.*

*Volunteers needed for the
Uniform Shop. BlueCard a
necessity.*

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**



Receive up to
\$500 from ANZ for
your 2025 back to
school costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- Be 18 years or older
- Have a current Health Care Card or Pensioner Concession Card
- Have a child in school, starting school next year, or be studying yourself
- Get a regular income (can be you or your partner)
- Agree to join in free online financial education workshops

Terms and conditions apply.



saverplus
saverplus.org.au



Department of Education
Queensland

Free kindy from 2024

Kindy is the year before Prep.
15 hours per week, 40 weeks per year.

Free
KINDY

Free kindy Queensland

www.qld.gov.au/FreeKindy

