

Repton Public School

Newsletter – Term 3 Week 1



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Principal's Message

School resumes: All students were welcomed back from their holiday break yesterday full of stories from their time away from school. Our school did not rest though, as we had a few jobs undertaken over the holidays. This included an upgrade to the school network, gardening attention and our impressive new foyer area thanks to Chris Garrett. Mrs Jenkinson and the students have been raving about the change and can now get clear access to the office space with better accessibility for all students. We feel very lucky.

Professional learning: On Monday, our staff got together to plan for teaching and learning in Semester 2. We are focused on quality teaching practices that support 21st century students and have developed explicit comprehension lessons to build reading skills. We then shifted our focus to Mathematical thinking and will be including number talks in our lessons this term. Our staff are dedicated to improving student performance and are looking at extending our students in critical thinking and problem solving.

Bonus: Woolworths Earn and Learn stickers were claimed and over \$500 worth of maths equipment was ordered. Such a great bonus for our school. We also cashed in our Return and Earn container and got almost \$100 back!!! This money will purchase some new library books we have had on our wish list. We have put the container back in the playground and encourage all students to bring cans, water bottles and poppers to recycle. Every 10c counts!

Mrs Kristy Glyde,
Principal

REPTON 2019 July

AUGUST

- 2nd District Athletics carnival
- 7th Education on Show – at Bellingen HS 5pm
- 14th Boat safety
- 19-23rd Book Week
- 23rd Book Parade
- 30th Father's Day Breakfast/stall

SEPTEMBER

- 7th P&C Fundraising event
- 8th Running Festival – Fun Run
- 9th Life Education Van
- 13th STAR Program 9-12
- 15th Regatta Fundraiser
- 20th STAR Program 9-12
- 25th School Production
- 27th STAR Program 9-12
- 27th School Colour Fun Run Last Day Term 3

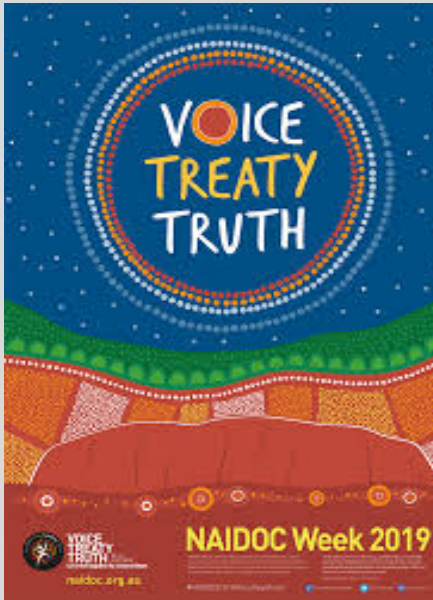
OCTOBER

- 18th STAR Program 9-12
- 19th P&C Fundraising event
- 25th STAR Program 9-12
- 31st 4/5/6 Sydney Trip

Thought of the Day

A key to success is being organised.

NAIDOC WEEK



PRODUCE TABLE EVERY TUESDAY

Students sell produce they have grown at the school on a Produce table every Tuesday and would like to add to this with surplus produce from outside the school that you may be willing to bring in.

SALE THIS WEEK

Kids tomato sauce for sale \$2.50 big jar

Succulents \$2.00 / Tumeric \$1.00



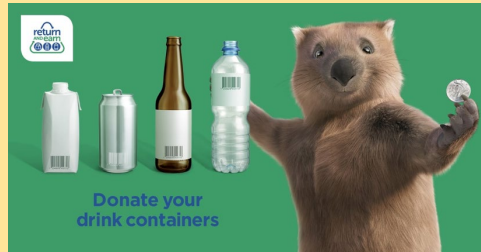


New Office Improvement

Now that we have lowered the desk in the front office, our students are able to see Mrs Jenkinson and deliver messages much easier. Mrs Jenkinson is very pleased!

Return and earn- Don't forget if you have any cans or bottles you wish to donate, you can send them in to school fundraising.

We are hoping to fill it up by the end of the term!



HEALTHY LUNCH BOX



Starting with small steps

Children spend one third of their day at school so their lunch box should include one third of their nutrient needs. The lunch box is a tool for setting up healthy eating habits for life, so it is really important to think about all the foods that are packed in the lunch box. Remember every little bit counts. Small steps can make a big difference.

- Eating vegies through the day is the simplest way to reach the recommended number of serves. Include at least two serves in the lunch box, for example salad at lunch and some carrot sticks as a snack.
- Snack time is a great time to include fruit and vegies in the lunch box, such as cherry tomatoes, celery sticks with cream cheese and sultanas, or salad vegies on crispbread.
- Children need healthy snacks between main meals because they have small stomachs and require small amounts of food more frequently than adults.
- Serve fruit and veg in different ways: chop fruit in to small pieces; serve raw vegie sticks with a veg or **yoghurt-based dip**; pack salad for lunch; or add fruit and veg to baked goods such as **muffins** or **pikelets**.
- For small appetites or younger children, pack smaller serves, cut up sandwiches into quarters and chop up fruit.
- Plant some vegies or herbs at home for kids to pick and pack in the lunch box.
- It is ok to say "no" to requests for junk food such as lollies, chocolate, cakes, sweet biscuits, chips and juice poppers, in the lunch box. These foods are high in fat, sugar and salt. Eating too many of these foods leads to being overweight or obese. They also displace the healthy options that kids need to provide nutrients to learn and play at school. Try these **healthy swaps**.
- Be a positive role model and eat fruit and veg in front of your kids. It will make them more likely to eat and enjoy fruit and veg too.
- Don't try too much at once – make one change and let your child get used to it before introducing other new items in the lunch box.
- Try new foods at home after school before packing in the lunch box.
- Kids need a serve of protein at lunch time so ensure you include lean meat, canned salmon or tuna, egg, beans, lentils, chickpeas or tofu.

SCHOLASTIC BOOK CLUB TERM 3 ORDERS DUE for Issue 5-7th August 2019

Every purchase from Scholastic Book Club helps the school to buy extra classroom resources.

Scholastic Book Club orders for Term 3 Issue 5 are now open.

LOOP Online Ordering

The easiest way for families to order and pay for Book Club is to use the online **LOOP** platform. This will ensure that students get their orders, which are delivered to school for free, and that the correct payment is received. Please use the link to register and start your order. www.scholastic.com.au/loop

LOOP is also available as an app, for both Apple and Android devices.

LOOP-only Special Offers

Families who order via LOOP will receive a free reusable book bag with their second order for the year, and a poster and bookmark for those who place their third order.

Cash Payments

For cash payments, please ensure you have the correct money and that the envelope is securely sealed with your completed order form. This makes it a lot smoother to process all orders and ensures the order can be submitted to Scholastic in a timely manner.

How families reward their school

Thank you to everyone who ordered from Book Club in Terms 1 and 2. Repton School earned \$292.00 in Scholastic Rewards, as 20% of what you spend goes back to the school. Your support, in ordering from Book Club, has allowed the school to buy additional books for our school library.



REACHING OUT

A concert of inspiration and hope featuring

**Musicians of the
Bellinghen Youth Orchestra
With local duo Snez and Stewart**

When: 2pm on Sunday July 28th
Where: Nambucca Community and Arts Centre,
Ridge Street, Nambucca Heads.

Tickets \$ 20. Students \$10 . Children free .

Available at Helloworld Travel Bowra Street, Nambucca Heads or on the door.

Refreshments are included in the ticket price .

This is a fund raising event organized by Bellinghen and Nambucca Rural Australians for Refugees (RAR) in aid of the Asylum Seekers Centre which gives support to asylum seeker families living in Australia.

Small changes, big differences.



The Incredible Years

The Incredible Years Pre-school Basic Program is an evidence based program for 3 to 6 year olds that aims to prevent and treat young children's behavioural issues by promoting their social, emotional and academic development.

The program is comprehensive and covers the following topics:-

- Strengthening children's social skills, emotion regulation and school readiness skills
- Using praise and incentives to encourage cooperative behaviour.
- Household rules, routines and effective limit setting
- Positive discipline and handling misbehaviour

Where

Due to the level of commitment required on the part of participants, potential group members will be interviewed to assess the appropriateness of their participation in the program. Venue details will be provided to successful applicants.

Please note that this program is provided free of charge

Childcare facilities are **NOT** available

Get in Touch
T: 6659 2800
E: unitingcoffsharbour@uniting.org

When
The program is delivered in a small group format with no more than 8 participants. Each group session will commence at midday and last about 2 ½ hours.

There will be **4 sessions in all** starting on **Thursday 8th of August** and run every third Thursday thereafter, the final session being on **Thursday 10th October** during the second week of the school holidays.

This last session is for the purpose of review and a small celebration, so children may attend this session, but this session only.



Uniting

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Canteen Roster - Term 3



Date	Special	Lunch 10.30 – 12.00	Recess 1.00 – 2.00
Fri 26 July		Toni Swain/HELP NEEDED	Sean Hely
Fri 2 Aug		Toni Swain/HELP NEEDED	Cassie Huxley
Fri 9 Aug		Sean Hely/HELP NEEDED	Sean Hely
Fri 16 Aug		Norbette Nolan/HELP NEEDED	Norbette Nolan
Fri 23 Aug		Cassie Huxley/HELP NEEDED	Cassie Huxley
Fri 30 Aug		Jo Fitzgerald/HELP NEEDED	Jo Fitzgerald
Fri 6 Sept		Michael Radecki/HELP NEEDED	Michael Radecki
Fri 13 Sept		Norbette Nolan/HELP NEEDED	Norbette Nolan
Fri 20 Sept		Toni Swain/HELP NEEDED	Vanessa Garret
Fri 27 Sept	COLOUR FUN	RUN - NO	CANTEEN

Lunch duties include setting up snacks, service and washing.

Recess duties include service, cleaning and preparing ice cups and fruit sticks for following week.

All canteen lunch orders will be made off site unless you would like to do all preparations – please advise Vanessa if you are doing this. You are welcome to bring in homemade items but please try and keep the sugar level down to ensure we meet “Healthy Canteen” guidelines. You can also more than welcome to run a “Special” that can be pre-ordered. If you’d like to know more about the guidelines please call Vanessa Garrett on 0411 399 032.

**HELP IS NEEDED – PLEASE CALL
JO FITZGERALD 0408 823 299**