

Repton Public School

Excellence, Opportunity and Success

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Principal—Jane Martyn

Term 4 Week 4

1st November, 2017

| What's Happening: | |
|-------------------|--|
| | October |
| 30 Oct-3 Nov | Major Excursion—Canberra Years 4-6 |
| 30 | Excursion K-3 |
| | November |
| 2 | Student Transition at Repton (STAR) Program begins 9-12 noon STORYTIME FOR PRESCHOOLERS 8.30-9.00 |
| 9 | STAR Program 9-12 noon STORYTIME FOR PRESCHOOLERS 8.30-9.00 |
| 16 | STAR Program 9-12 noon STORYTIME FOR PRESCHOOLERS 8.30-9.00 |
| 23 | STAR Program 9-2.50pm (all day) Parent Information session & morning tea 9-11am STORYTIME FOR PRESCHOOLERS 8.30-9.00 |
| 27 | Grandparent's Day |
| 30 | STAR Program 9-2.50pm (all day) STORYTIME FOR PRESCHOOLERS 8.30-9.00 |
| 13-24 | Intensive Swimming Scheme |
| | December |
| 1 | Yr 6 Orientation Day—Small schools |
| 7 | Bellingen Youth Orchestra |
| 8 | Yr 6 Bellingen High School Orientation Day |
| 11 | Big Banana Fun Day 11.45—1.15pm K-6 |
| 12 | Presentation Day 11.00am |
| 14 | Yr 6 Farewell Dinner/Dance |
| 15 | Last Day of Term for Students |

Principal's Message

Our Year 4, 5 and 6 students are having a fantastic time on their excursion in Canberra this week. So far, they have visited Parliament House, National Gallery of Australia, Royal

Australian Mint, Electoral Education Centre, Questacon and Reconciliation Place. They will also be visiting the National Capital Exhibition, Mt Ainslie Lookout, National Museum of Australia, Australian War Memorial as well as a School Wreath Laying Ceremony.

Our Student Transition At Repton (STAR) program commences tomorrow. We are really looking forward to meeting and working to support our new Kindergarten students for 2018. Storytime for our pre-schoolers also starts tomorrow morning in the Library from 8.30-9.00am.

We will be holding our Grandparents' Day on Monday 27th November. Further details will be sent home in a note next week.

Bongil Bongil Excursion

On Monday, students at our school enjoyed a fabulous day at the Bobgil Bongil National Park. We were greeted at the Park by Cascade Principal, John McQueen and National Parks guides Brendan and Fergus. Students were split into four groups and participated in four activities: bushwalking; nature vs unnatural; winged seeds; and Earth education. We saw many creatures on the trail including kookaburras, a fox and a baby snake. There was also a giant huntsman spider larger than Mr Neal's hand. We explored the different colours of the bush, made bark rubbings of different trees, and made some winged-seed helicopters. All students benefited greatly from the experience and our writing and art this week will reflect on what we have learned.

Excursion Y4—6

A message will be sent on Friday afternoon to notify parents of our expected time of arrival home. Thank you

Eli Phillips

BONGIL BONGIL EXCURSION



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16th October 2017

Repton Public School

The School Photographer Re-Order Photos

Please find below, a list of all the sports/special photographs. These can be viewed both online at www.theschoolphotographer.com.au and at the school.

School Online Code: 17S870EL38R

- If you wish to order please either;
- collect an order envelope, fill out/enclose payment and return to school.
 - visit our website and order/pay online.

The photo prices are:
\$16.00 each, 2 for **\$30.00**, 3 for **\$42.00**, 4 for **\$52.00** or 5 for **\$60.00**.
 Any additional photographs are **\$10.00** each. This discount is only available per family order.

Payment options – Cash or Money Order payments enclosed in the order envelope.
 ONLINE Payment by credit card – Envelope NOT required
 The photos will be available to view and purchase online

All Orders to be made by 13th November 2017

Please note if payments are not received before photos are sent to the school, a late fee of \$5 will be incurred



| | |
|----------------------|----------------------|
| Name of Group | Name of Group |
| Student Leaders | Whole School |



Parenting for Resilience

Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.

CANTEEN ROSTER TERM 4 2017

| WEEK | WEDNESDAY | VOLUNTEERS | SPECIALS |
|------|-----------|---------------------------------|----------|
| 4 | 1st Nov | Michele Storey/ Amber Babidge | |
| 5 | 8th Nov | Sean Hely/ Renae | |
| 6 | 15th Nov | Robyn Salmon/ Katie Seelenmeyer | |
| 7 | 22nd Nov | Peter Green/Drew Russell | |
| 8 | 29th Nov | Vanessa/ Brenda | |
| 9 | 6th Dec | Jade Miller/ Dillon Robey | |
| 10 | 13th Dec | NO CANTEEN | |

Roster contact for canteen is Melissa Storey on 0421728774. Could all volunteers please check the roster and let me know on the above number if you are unable to do your day/days.

Also could you please let Bev know if you are making any special food.

VOLUNTEERS ARE NEEDED!!

Please come and help out-the kids love seeing you on canteen day.

PLEASE NOTE:

Canteen will still be open on a Wednesday—

**CANTEEN ORDERS
need to be at school on
TUESDAY MORNING**

Pre-ordering is to assist volunteers.

Veg it Up!



Crunch&Sip®



SunSmart Snippet

The simplest way

...to be a good role model!

Did you know?

Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.



Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartsnsw.com.au

