

Wednesday 19<sup>th</sup> August, 2020

# Repton Public School

Newsletter – Term 3 Week 5

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## Principal's Message

**COVID update:** All schools received updated COVID-19 Guidelines which detail tightened restrictions for schools.

The latest advice for NSW schools regarding COVID-19 testing: Students and staff with flu-like symptoms will need to provide a copy of a negative COVID-19 test result before being permitted to return to school.

Your co-operation with this is greatly appreciated. Please phone the school with any questions.

<https://education.nsw.gov.au/covid-19/advice-for-families>

**Numeracy:** Our focus for this term in Numeracy across all classes is number and place value. The teachers will be judging and monitoring student progress using the progressions and SENA testing will be conducted to help understand mathematical thinking. We are working together to ensure our programs support individual students and we can support those who are working towards achieving the same goals. Students are learning to identify areas in their learning that they need to develop by creating learning goals in maths.

**Sport:** Engage in sporting activities within restrictions can still occur. So we have planned a modified carnival at school during week 8. Sadly, no parents will be able to attend but this event should give our students something to look forward to and we will be able to celebrate their achievements. There is no "next level" so modifications will occur and records may not be accurate this year. Again, this is new for us so please communicate any ideas or suggestions around this.

**Survey:** We have been looking for parent feedback for our school planning process and have made a 3-question survey for you to give your opinion and have an input in the future vision of our school. A more detailed survey is being used with Tell Them from Me which is state-wide. The more people who can complete these, gives a more valid outcome. Please give a minute to complete one or both surveys.

<https://forms.gle/iCsrSzfG6JAAP29k7>

Thanks for your support,  
Mrs Kristy Glyde  
Principal

## REPTON 2020

### AUGUST

17-20<sup>th</sup> Book Fair

Last Day TOMORROW

### SEPTEMBER

10<sup>th</sup> ATHLETICS CARNIVAL  
Modified

24<sup>TH</sup> **School Photos**

25<sup>th</sup> Last Day of Term 3

### OCTOBER

12<sup>TH</sup> Students Return

21<sup>st</sup> STAR Program 9-12am

28<sup>th</sup> STAR Program 9-12am

### NOVEMBER

4<sup>th</sup> STAR Program 9-12am

11<sup>th</sup> STAR Program 9-12am

18<sup>th</sup> STAR Program 9-12am

## Attendance:

**If your child is unwell, do not send them to school. If they are unwell at school, you or your nominated emergency contact will need to collect them immediately. Please ensure your child's contact details are up to date.**

**If a student is absent without a medical reason for more than three days, this will be recorded as an unauthorised absence and will be followed up by the school.**

## Thought of the Day

Success is the sum of several small efforts repeated often day in and day out.

K/1



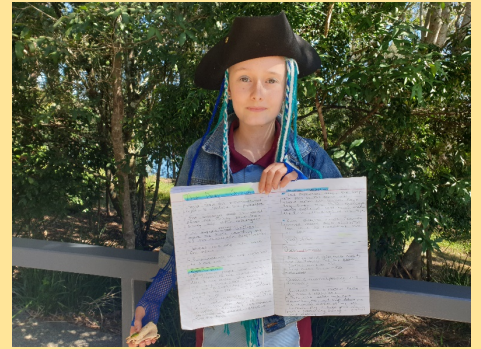
On Friday, Morgan (Jose's mum) gave K/1 a very interesting presentation about Archeology. Morgan's specialty is fish and we learned that fish have ear bones called otoliths and these bones have seasonal growth rings like trees. K/1 were able to weigh and measure fish and have a go at removing the otoliths. What a fabulous learning experience.

2/3/4



Maths rotations in 2/3/4 allow students to discuss, explore and consolidate many valuable concepts together. The students enjoy the ability to share their understanding and challenge each other. Great job 2/3/4!

5/6



5/6 have been learning about the forces that create ocean currents. After research and investigation, students have then been writing explanations with a focus on sizzling starts. Excellent writing, 5/6!

Garden



We had a fun and productive day in the garden. Students created hammered flower designs and we weeded, planted, dug, composted and watered. The garden is looking great and we are getting prepared for spring.

Cooking



The Emu group worked incredibly hard in the kitchen this week creating pumpkin, onion and fetta tart with an accompanying orange, fennel salad. All students enjoyed the experience, particularly sharing dining together.

Music



After playing our whole group music pieces together with the Djembes and ukuleles, the Kookaburras were treated to some wonderful playing by Vivi and Esme as we studied the violin. Thanks for sharing your talents girls!

# STAR Program

Student Transitions At Repton



## Taking enrolments for Kindergarten 2021



### Our School

Repton Public School works in partnership with its community to ensure that every student has the opportunity to succeed in a safe, positive, welcoming, respectful and inclusive environment. Our learning experiences are varied, innovative and creative and promote lifelong learning for all.



### STAR Transition Days

New Kindergarten students for 2021 are invited to join our school for our school readiness program.

Wednesday 21st Oct 9am-12pm  
Wednesday 28th Oct 9am-12pm  
Wednesday 4th Nov 9am-12pm  
Wednesday 11th Nov 9am-12pm  
Wednesday 18th Nov 9am-12pm



### Story Time for Pre-Schoolers

Bring your pre-schooler along to share a story with one of the teachers and become familiar with Repton Public School.

8:45am – 9:00am  
December 4th & 11th

**Contact:** Repton Public School, River St, Repton - 6655 4201 OR email: [repton-p.school@det.nsw.edu.au](mailto:repton-p.school@det.nsw.edu.au)



### BOOK FAIR COLOURING IN COMPETITION

Winners from the each of our 4 stages.

Stage 3 – Riley T  
Stage 2 – Marley  
Stage 1 – Sage  
Kindergarten – Lilah

Last day for buying from the  
Book Fair tomorrow (Thursday)



### PRODUCE TABLE

Specials – 20c Limes Marmalade \$2.50-\$5.00  
(made by the students)

Students sell produce they have grown at school on a Produce Table.

50c Flowers & magazines  
\$2 Succulents

\$1 Lettuce bunch  
\$2.50 Worm juice

**COVID-19 Testing Clinics**  
**Information for Parents**  
**Information as of 18 August 2020**

**Bellingen**

Register first by phoning Three Rivers Health 0266550663  
 Drive Through Testing clinic- Watson Street, Bellingen. Open 1-2pm, Monday-Friday.

**Coffs Harbour**


Testing Clinic at the Health Campus in a white marquee near the Emergency Department.  
 Open 8am-5pm, 7 days.  
 Children under 5yrs must present to the Emergency Department.

**Nambucca Heads**


Pre appointments via the Primary Health Network 65688688

Results via text first

Dr also receives results and may call and can provide a print out.



Date	Special	Lunch Ham	Recess 1:20pm
Fri 14/8		Toni Swain	Toni Swain
Fri 21/8		Ricky Lewis	Ricky Lewis
Fri 28/8		Norbette Nolan	Norbette Nolan
Fri 4/9	Garden Spring Vegetable Frittata	Toni Swain	Toni Swain
Fri 11/9		Toni Swain	Toni Swain
Fri 18/9		Cassie Huxley	Cassie Huxley
Fri 25/9	Thai Green Chicken Curry & Rice	Toni Swain	Toni Swain

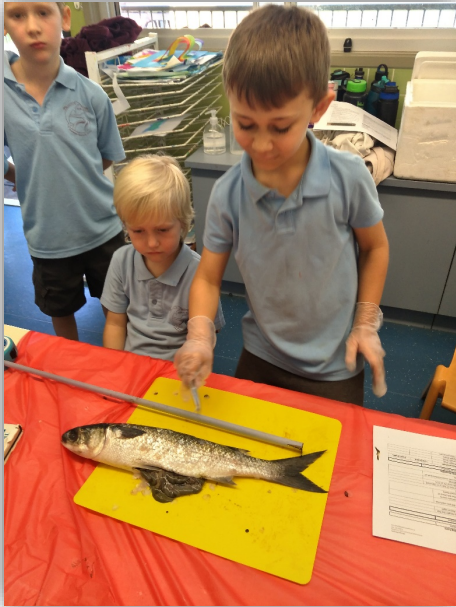


**Lunch** duties involve heating the pies, sausage rolls, making pizzas, sandwiches, (everything on the menu), service and washing up.  
**Recess** duties include service, cutting up fruit, cake, making popcorn, washing up, sweep and mop floor.

You are welcome to bring in homemade items such as biscuits or slice. To keep to our "healthy canteen" status please keep sugar content down and **NO** confectionary to be included, such as choc chips or sprinkles.

If you want to run a special order please let Toni know the week before so we can do pre-orders.

K/1 FISH



# Book Week Parade



## Book Week Parade (continued)



# COVID-19

## > Look after your mental health during the COVID-19 (coronavirus) pandemic

### 1. Stay active



Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.

### 2. Eat healthy



Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.

Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

### 3. Stay Connected



Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.

### 4. Take a break from the news and social media



Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.

### 5. Stick to a routine



Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.

### 6. Monitor your mental health and wellbeing



It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.

### 7. Seek support



Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.

If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

*Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020*