

Personal Responsibility In Delivering Excellence

# **BULLETIN – 10 DECEMBER**

Monday 10 December Year 7 Swim School

**Tuesday 11 December** Year 7 Swim School Pride Assemblies Years 7,8,9 Reports issued

Wednesday 12 December Year 7 Swim School Deadly Dreaming Excursion

**Thursday 13 December** SRC Fundraiser – Christmas Cheer Day PRESENTATION EVENING Friday 14 December Pride Excursion

Monday 17 December Year 9 Senior Subject Expo Day

Wednesday 19 December LAST DAY OF SCHOOL

Thursday 20 December Staff Development Day

Friday 21 December Staff Development Day

"Deep within each of us is an inner longing to live a life of greatness and contribution – to really matter, to really make a difference. We can consciously decide to leave behind a life of mediocrity and to live a life of greatness – at home, at school and in the community"

**Stephen Covey** 

# **FIRST DAY OF SCHOOL 2019**

YEAR 7 RETURN WEDNESDAY 30 JANUARY 2019

YEARS 8, 9 & 10 RETURN THURSDAY 31 JANUARY **2019** 

| TOP PRIDE POINT<br>EARNERS |  |  |  |
|----------------------------|--|--|--|
|                            |  |  |  |

| YEAR 8  | - | Earl J         |
|---------|---|----------------|
| YEAR 9  | - | Trinty Y       |
| YEAR 10 | - | <b>Rivin R</b> |
| SUPPORT | - | Caitlin H      |

# **UNIFORM SHOP**

PLEASE SEE THE BACK PAGE FOR UNIFORM SHOP HOLIDAY OPENING HOURS

# SCHOOL HOLIDAYS THURSDAY 20 DECEMBER – TUESDAY 29 JANUARY

With holidays fast approaching it is important that our students take some time out during their holidays to "Sharpen the Saw".

# So, what does it mean to "Sharpen the Saw"?

Sharpen the Saw means to have balance in your life. There is a story of a person who was sawing down a tree and not making a lot of progress. When a passerby asked them why they didn't stop sawing to sharpen their saw, they remarked that they were too busy sawing. Habit 7 reminds us that we are more productive when we are in balance—body, mind, heart and soul.

It's all about BALANCE, being able to use all the habits to 'make' the time to refresh, revitalise and refuel all of the four areas.

If the tree chopper, chose to stop and sharpen their saw they may seemingly 'lose' time yet by stopping they stand to achieve so much more.

By taking time to Sharpen the Saw we are all likely to be more effective, efficient and achieve more satisfiying results.

Some ideas to Sharpen the Saw:

**BODY** - Play outside, ride a bike, kick a ball around, go to the park, walk around the block, put some music on and make up a dance, eat healthy, sleep well, try to relax, do some yoga/stretches etc.

**MIND** - Balancing reading with TV watching or making better choices about what you watch, do puzzles, paint or draw, play a board or card game (Eg: Uno, Snap, Monopoly, Scrabble, Guess Who, Connect Four, Battle Ship etc), brain teasers, crosswords, find a word, suduko etc.

**HEART** - Create a list of what makes you happy and choosing to do something on the list every day. It could be spending time with special friends and family. Write a letter, make a card, draw a picture for someone 'just because', say I love you often, smile at people, and do something 'nice' for someone.

**SOUL** - Start a journal, read inspiring books or poetry, meditate, enjoy nature, sit quietly and listen to soft music, every night before bedtime spend some time to think about the good things in your life.

# A REMINDER:

# YEAR 7 RETURN WEDNESDAY 30 JANUARY 2019

# YEARS 8, 9 & 10 RETURN THURSDAY 31 JANUARY 2019

# **RIVERSTONE HIGH SCHOOL PRESENTATION EVENING**

Riverstone High School Presentation Evening will be held on Thursday 13 December 2018 at 6.00 pm in the school auditorium.



# CHRISTMAS DAY 2018

THURDAY 13TH DECEMBER

# PURCHASE YOUR CANDY CANES FROM THE SRC AT RECESS AND GET THEM DELIVERED TO ROLL CALL

MAKE SURE TO WEAR YOUR CHRISTMAS GEAR







The School Locker is proud to partner with **Riverstone High School** 

# **The School Locker**

Our goal is to provide great shopping experiences for families and our retail stores are centered around a single great idea: one store with everything you need for school.

Working in partnership with your school.

# **Riverstone High School Uniform Shop**

Address: 71 McCulloch Street Riverstone NSW 2765

**Uniform Shop** Cindy Wright **Operator:** 

#### Trading Hours During School Term:

Tuesday:12:30pm - 2:30pmThursday:8:30am - 10:30am

Extended trading hours during back to school.

Contact: RiverstoneHS@theschoollocker.com.au

#### **Extended Trading Hours:**

Tuesday 22nd January 2019 Thursday 24th January 2019

1:30pm - 4pm 8am - 10:30am

# The Riverstone High School uniform range is available online at: www.theschoollocker.com.au

# **Payment options**

The School Locker accepts cash, EFTPOS, Visa, MasterCard, Latitude finance, interest free and American Express.

# **Online ordering**

Products are available for purchase online at our website: www.theschoollocker.com.au. From our website you may choose to have your order shipped to you, or you may collect your order from the campus store.

# **Bring your own Device (BYOD)**

A broad selection of BYOD models are available for purchase online at our website: www.theschoollocker.com.au

# **School shoes**

Great quality school shoes are available at Riverstone High School uniform shop and online - in styles that have been approved by the school.

The School Locker recommends that school shoes are fitted several weeks before the school year commences. It is important to allow enough time for your child to wear in, and feel comfortable in, their new school shoes before the first day of school.

#### Everything for school in one store: uniforms, footwear, technology, music, sport and stationery!

A wide range of technology devices, musical instruments, sports equipment and stationery is also available for purchase from the retail store in Liverpool and online.

Address: The School Locker The Grove Homemaker Centre, 2-18 Orange Grove Road Liverpool NSW 2170

Telephone: 02 8796 2100



website www.theschoollocker.com.au phone 1800 826 155 email service@theschoollocker.com.au