

Wednesday 24<sup>th</sup> October, 2018

# Repton Public School

Newsletter – Term 4 Week 2

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## Principal's Message

Yesterday we conducted our first "Nude Food Tuesday", where students were encouraged to ditch the plastic and bring their food to school in reusable packaging or containers. Students were thinking about their choices and making inciteful problem solving on how they can continue to look after their school and environment. We will continue this through the term.

I wish all students who are attending the Cascade trip over the next 3 days to have an exciting and memorable time away at the environmental centre with your classmates, Mr Phillips and Miss Mullen. Look forward to hearing about your adventures.

Things we have to look forward to including the working bee this Saturday morning for our outdoor mud kitchen revamp and also Grandparents Day on Monday. Thanks to those who can make it this time, I appreciate how busy this term can get.

We are conducting our annual Tell Them From Me survey currently. We appreciate your participation in completing this Parent survey online by this Friday 26<sup>th</sup> October.

<http://nsw.tellthemfromme.com/j3ffc>

Have a great week,

Mrs Kristy Glyde  
Principal

Thought of the Day

**Earth does not belong to us, we belong to Earth.- Chief Seattle**

## Upcoming Events

### October

- 24<sup>th</sup>-26<sup>th</sup> Cascade Camp Yr 4-6
- 27<sup>th</sup> P&C School Garden Working Bee Saturday 8am-12pm
- 15<sup>th</sup> Grandparents Day 1pm-2:15pm
- 31<sup>st</sup> STAR Program 9am-12pm

### November

- 7<sup>th</sup> STAR Program 9am-12pm
- 14<sup>th</sup> STAR Program 9am-12pm
- 21<sup>st</sup> STAR Program – all day
- 21<sup>st</sup> Parent Session – 9am-11am For 2018 Kindy Parents
- 23<sup>rd</sup> Yr6-7 Small Schools Orientation
- 28<sup>th</sup> STAR Program – all day
- 30<sup>th</sup> Yr6-7 All Schools Orientation

### December

- 3-14<sup>th</sup> Swimming scheme (2 Weeks)
- 17<sup>th</sup> Presentation Day 1:30pm
- 19<sup>th</sup> Students last day- Big Banana fun park

**STAR  
PROGRAM  
STARTS  
31/10/18  
9am-12pm**

## This Week in Classes

K/1



In Mathematics, we have been representing larger numbers in different ways. Here is K1 showing that 148 can be represented as 37 groups of 4.

1/2/3



We are using our buddies in 1/2/3 to test our skills and learn our spelling patterns and sight words.

3-6



Years 4/5 and 6 will be attending their Cascade Falls Camp this week!

### Positive Behaviour for Learning

Our focus for PBL this week is about taking care of and respecting our property.

As we enter into the summer months, the days heat up and the sun comes out in force. As such, jumpers tend to be removed early in the day, and hats become a MUST for outdoors play. We need to ensure that we are looking after our items to make sure they are easily accessible for when we need them and packed away neatly while they are not being used.

This is also true for our lunch boxes and water bottles. After eating times, it is important to pack away these items so that birds, ants and other creatures do not contaminate our food. Our bags also need to be stored neatly on the racks provided to keep a safe walking space on our narrow verandas.

We would also like to see students respecting school property too. Any sports equipment borrowed from the sports shed needs to be returned in the same condition as you collected it. You are responsible for the items you borrow. This includes handballs from the office as well.

Finally, take care of your classroom items. Return items to their correct spots in the room, stack books away neatly on shelves, and leave computer stations tidy with chairs tucked in and cords tucked away. An organised workspace promotes a calm and productive environment for everyone to enjoy and excel.

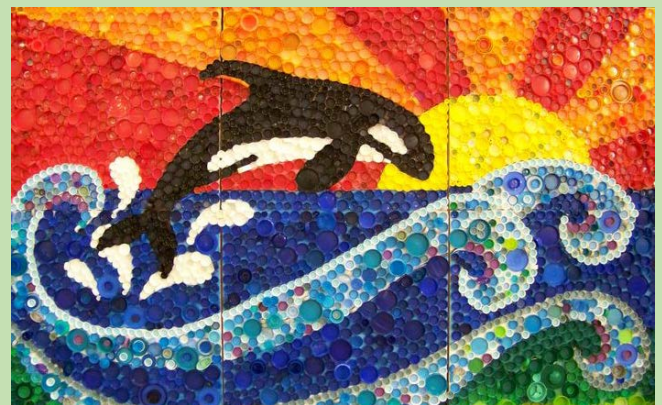
Thank you for your cooperation in being respectful and responsible in looking after everyone's property.

### EDDIE WOO EXCURSION



### URGENTLY NEEDED – PLASTIC BOTTLE TOPS

Students will be doing an art project using plastic bottle tops. Please send any plastic bottle tops that you have to the school office.



## CANTEEN ROSTER TERM 4 2018

WEEK	FRIDAY	VOLUNTEERS	SPECIALS
2	26 <sup>th</sup> October	Alicia Gwynne & Cass Huxley	
3	2 <sup>nd</sup> November	Karen Irons & Renae O'Malley	Sushi
4	9 <sup>th</sup> November	Michele Storey & Margaret Chelman	
5	16 <sup>th</sup> November	Norbette Nolan & Alicia Gwynne	
6	23 <sup>rd</sup> November	Karen Irons & Cass Huxley	
7	30 <sup>th</sup> November	Michele Storey	
8	7 <sup>th</sup> December	<b>No Canteen</b>	
9	14 <sup>th</sup> December	<b>No Canteen</b>	

**No precooked meals for the rest of the term.**

We will have available burgers, pizzas, toasties, pies and sausage rolls.

Dear Parents,

As a part of our whole school "War on Waste" sustainability focus this term, we have decided to implement **Nude Food Tuesday**.

Nude food means no plastic wrappers, cling film, juice boxes or zip lock bags. Please do not bring any single use plastic items to school on Tuesday. Try putting lunch foods in containers or wrapping them in reusable wraps and bring a reusable drink bottle.

We will also be learning how to cook a variety of healthy "Nude" lunch box options during cooking lessons and the recipes will be shared with you.

Kind Regards,

The students and teachers of Repton Public School



### Kitchen



This week 3/4/5/6 made a variety of 'nude food' options that can be **cooked** at home for school lunches.

### Garden



It was a beautiful day in the garden. Students were busy weeding and planting as well as observing how quickly everything is growing.

### Music



This week, students in K1 & 123 worked on drum circle performance pieces.



### PRODUCE STALL – Every Tuesday

We have a variety of goods on sale every Tuesday, please support the school and students by purchasing products which have been produced at the school.

## Class Awards

K/1 N



Marley, Kiri & Ava

1/2/3 L



Cash, Ryder & Gaia

3-6 P



Kai, Sam & Emily

## Student Leader Awards



Riley, Kai, Ace, Sam & Marley

## "Nude Food" Day



## Win Bins



Marley, Rani & Molly

**KITCHEN GARDEN FOUNDATION**  
Growing Harvesting Learning Sharing

# Hummus

**Season:** All

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** garlic, lemon, parsley

**Recipe Source:** Adapted from Stephanie Alexander's *Kitchen Garden Companion* (Penguin Lantern 2009)

The word for chickpea in Arabic is hummus, and the creamy paste made from chickpeas is so well loved that it has taken this name. What's your favourite way of eating hummus – with bread, vegetable sticks, dolloped over a fresh salad?

The chickpeas should have been soaked in water overnight so they cook well. They also take around 2 hours to cook, so they will have been prepared ahead for you to use in this recipe, and you may help to prepare some for the next class. Cook the chickpeas until very soft – about two hours – and add salt towards the end of the cooking time. Allow to cool a little in the water.

A well-known version of hummus is correctly known as 'hummus bi tahini' and contains tahini (sesame paste), for this quantity you could add 3 tablespoons of tahini.

**Equipment:**

- metric measuring scales, spoons and cups
- large pot
- small frying pan
- wooden spoon
- mortar and pestle
- blender
- spatula
- serving plates

**Ingredients:**

- 120 g dried chickpeas, soaked overnight (or 2 tins of chickpeas)
- salt
- 2 tsp ground cumin
- black pepper
- 2 garlic cloves, finely chopped
- juice of 1 lemon
- pinch cayenne pepper (optional)
- ¼ cup olive oil, some extra for drizzling
- 1 handful of parsley as a garnish

**What to do:**

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Roast the cumin seeds in a small frying pan over a low heat until aromatic.
3. Grind the toasted seeds in a mortar and pestle.
4. Add the chickpeas to a blender and season with cumin and pepper.
5. Process for 30 seconds, then add the remaining ingredients (except the parsley).
6. Add a little cooking water or olive oil if needed and blend again to make a soft purée.
7. Taste and check for seasoning, then spoon onto your serving plates and garnish each one with some torn parsley and a little drizzle of oil.

AUSTRALIA'S #1 NON-COMPETITIVE SOCCER PROGRAM

**CALL NOW TO BOOK YOUR PLACE!**  
0407 229 953

Soccer Fun For Girls & Boys Aged 2 to 12!  
**8 WEEK SOCCER PROGRAM**

<p><b>Mite-E Soccer (2-3yo)</b></p> <p>A great introduction to Soccer! Children work with their parents to learn new soccer skills and develop their motor skills. Lots of fun games in a non-competitive environment.</p> <p><b>35 minute classes</b> <b>\$100 for 8 weeks</b></p>	<p><b>Pint Size Soccer (4-5yo)</b></p> <p>Children take their first kicks in soccer! They'll be introduced to shooting, dribbling, goal keeping and more. Children get to play lots of fun, skill based games. Grasshoppers get introduced to the First Step (V1) Big Game!</p> <p><b>50 minute classes</b> <b>\$130 for 8 weeks</b></p>
<p><b>Intro to Micro (5-6yo)</b> <b>Micro (6-8yo)</b></p> <p>The ultimate challenge for young soccer players! They'll learn the rules of the Grasshopper Soccer Big Game and develop their skills in passing, dribbling, shooting and more.</p> <p><b>Intro - 60 mins \$135 for 8 weeks</b> <b>Micro - 75 mins \$140 for 8 weeks</b></p>	<p><b>Micro Plus (8-12yo)</b></p> <p>This program focuses on skill development and teamwork in preparation for club soccer. Children will enjoy all the favourite soccer based games, fine tune their skills as well as play the Grasshopper Soccer Big Game!</p> <p><b>75 minute classes</b> <b>\$140 for 8 weeks</b></p>

## KIDS HALLOWEEN DISCO

**WHEN:** 31<sup>ST</sup> OCTOBER  
**WHERE:** SAWTELL GOLF CLUB  
**TIME:** 6PM - 9PM  
**FREE ENTRY**  
**GAMES & PRIZES**  
**ENTERTAINMENT WITH**  
**ADULT SUPERVISION REQUIRED AT ALL TIMES**