



The Best in the West

# Railway Town Public School Newsletter

Term 4, Week 4

Tuesday 5 November 2019



3/4G recently participated in a nutrition lesson with Heidi from the Dietetics Department at Broken Hill Hospital. We learnt about the importance of eating healthy and we taste tested some new foods like sauerkraut!! Thank you Heidi!

**This week's Assembly will be hosted by MM**

## IN THIS ISSUE:

In class with 3/4G  
P&C Fundraisers  
Healthy Lunchbox tip



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## FROM THE ENGINE DRIVER

Our school attendance rate has increased for the third week in a row! Congratulations green classes for maintaining or increasing your attendance rate.



**Have you had your say yet?** So far 7 parents have responded to our **Tell Them from Me Survey**. We currently have 87 families. We need a significant response to gauge a true indication of parent opinions which will assist us in making decisions for the future of our school.

You can follow this link to enter the survey: <http://nsw.tellthemfromme.com/rtps>

*If you do not have the internet at home, please come and speak to us and we can provide you with access to a computer to complete the survey.*

Please keep bringing in donations of cans and plastic bottles on Fridays. Our large blue bin is already full and is ready for more recycling items. Mrs McInerney and Mr Fenton went shopping and spent some of the Green Team's money over the weekend. They bought some large pots, potting mix, a small greenhouse, garden stakes for the tomato bushes and ordered a small garden shed to store all of the gardening supplies and tools. We are very proud of our Green Team and it's enthusiasm to Reduce, Reuse and Recycle. Keep up the great work!



Thank you,

**Kerry-Sue Pascoe, Principal**

## CLASS ATTENDANCE ▲

Target Rate: 92% School Rate: 87.40%

KW: 87.75%	1M: 88.44%
2/3R: 87.05%	3/4G: 86.83%
5/6V: 89.20%	MM: 79.83%

## STUDENT AWARDS

Presented at Assembly, 12.30pm Friday

KW:	Mila B, Alexis S
1M:	Kenneth T, Peyton C
2/3R:	Kiah S, Connor N
3/4G:	No Awards, at AFL Clinic
5/6V:	Addison B, Lucas C
MM:	Jaxson B
Library:	Sharelle C



## HOME READING NIGHTS

100: Temperance B, 125: Gian A, 200: Alexis S

## UPCOMING EVENTS

Wednesday 6 November

Year 6 Advisor visit

Wednesday 13 November

Kindergarten 2020 Orientation session 9am

Monday 14 to Tuesday 15 November

Life Education Van visit

Wednesday 20 November

Kindergarten Orientation session 9am

Monday 25 November to Thursday 28 November

Swim School

Thursday 28 November

Frozen 2 fundraiser - Silver City Cinema 6pm

Wednesday 27 November

Kindergarten Orientation session 9am

Friday 29 November

Ulysses Club Toy Run visit

Kindergarten Orientation session 11.30am

Monday 2 December

Swim School

Monday 2 & Tuesday 3 December

Year 6 Picnic Day & BHHS Orientation

**Wear your uniform with pride  
and support Team Railway Town!**

## DAYS TO REMEMBER

Canteen: Tuesday, Wednesday, Friday

Student Banking: Tuesday by 9am

Library: Monday: KW

Tuesday: 1M

Wednesday: 2/3R, 5/6V

Thursday: 3/4G, MM



## NOTES SENT HOME

Please contact the office if you didn't receive a copy of relevant notes from last school week

[Life Education visit](#)

Return permission note with \$10 by 11/11. Send merchandise order in with correct money on 14/11 or 15/11

Kindergarten 2020 Orientation Enrol child at office prior to first orientation session on 13/11

Year 6 Farewell Dinner (6V) Return permission note with \$20 by 2/12

Swim School (Yrs 2-6) Return permission note with payment ASAP to secure your child's spot

## P&C NOTICES

Next meeting: Wed 20 November, 7pm

The P&C is holding a cake stall and raffle before the 7pm screening of **Frozen 2** at the Silver City Cinema on Thursday 28 November. All funds raised go towards our school.

We are seeking donations towards our annual Christmas Raffle to be drawn at Presentation Night in December. Please drop donations off to the school office. Thanks in advance for your support in our fundraising efforts.



## KINDERGARTEN ENROLMENTS

We are accepting enrolments for Kindergarten 2020. Children must be turning 5 years old by 31 July 2020 to be eligible. Enrolment forms can be collected at the school office. Orientation sessions will be held on Wednesdays at 9am starting on 13 November 2019, with a final session on Friday 29 November 2019 starting at 11.30am.

## RECYCLING AT SCHOOL

Our Green Team runs a program collecting refundable bottles and cans to fundraise for school projects. Families are encouraged to get involved by sending any unwanted recyclable cans and bottles in to school each Friday.

Items should be empty with lids/straws etc removed - it is much more hygienic for students.. Donated bottles and cans can be placed directly into the BLUE recycling bins in the playground.



**Remember to slow down to 40km/hr in school zones**

## ULYSSES TOY RUN

The annual Ulysses Toy Run will be visiting RTPS on Friday 29 November collecting toys to give to disadvantaged children this Christmas.

Please bring donations of toys, games, books or other suitable Items (in new or as new condition) to the school office by Tuesday 26 November.



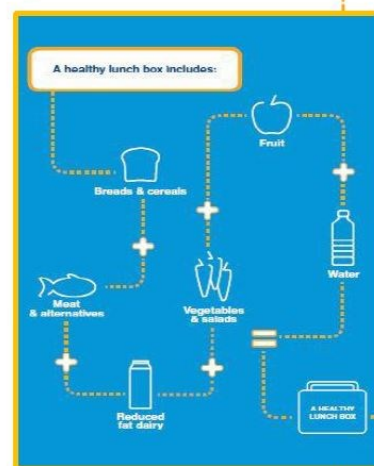
Nutrition Snippet

# The simplest way

... to build a healthy lunch box.

A healthy lunch box contains something from each of the 5 food groups plus water.

Our chicken and veg [fried rice](#) ticks off 3 of the 5 food groups. Pack it with yoghurt, some fruit and a bottle of water for a complete lunch.



For more examples and to build your own visit [healthylunchbox.com.au](http://healthylunchbox.com.au)



Railway Town Public School is entering  
in the Christmas Pageant on Saturday 7 December.  
We are asking if any of our families have a truck  
that we could use to decorate for a float. Please  
contact us if you are able to help in any way.

### SCHOOL BUS TRAVEL 2020

Applications for student bus travel in 2020 opened on Friday, 11 October 2019. If students need to update their information or re-apply (eg. starting High School next year, change of address), they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2019 to ensure their current pass is not cancelled. Students should receive their travel pass at the commencement of the new school year, and should confirm with our nominated operator, CDC Victoria 08 8087 3311, if they do not receive a pass.

### BREAST SCREEN NSW

9 out of 10 women who develop breast cancer do not have a family history. For women aged 50-74 years 20 minutes every 2 years could save your life.

Where: Broken Hill Hospital  
176 Thomas Street  
When: 11 Nov to 21 Nov 2019  
Contact: 13 20 50 or  
breastscreen.nsw.gov.au

### YWCA GIRLS GROUPS

After school fun activities for girls 6 -12 yrs  
Wednesdays: St James Church Hall, Wilson St,  
starting 16/10/2019 4:15pm to 5:45pm  
Tuesdays: 349 Blende St, starting  
14/10/2019 3:30pm to 5pm  
Cost: Gold coin donation each week  
Phone 0409 221 712 for further information



The BRAVE Program is an online program for the treatment of anxiety in young people. It was developed by a team of researchers from the University of Queensland, Griffith University and the University of Southern Queensland, and has been specifically designed to teach young people the skills they need to reduce anxiety and to cope with stressful situations.

The BRAVE Program is based on Cognitive-Behavioural Therapy (CBT) and has been running in Australia for over 13 years. Therapy techniques used in this program include: relaxation training, identification of emotions and thoughts, positive self-talk, coping skills, problem solving and graded exposure.

The BRAVE program was converted into a self-directed therapy program (BRAVE Self-Help), which is now freely available to all Australian young people, aged 8-17 years old, and their parents. The program is suitable for all types of anxiety. There are four different programs available: one for children aged 8-12 years, one for teenagers aged 12-17 years, and one for parents of children and teenagers of these age groups, respectively.

If you are interested in completing the BRAVE Program please visit  
<https://brave4you.psy.uq.edu.au/>  
for more information

**Sportsmanship**

**Citizenship**

**Scholarship**