Principal’s Message

Hi everyone!

WHY DON’T WE SELL SOFT DRINKS?
In Australia, children are consuming too many sugar-sweetened drinks, which are high in kilojoules and low in nutrients. “One in five (21.2%) 2 – 15 year olds drink at least six cups of sugar sweetened drink a day according to “The Health of Children and Young People in NSW” Report of the Chief Health Officer 2014. Some are having more than 11 cups or 176 gr sugar a day. Since 2007, the Sugar-Sweetened Drinks Ban has been in place in all NSW schools. This ban applies to soft drinks, energy drinks, fruit drinks, flavoured mineral water, sports drinks, cordials and iced teas. Be sure to try some of the nutritious and tasty drink options at the canteen instead, or go for the best of all: water.

Kerry Harper
Principal
Rappville Public School P & C News

The Annual General Meeting is Wednesday 11th March at 2pm in the School Library. All office-bearer positions are open for election. The officer positions determined at the AGM are:
* President
* Secretary
* Treasurer
Representative Positions held by P & C members are also elected at the AGM. These positions may include:
* Canteen co-coordinator
* Fundraising officer

Only financial P & C members are eligible to stand for a position. The cost is $1.00 to become a financial member.

On completion of the AGM the new office bearers take over and conduct a general meeting. New members are welcome. Please come along and support the P&C.

Rappville Public School is pleased to announce our ‘play to learn’ mornings will be on this Wednesday 25th February.

When? Fortnightly - Wednesday's @ 9.15am - 11.15am
Where? Rappville School Library (next to main office)
Who? All parents, grandparents and carers and their children newborn to school age
What? Social Interaction with other young children and parents/carers
Fun activities – indoor and outdoor play

Why? Introduce yourself and children to our local school and access the huge range of resources available to assist you and your children in learning
Access to wider community specialised resources

We look forward to meeting and catching up with parents, carers and young children of our Rappville and surrounding community.
If you would like further information, please contact Erin on 0478 960 390 or the school office on 666 17109 (during school hours). See you there!
Barbara Petchenik Children's Map Competition 2015

Competition's theme is "My place in today's world". Entries can be nominated in four age groups: under 6 years, 6-8 years, 9-12 years and 13-15 years. The deadline for participation in the contest is Thursday, 2 April 2015.

For more detailed information about the competition, please visit the MSIA website http://mappingsciences.org.au.

All about apostrophes
Not knowing where to place apostrophes can haunt people for their entire lives. Here's an easy guide to help your child understand what they mean, how to use them and get them right, now.

When older kids struggle with reading
Should you let your reluctant teen reader choose magazines over books? If your child is still struggling to read and write, and they're heading into high school, there are ways to get them on the right page.

Primary school

Multiplication times tables

Sorting fact from fiction
Help your child develop their “dodgy website” antennae when doing homework. Here are ways your child can tell a good website – or any document – from a bad one.

High school

Solving equations
Struggling to remember what algebra was all about and need to help your kids with their homework? Take a look at this study sheet for examples:

Avoiding injuries
Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain? Experts discuss and give tips on what to watch out for.