

Wednesday 16th September, 2020

Repton Public School

Newsletter – Term 3 Week 9

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Principal's Message

Athletics Carnival: What a fabulous day we all had celebrating the achievements of our students. We were so pleased we could continue this tradition in some way and the students showed great resilience and gratitude for this opportunity. There were lots of winners and most importantly, high participation from our students. The amazing effort in representing house colours was also great to see! Thanks for your support in this. A big thanks to Toni who ran the canteen all day, Mr Stanley for coordinating this event, and every staff member who did the extra work with no parent volunteers.

Cross Country: Next week, we will hold our cross-country races. This district carnival has also been cancelled so it will just be a fun event at school. House colours can be worn for this event also. We look forward to great participation in this event too.

What bin does it go in? This has been a focus for all our students this week. Recycling with food waste makes recycling contaminated. No food goes in the yellow bin. Maybe you can have a conversation at home with what household items can be recycled and what becomes landfill? It makes us great waste warriors!

COVID update: Parents and Carers are reminded that students should not attend school if they have flu-like symptoms. Due to the low rates of influenza currently circulating in our community, we must take symptoms seriously. Students or staff who display flu-like symptoms should not be at school. They are required to show a negative COVID-19 test result and be free of flu-like symptoms before returning to school. For any advice on restrictions and changes related to schools, please go to <https://education.nsw.gov.au/covid-19/advice-for-families>. There should be no external visitors into the school including parents and carers. This means phone calls to the office may be needed and arrangements can be made to meet. Ph. 66554201.

Thanks for your support,
Mrs Kristy Glyde
Principal

REPTON 2020

SEPTEMBER

24th School Photos

25th Cross Country
Last Day of Term 3

OCTOBER

12th Students Return

21st STAR Program 9-12am

28th STAR Program 9-12am

NOVEMBER

4th STAR Program 9-12am

11th STAR Program 9-12am

18th 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.

Thought of the Day

Student participation is set by our high expectations and developing a clear culture.

K/1



K/1 enjoyed creative, hands-on play on Friday. In groups they rotated around a variety of activities including a waterfall, marble run, straw construction, playdough and digital illustration. School is fun!

2/3/4



Maths rotations in 2/3/4 provide an opportunity for students to participate in targeted games that improve numeracy skills. This week students enjoyed playing 'Oh no 99', which allowed all students to develop their addition and subtraction skills.

5/6



5/6 enjoyed a moment of reflection by the riverside during the week as we investigated the environment in which we find ourselves. Students were able to observe their surroundings and find information to support their learning on estuaries and rivers.

Music



2/3/4 worked together excellently to create and play music in a large group format. We had students on Djembes, keyboards and pianos, xylophones, snare drums and Boomwhackers! Well done to everyone in 2/3/4 for being willing to create and share their ideas!

Cooking



This week students in 5/6 began a new rotation menu which included a tasty red curry complete with julienne style vegetables. They also produced a delicious ginger, lime and kaffir cordial. Well done, 5/6!

Gardening



K/1 had a lovely time in the garden. They used magnifying glasses to find as many different insects as they could. They also pruned and ate gooseberries. They weeded and planted some new spring vegetables including cucumber and zucchini.



School Photos – 24th September, 2020

Pre-payment envelopes were sent home with the Newsletter.

We would appreciate these envelopes being at the school by Wednesday 23rd September.

It is vital to the smooth operation of the pre-payment system that each child returns their own envelope, even if payment is enclosed in a sibling's envelope. **We do not want envelopes inside of other envelopes as they are not opened on the day.** Personalised envelopes have a **UNIQUE** code for each child to order online.

We have separate sibling pre-payment envelopes for any parents who may wish to purchase a sibling photograph, these can be obtained by phoning Beverley at the office. All sibling photographs should be paid for in these envelopes to avoid confusion and kept separately, online payments for family photos cut off at 8am on the day of photography, after that, only cash will be accepted.

BOOKCOVERING

We are missing some books that we have sent home for a parent to cover. If you have any outstanding books you took to cover could you please return to the office so we can put them out for lending. This is the cover of a pack of 6 books missing.

Many thanks - Library



Athletics Carnival



Dear Parents/Guardians,

We are delighted to inform you that Repton Public School will be participating in the world-renowned ICAS Assessments this year. ICAS is developed by UNSW Global, a wholly owned subsidiary of UNSW Sydney, with over 35 years' experience in educational assessments.

ICAS is designed to target students' higher-order thinking and problem-solving skills in English, Mathematics, Science, Writing*, Spelling and Digital Technologies.

Each assessment celebrates students' accomplishments by providing opportunities for recognition. Every student will receive a printed certificate and an online result report. Top performers will be eligible for medals and are invited to attend special award ceremonies to have their academic excellence publicly recognised.

We encourage you to consider entering your child into ICAS this year. The assessments are suitable for students wishing to extend themselves academically and take up the personal challenge of competing in an international assessment. Your child will be presented with high-quality, expert-developed questions, allowing them to apply their learning without the need for prior study or revision.

ICAS Assessments are now online, a move that reflects a sector-wide transition to online assessments. This allows greater accessibility for students and faster delivery of results.

Learn more about ICAS here: unsw.global/ICAS

2020 Participation

In 2020 students have the opportunity to participate in the following subjects:

Subject	Sitting Window – <i>The actual sitting date will be communicated once school participation numbers are known</i>
ICAS Science	Mon 12 Oct to Fri 23 Oct 2020
ICAS Digital Technologies	Mon 12 Oct to Fri 23 Oct 2020
ICAS English	Mon 12 Oct to Fri 23 Oct 2020
ICAS Mathematics	Mon 12 Oct to Fri 23 Oct 2020
ICAS Spelling Bee	Mon 12 Oct to Fri 23 Oct 2020

Cost per test: \$15.95 including GST (*Writing not available in 2020.)

All assessments will take place during the school day

To confirm your child's participation, collect a permission slip from the office, complete and return with payment no later than Wednesday 23rd September 2020.

Julienne Vegetable Salad

20 minutes to the table

method

Preheat a low oven. Heat the oil in a preheated wok or large frying pan over a high heat. Add the tofu cubes and stir-fry for 3-4 minutes until browned all over. Remove with a slotted spoon, drain on kitchen paper and keep warm in a low oven.

Add the red onion and spring onions, garlic and carrots to the pan and stir-fry for 1-2 minutes. Add all the remaining vegetables, except the beansprouts, and stir-fry for 2-3 minutes. Add the beansprouts, then stir in the curry paste, soy sauce, vinegar, sugar and basil leaves and cook, stirring, for 30 seconds.

Meanwhile, soak the noodles in a heatproof bowl or saucepan of boiling water or stock for 2-3 minutes, or according to the packet instructions, until tender. Drain well.

Divide the noodles equally between 4 individual bowls. Pile the vegetables onto the noodles and top with the tofu cubes. Garnish with extra basil, if you like, and serve immediately.

SERVES 4

ingredients

4 tbsp vegetable or groundnut oil
225 g/8 oz tofu with herbs (drained weight), cubed
1 red onion, sliced
4 spring onions, cut into 5-cm/2-inch lengths
1 garlic clove, chopped
2 carrots, cut into matchsticks
115 g/4 oz fine French beans, trimmed
1 yellow pepper, deseeded and cut into strips
115 g/4 oz broccoli, cut into florets
1 large courgette, cut into matchsticks
55 g/2 oz fresh beansprouts
2 tbsp red Thai curry paste
4 tbsp Thai soy sauce
1 tbsp rice vinegar
1 tsp palm sugar or soft light brown sugar
few fresh Thai basil leaves, plus extra to garnish (optional)
350 g/12 oz rice vermicelli noodles

Stephanie Alexander
KITCHEN GARDEN
FOUNDATION
Growing Harvesting Inspiring Sharing

Ginger & Kaffir Lime Cordial

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: ginger, kaffir lime leaves, lime

Equipment:

measuring cup
tea towel
chopping board
cook's knife
small knife
citrus juicer
zester
medium saucepan
fine sieve
1 L sterilised bottle

Ingredients:

2 cups sugar
½ cup water
8 cm knob ginger, peeled and chopped
2-4 kaffir lime leaves, crushed
3 teaspoons cream of tartar
peel from 1 lemon*
peel from 1 lime*
8-10 lemons (or enough for 1 cup freshly squeezed lemon juice), juiced
4-5 limes (or enough for ½ cup freshly squeezed lime juice), juiced

What to do:

1. Combine sugar, water, ginger, lime leaves, cream of tartar, lime and lemon peel in a medium saucepan and bring to the boil, stirring occasionally, until the sugar has dissolved (about 5 minutes).
2. Add lemon and lime juice and return to a boil.
3. Strain the mixture through a fine sieve into a clean bottle, and let cool.
4. Keep refrigerated for up to 2 weeks.

*When removing peel from citrus, avoid as much of the pith as possible.



CANTEEN BAKING ROSTER



The P&C have come up with a plan to share the baking for the canteen between each year to help Toni Swain. Below is a roster where each year will be allocated a week to bake or make something fresh to be sold in the canteen. Please be mindful to make your contribution healthy (eg low in sugar, fat and salt) as we are required to adhere to strict 'Healthy Canteen' guidelines. For example you could make blueberry muffins, sushi, pikelets, banana bread or Anzac biscuits. You could also bring in any surplus mandarins, bananas or watermelon you have growing at home.

Please contact Toni if you need some ideas.

Thank you
P&C

YEAR	DATE
Kindy	Friday 4 th September
Year 1	Friday 11 th September
Year 2	Friday 18 th September
Year 3	Friday 25 th September
Term 4	
Year 4	Friday 16 th October
Year 5	Friday 23 rd October
Year 6	Friday 30 th October

Year 2
parents
turn to
bake for
Canteen
this week

LOST PROPERTY

**We have a large number of jumpers in the lost property box with no names.
Could you please ask your child/children to come to the office and check out the lost property?**



Have you washed your hands?



Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub to protect yourself from viruses.

NSW
GOVERNMENT

Find the facts
health.nsw.gov.au/coronavirus

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.

Repton Public School P&C Rebel Sports Raffle

Tickets \$2 Drawn: 23rd September

- 1st Prize: Giant off-road scooter, Nike drink bottle and football
- 2nd Prize All-purpose scooter and soccer ball
- 3rd Prize Snorkel, face mask and Nike drink bottle
- 4th Prize: Tennis racquets
- 5th Prize: Blow up obstacle course and netball
- 6th Prize: Blow up obstacle course and soccer ball
- 7th Prize: Blow up tube wars and football
- 8th Prize: netball



Money raised will contribute to providing our children with an awesome shade sail!

COME AND JOIN US AT

URUNGA NIPPERS

Nippers is a great way for children aged 5 to 13 to make friends, be active and enjoy the beach in a safe environment.

Register online at

<https://sls.com.au/join/>

All new nippers must provide a copy of their birth certificate to urungasurfclub@gmail.com

Visit our website

www.urungasurfclub.com.au for more info or call Lou on 0437 170 738

18th October: Proficiency Swim (U8-U14's) - Jetty Beach 9am

25th October: First Day of Nippers at Hungry Head



CANTEEN – SPECIAL MENU (Friday 18th September)



Repton PS - P&C Canteen
Lunch Special September 18th
Home Made Butter Chicken & Rice (G.F) \$4



Name:

☐

Quantity

Return tomorrow Thursday 17th September

Canteen will be open on Friday 25th September