

Wednesday 7th November, 2018

Repton Public School

Newsletter – Term 4 Week 4

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Principal's Message

Last week, I travelled to Sydney to attend a principal's conference. It was officially opened by the Minister for Education, Hon. Rob Stokes MP and some Keynote speakers included Turia Pitt, Michael Crossland, Leigh Sales, Prof. Adrian Piccoli, Deputy CEO for AIME to name a few. It was a great opportunity to engage with other educators and understand the direction of future learning opportunities that concern our students.

We welcomed our new Kindergarten 2019 students for a first visit to the school on Wednesday during our STAR transition program. Mr Neal was impressed with how quickly the children settled and listened intently to the story. These sessions will continue for another four Wednesdays.

This week, we are looking at reducing food waste. Examples suggested include only packing enough food you are going to eat, eat your crusts and store food properly in your bags/boxes.

As the weather warms up, we are also revising sunsafe practices including being safe in the sun, drinking water and resting frequently during play periods.

Have a great week,
Mrs Kristy Glyde
Principal

Thought of the Day

Gratitude turns what we have into enough.

Upcoming Events

November

- 13th Leadership Day Yr5 – Dorrigo Public School
- 14th STAR Program 9am-12pm
- 21st STAR Program – all day
- 21st Parent Session – 9am-11am
For 2018 Kindy Parents
- 23rd Yr6-7 Small Schools
Orientation
- 26th Cubby House Day- families
welcome
- 28th STAR Program – all day
- 30th Yr6-7 All Schools Orientation

December

- 3-14th Swimming scheme
(2 Weeks)
- 17th Presentation Day 1:30pm
- 17th Yr 6 Farewell Dinner/Dance
- 19th Students last day- Big
Banana fun park

STAR TRANSITION

DAY 2



This Week in Classes

K/1



K1 students enjoying math games to consolidate double-digit addition strategies.

1/2/3



Students enjoy playing mathematics games to consolidate their understanding of concepts being taught.

3-6



This week students have begun filming their news report. It has been fantastic to see 4/5/6 explore the use of a green screen and lapel mics.

Positive Behaviour for Learning

Our focus for PBL this week is on sun safety!

The sun is back out in force and the days are incredibly hot. Everybody is reminded that a 'no-hat, play in the shade' rule is in effect. It is important that your child has their hat every day. Our daily fitness sessions form an essential component of our physical education curriculum and every child is expected to participate. Hats must be worn during these outdoor sessions.

The soccer field is a key area. Holding a hat in your hand while you run is not an acceptable excuse. Hats must remain on your head.

We also need to make sure that we are staying hydrated throughout the day. All students should bring a drink bottle filled with water at the start of the day. Taking regular mouthfuls of water is ideal and class teachers provide frequent opportunities for students to drink during the day. If a water bottle runs out, it can be filled back up, and we also have bubblers for students to use during play times.

It is no longer 'jumper weather', and students need to dress according to the conditions. If you do wear a jumper to school in the morning, make sure you take it off and store it in your bag as soon as you start to feel warm.

Please remember to label all items with your child's name for easy identification!



CANTEEN ROSTER TERM 4 2018

WEEK	FRIDAY	VOLUNTEERS
4	9 th November	Michele Storey & Margaret Chelman
5	16 th November	Norbette Nolan & Alicia Gwynne
6	23 rd November	Karen Irons & Cass Huxley
7	30 th November	Michele Storey
8	7 th December	No Canteen
9	14 th December	No Canteen
10	HOLIDAYS!	No Canteen

No precooked meals for the rest of the term.

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

Nutrition Snippet



The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit



Music



3/4/5/6 had to work out a mystery piece of music using the Xylophone.

Garden



This week students dried herbs they grew in the school garden including rosemary, oregano and parsley.

Kitchen



K/1 have had a lot of fun this week exploring nude food options for their lunch boxes. We made hummus, banana/blueberry muffins and yummy quiches.



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.

(Students using produce grown at the school)

Class Awards

K/1 N



Sage & Jarrah

1/2/3 L



Lachlan, Indica & Oro

3-6 P



Riley, Layla & Marlee

Student Leader Awards



Riley, Evie, Arabella, Cash
Lachlan & Brax

Win Bins



Bronte, Marlee & Azalia

Classiest Class



1/2/3

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.



MUD KITCHEN UTENSILS

Please send in any old plastic, wooden or metal kitchen utensils for the new Mud Kitchen.

HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!

STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Cuiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

STEP 2

Select your fruit

- Apple
- Orange
- Banana
- Grapes
- Watermelon
- Berries
- Fruit Salad
- Pear
- Mandarin
- Kiwi Fruit

STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

STEP 4

Don't Forget Hydration!

Fill your favourite reusable drink bottle with filtered of tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!

Join the Nude Food MOVEMENT