



Rosehill Public School Newsletter

Term 2 – Week 8 June 16, 2023

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From the Principal

Building Resilience- Kids Matter

Resilience is the ability to cope with life's ups and downs and bounce back from adversity. Viewed from this angle, typical life challenges can also be viewed as opportunities to learn about oneself and to grow as a person. There is evidence that resilience can be taught – just like training to strengthen muscles or gain new technical skills. Given its potential to improve children's short and long-term outcomes, building resilience is a topic of great interest and debate for researchers, practitioners who work with children and parents.

Children who experience difficult emotions and come to terms with the complexities of life are richer for the experience. This is a reassuring message, because parents won't always be able to protect their growing children from disappointment. This is not the same as stepping back and telling children to simply "get over it," especially when some children face so much hardship that caring adults are unable to protect them, or the situation is out of their control. During these times, children have a fundamental need to express the range of emotions (sadness, anger, worry), and to have these emotions validated. At these times, resilience can mean that a caring adult may help a child to better make sense of the world around them, connect with people, and even seek out support when they experience difficulties.

Good problem-solving skills and the ability to work towards realistic goals also gives children a feeling of control over their lives and a sense of positive self-worth. Someone who is resilient and has positive mental health and wellbeing will be able to:

- learn from their experiences and grow
- have good relationships with others
- be capable of managing their own emotions and express empathy for others
- have good communication skills
- have good problem-solving skills
- set realistic but rewarding goals and actively work towards them.

These resilience characteristics contribute to positive mental health and wellbeing, to reduce the risk of social or emotional problems later in childhood. There is also emerging evidence to suggest that resilient children are more likely to achieve academic success.

Have a great weekend

Mr D'Amore
Principal

Deputy Principal

Why Participation in School Sports is Important

On Monday 19 June, Rosehill will be running it's annual School Athletics Carnival for year 3-6 students, a K-2 based event will be arranged at a later date.

On the eve of this event, it's important to remember the importance of school sport and why your child/children should participate in as many events as possible.

Sport at Rosehill Public School is a physical activity that requires physical exertion. It is organised and in the case of the Athletics Carnival it is competitive. However, it is important to also recognise that competition is played in good spirits, fairness and equality as explained to your children during PDHPE classes.

Participation in sports can help students in a multitude of ways. Physical activity can not only contribute to improving students' physical health, it can also aid in developing social skills and improving mental health, as well as leading to better academic outcomes and school completion.

Students who participate in sports during the school years tend to have a positive attitude towards physical activity which does not diminish as they age. If your child is experiencing concern over the upcoming carnival or a PDHPE lesson, try to remind them of these positive reasons as to why participation in sport is encouraged and beneficial.

Mrs Rafferty, Mrs Cenk & Mr Quinn

Deputy Principal

Library

Congratulations to the following students that have completed their Premier's Reading Challenge.

1W – Whole class

5/6E – Anna, Ayan, Anaya, Ryan, Dhriti, Yash

4/5S – Shri, Aarushi, Tilok

5/6P – Prutha, Jasmine, Dhanvi

5/6L – Mustafa, Aadhan

5/6D – Ola, Nived,

5/6S – Dyuthi, Shivalli

3/4D – Avni, Anna

3/4A – Kayden

3/4R – Quinn, Kanika

3/4M – Bhargav

Preschool



Preschool at the Fete

Preschool have had a wonderful time enjoying the school fete run by Stage 3 students on Wednesday and Thursday this week. On Wednesday, the pre-schoolers had a special 'preschool only' time at the fete with their friends and families. The children participated in a range of games and activities, such as basketball, sponge tossing, obstacle courses and archery. They were even prizes to be won! Thursday children enjoyed a mini fete on the preschool grounds with a selection of fun games from the day before. The Stage 3 children were great buddies who coordinated the activities and supported the pre-schoolers to participate.



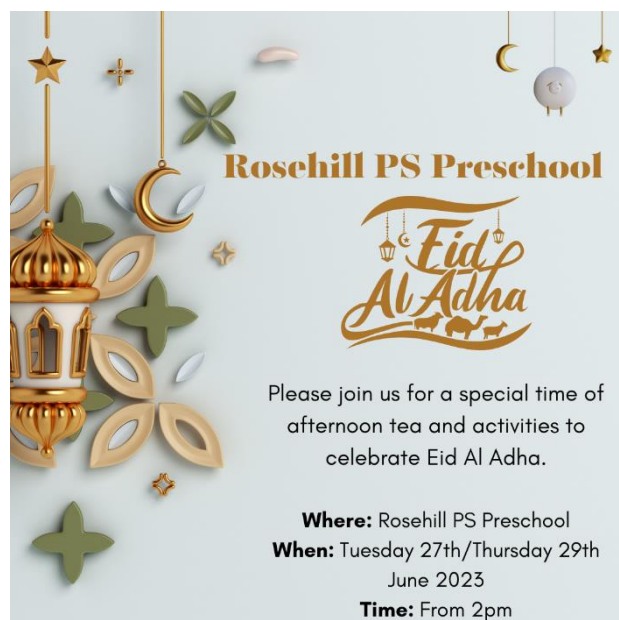
On both days, the children enjoyed a special morning tea with their parents at preschool. It was lovely to have a stay and play session and enjoy a sense of community with our wider school and families, which is an important part of our preschool philosophy. We look forward to more special events both at preschool and 'big school' in future.

Upcoming Event: Eid Al Adha

We would like to invite you to celebrate Eid Al Adha with us at preschool on Tuesday 27th/Thursday 29th June 2023 (Week 10). Eid Al Adha is one of the major Islamic holidays and is also known as the 'Feast of the Sacrifice'. It is celebrated on the tenth day of Dhū-al-Hijjah, the twelfth and final month of the Islamic lunar calendar.

We will be celebrating Eid Al Adha at preschool on Tuesday 27th/Thursday 29th June 2023 with an afternoon tea and special themed activities from 2pm at preschool.

Please let us know if you would like to volunteer with mendhi designs or other activities, or if you have an idea of an activity that we can set up for the children. We would love to see you there on the day to celebrate with us!



Preschool Reminders:

- Please arrive on time by **9:15am** each morning and collect your child between **2:15pm-2:55pm** in the afternoons. Arriving promptly to preschool will support your child to transition smoothly into the day, have opportunities to engage in all learning and group experiences and reduce disruption to the other children in the class.
- Please advise the preschool educators what school you are intending to send your child to in 2024 for Kindergarten.

RPS Community Corner

Stage 3 Fete – P & C Food Stalls

Our fete was a celebration of cultural diversity and community spirit at Rosehill Public School.

An event of this magnitude is not possible without a team of volunteers and sponsors.

We are very grateful to Mr.DÁmore, Anthony & Bianca (Camp Australia), Mrs. Shephard, Stage 3 team, our parents: Siji, Shagufta, Jana, Mark, Meenakshi, Shivani, Suparna, Mehwish, Falak, Sandeep, Carol, Preeti and Nina, for their time and effort.

Sponsors:

A very special thank you to 'Radhe Supermarket', our biggest sponsor for the event.

We would also like to thank Woolworths – Rosehill, Woolworths-Parramatta, Costco-Auburn for their kind donations.

Here are some precious moments of the day and thank you all for being a part of this memorable event.



Jaya Samtani
Community Liaison Officer

We are safe; we are respectful; we are learners; we always care.



A message from your Team

It's here! Big Art Weeks are happening right now with the **Rosehill Rosies** in the middle of our MASSIVE 2 weeks of art programming and competition, we are all having such an amazing time creating together.

With just 2 weeks left in Term 2 we are looking forward to an epic **Rocketeers Mission X** program, with 3 excursions and more fun than ever planned don't forget to book on the app to avoid missing out.

Term 3 will see the roll out of our new accessible program, you will be able to see all planned experiences on the app AND our amazing new menu will come to life with more great hot food options than ever before!

-Anthony and Bianca - 0452 247 733



ROCKETEERS



Activities coming up

- Big Art Competition
- Cooking Club
- Gardening Club
- Crafternoons
- Homework Club
- Sports Days



Make a booking

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC. and Rocketeers.

[Book now](#)

Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



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