



Rankin's Springs Public School Newsletter

Tuesday 30th April 2019

Term 2 Week 1

Welcome back to school for Term 2. We welcome Mrs Sandy Vearing back to Rankin's Springs school this term and look forward to having her work with us.

At the end of last term parents/carers all had the opportunity to meet with their children's classroom teachers. We hope this was beneficial to all families, and look forward to the continued growth of each student.

Next Wednesday we will host 'Do it for Dolly' day. Students are encouraged to wear blue clothing to support Dolly's Dream. This will be a fun day to help spread the message and raise awareness about the serious issue of bullying. There will be a sausage sizzle for lunch, with all money raised going to 'Dolly's Dream'.



Please note: the Official 'Do it for Dolly' day is on 10th May but, due to the cross country event we have arranged to hold our fundraiser day on Wednesday 8th May.

It's a Girl!

Congratulations to Jacinda and Ben Makepeace who welcomed a beautiful baby girl named Florence into their family on Thursday 11th April. All are doing well.



What's happening

TERM 2

Week 1

Mon 29 th April	Staff Development Day
Tue 30 th April	Students return

Week 2

Wed 8 th May	Do it for Dolly day
Fri 10 th May	Cross Country @ Goolgowi PS

Week 3

Tue 14 th May	NAPLAN
Wed 15 th May	NAPLAN P&C Meeting 7pm
Thu 16 th May	NAPLAN
Fri 17 th May	Infants Excursion

Week 4

Tues 21 st May	Mobile Library
Thu 23 rd May	Mortimer Shield (Yr5/6)
Fri 24 th May	Zone Cross Country

Week 5

Wed 29 th May	Science Day @ Binya
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Week 6

Week 7

Tue 11 th June	School Council Meeting 7pm
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Week 8

Tue 18 th June	Mobile Library
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Week 9

Mon 24 th June	CWA International Day
Tue 25 th June	Circus @ Binya PS

Week 10

Thu 4 th July	Small Schools Athletics Carnival
Fri 5 th July	End of Term 2

Permission notes due:
Cross Country
Infants excursion

End of Term 1 Awards

Term 1 Class Award –Reflectiveness: Matilda – for outstanding mathematical reasoning.

Term 1 Class Award – Resourcefulness: Ellie – for being a keen learner, displaying independent learning skills and focusing on all activities.



Term 1 Class Award – Responsibility: Douglas – for showing a passion for all areas of learning.

Term 1 Class Award – Resourcefulness: Zoe – for using an impressive range of strategies and skills in all areas of literacy.

Term 1 Class Award – Responsibility: Sophie – for showing great enthusiasm during reading and writing.



Attendance Awards for Term 1

100% - Douglas, Theo & Ellie

99% - Cade, Emily & Naome

98% - Seamus

EASTER ASSEMBLY



Winners of the Easter hat parade
Tahlia, Eric, Louis & Braxton



Easter colouring in competition winners
Ellie, Matilda, Annabel, Zoe & Cade



Winner of the SRC Easter egg
Guessing competition – Angus



April Birthdays

Tahlia – 5th April
 Jye – 6th April
 Eric – 12th April
 Braxton - 15th April
 Deakin – 23rd April
 Rilee – 26th April
 William – 30th April

<https://www.who.int/news-room/detail/24-04-2019-to-grow-up-healthy-children-need-to-sit-less-and-play-more>

Important information regarding screen time. Please go to the above link to read more.

To grow up healthy, children need to sit less and play more

New WHO guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age

Recommendations at a glance:

Infants (less than 1 year) should:

Be physically active several times a day in a variety of ways, particularly through interactive floor-based play; more is better. For those not yet mobile, this includes **at least 30 minutes in prone position** (tummy time) spread throughout the day while awake.

Not be restrained for more than 1 hour at a time (e.g. prams/strollers, high chairs, or strapped on a caregiver's back). Screen time is not recommended. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 14–17h (0–3 months of age) or 12–16h (4–11 months of age) of good quality sleep, including naps.

Children 1-2 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, including moderate-to-vigorous-intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time. **For 1-year-olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better.** When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 11-14 hours of good quality sleep, including naps, with regular sleep and wake-up times.

Children 3-4 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate- to vigorous intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than 1 hour at a time (e.g., prams/strollers) or sit for extended periods of time.

Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 10–13h of good quality sleep, which may include a nap, with regular sleep and wake-up times.

Rankin's Springs Community News

P & C News

Any school families interested in being on the P&C email list, which includes notices on meetings, minutes and what's coming up, please send an email to tanally.mon@gmail.com Monica Molloy. Memberships are due \$1 per member.

INFANTS CLASS – Bunnings BBQ Saturday 10th August

PRIMARY CLASS – Bunnings BBQ Sunday 1st September

All families have been rostered on. These fundraisers will go towards paying for school excursions. If you are rostered on at an inconvenient time, please try and swap with someone or give Sally a call.

Newsletter items

All items must be submitted by midday Thursday to be included in the following Monday's newsletter.

ICPA – Mother's Day Raffle

The Rankins Springs Branch is holding a Mother's Day Raffle that will be drawn on Friday 10th May at the Springs Pub. Raffle tickets can be purchased at Mid-State Garage & Donovan's Store. (Many thanks to these businesses for supporting us in our fund raising endeavour) 1st Prize: Laundry Hamper 2nd Prize: Google Home Mini 3rd Prize: Pamper Pack. (Donations by members, as requested, can be given to Committee, Andrea or left at Mid-State Trading....as too can the sold tickets, thanks)

Tickets need to be returned before Friday 10th May, 2019 (Andrea can arrange more tickets if anyone needs). For more info, talk to Deb Castle, Kristy Richards or Louise Sinca

CWA News

Our next meeting will be held on Monday 13th May at the CWA rooms in Ninti Street from 9.30 for a 10am start. All welcome to come, please bring a plate to share. Good luck to our land cookery entrants at the state land cookery competition next week!

13-23 Boree Street
Rankin's Springs, NSW, 2669
Website: www.rankinspr-p.schools.nsw.edu.au



**Woolworths Earn & Learn is back
We'd love to receive your stickers!**



1st May to 25th June

Email: rankinspr-p.school@det.nsw.edu.au
Phone: (02) 6966 1206
Fax: (02) 6966 1296

*Rankin's Springs Branch of
Country Women's Association
Cordially invites
The Rankins Springs Community*



*To our annual luncheon
Monday 24th June 2019*

Commencing at 12 noon

Followed by our International Afternoon

Featuring country of study

"Papua New Guinea"

\$15 pp, includes continuous raffle

Venue: Rankins Springs Hall Supper room

RSVP Wednesday 19th June 2019



Secretary

Gaye Banfield

Email: gaye_les_banfield@outlook.com

Phone: (02) 6966 1147

Mobile: 0428 179 359

2019 Proten Cup Draw

Round 1 – Rankins Springs – May 25

Ivanhoe v Barellan

Goolgowi v Narrandera

Rankins Springs v Hillston

Round 2 – Narrandera – June 1

Rankins Springs v Goolgowi

Hillston v Ivanhoe

Narrandera v Barellan

Round 3 – Goolgowi – June 15

Narrandera v Rankins Springs

Barellan v Hillston

Goolgowi v Ivanhoe

Round 4 – Hillston – June 22

Rankins Springs v Barellan

Ivanhoe v Narrandera

Hillston v Goolgowi

Round 5 – Ivanhoe – June 29

Goolgowi v Barellan

Hillston v Narrandera

Ivanhoe v Rankins Springs

Round 6 – Barellan – July 6

Hillston v Ivanhoe

Goolgowi v Rankins Springs

Barellan v Narrandera

Semi-Finals - July 13

Preliminary Final - July 20

Grand Final - July 27



ProTen



2019 KNOCKOUT SATURDAY, MAY 11 AT GOOLGOWI

10:30am: Hillston v Barellan

11:20am: Goolgowi v Rankins Springs

12:10pm: Barellan v Ivanhoe

1:00pm: Narrandera v Goolgowi

1:50pm: Ivanhoe v Hillston

2:40pm: Rankins Springs v Narrandera

4:00pm: Final

Winner Pool A v Winner Pool B



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