

Wednesday 14th October, 2020

Repton Public School

Newsletter – Term 4 Week 1

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Principal's Message

We're back! And just like that, the holidays are over! I feel like most of our students have returned to school after a wonderful break and we are getting more and more excited for things ahead this term. We have planned a few things to keep the interest high towards the end of term. Pre-schoolers will be visiting their year 5 buddies, Yr 6 preparing for high school visits, a visit from Cascade Environmental Centre and a local excursion, painting upgrades, garden enhancements, sporting opportunities, art programs, ukulele group, drumming and dance performances, and so much more!! Opportunities for everyone!

Literacy: Our literacy groups were back in session this week with uninterrupted learning time from 9-11. Our teachers have begun using their training in Seven Steps to Writing Success in their lessons and students are responding positively. We are using some new techniques to enhance their writing style and authorial skills while maintaining secretarial skills as well. Keep it up!

Uniforms: Thank you to everyone for their patience with the uniform orders. All sizes have been stocked and your efforts in keeping students in their uniform gives us a sense of belonging and pride. Hats and drink bottles are an important part of school routines and need to come EVERY day please.

Green Leaders: Our green leaders are working towards reducing the red bin waste by reducing lunchbox plastics. If you can use reusable containers with no waste, that would be great. Our problem with some plastics is they are contaminated with food so can't be recycled so become red waste. I hope you can help us achieve this. We will have more wax wraps for sale on the stall for your convenience- \$5.

Fundraising: Our P&C did a great job on the shade sail raffle and we are still looking for more opportunities to get the next \$1000 to get our sails. If you have any ideas, please contact the P&C or school.

Survey: The parent survey for our school and state data collection closes soon. Please go to <http://nsw.tellthemfromme.com/btxh2>

Mrs Kristy Glyde
Principal

REPTON 2020

OCTOBER

- 21st 2021 Kindergarten Appointments 9-12pm
- 28th 2021 Kindergarten Appointments 9-12pm

NOVEMBER

- 4th 2021 Kindergarten Appointments 9-12pm
K-2 Cascade visit
- 5th 3-6 Cascade visit
- 18th STAR Transition Day & Parent Orientation Day 9-12pm
- 25th STAR Transition Day 9-12pm (students only)
- 26th Small Schools Orientation Yr6-7

DECEMBER

- 4th All Schools Orientation Yr6-7
Story Time for Pre-schoolers 8.45-9.00am
- 11th Story Time for Pre-schoolers 8.45-9.00am
- 18th Last Day Term 4

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

Reading is dreaming with eyes wide open

K/1



At the end of term three K/1 enjoyed playing the game headbands. It is a great talking and listening game and the students must think of questions to figure out what they are.

2/3/4



NRL commenced this week and 2/3/4 enjoyed the experience with many moments of sheer brilliance. All students developed skills in kicking, passing, catching and weaving. It was obvious that even the most reluctant participants were totally engaged and learning throughout the session. Well done, 2/3/4!

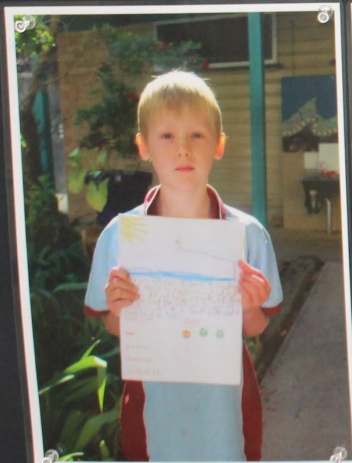
5/6



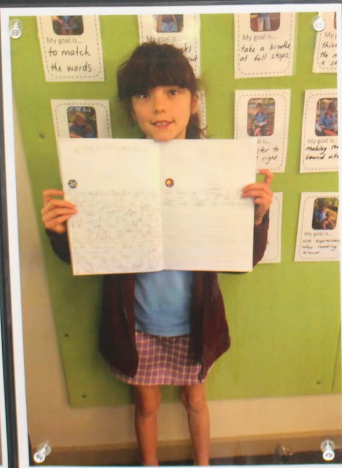
5/6 have started the term with a fun mathematical code-breaking activity – solving the mysterious murder in the mathematics department. Each table group worked cooperatively to decipher a range of codes, showing excellent pattern recognition in the process. Well done to the students above who cracked the code first!

Writer of the Week

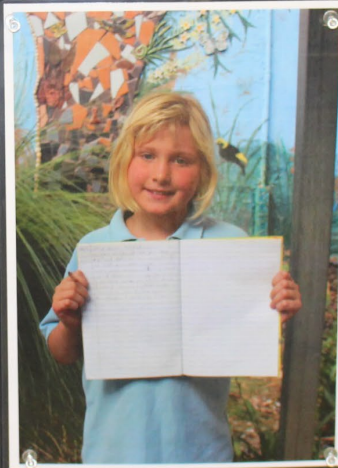
Mrs Lemmes' Literacy Group



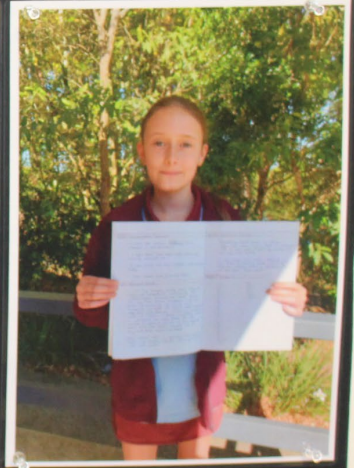
Mrs Glyde's Literacy Group



Mrs Buckley's Literacy Group



Mr Stanley's Literacy Group



CROSS COUNTRY – Friday 25th September, 2020





Kids in the Kitchen



**Rainbow Spinach
grown in the school garden**



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 4 parents
turn to bake for
Canteen this week
FRIDAY
16th October**

Toni will be operating the Canteen this Friday.

If you are able to help with Canteen on a Friday please phone Toni on 0412630457 or Beverley at the office.

A roster for Term 4 will be available next week.

Do you shop at Richies IGA Boambee?

Exciting News!

Our Fundraising Partner Richies IGA, are launching their new Richies Card, incorporating the Community Benefit Program and this will not only benefit our school, but also all our members. The program now has an App for both IOS and Android smart devices. For those members who don't have a smart phone, or would like a physical card, this option is also available and can be linked to the App. Every month, our organisation will receive 0.5%* of our members' spend in Richies Stores PLUS our members will receive special offers and member only specials via the App.

*T&C's apply see <https://www.ritchies.com.au/ritchiescardterms>

Featuring monthly promotions, cheaper prices for you, Collect and Win, as well as games and lots more fun things to do, this is a great opportunity to support our club. You can download the Apps by scanning the QR codes below - or search for Richies in the Apple App Store or Google Play.



A promotional poster for Richies' 150th anniversary. At the top, it says 'RITCHIES EST 1870 CELEBRATING 150 YEARS' with a portrait of Thomas Ritchie. Below this, it says 'HELP RAISE FUNDS FOR' followed by a box containing the handwritten text 'Repton Public'. Underneath, it says 'BY USING YOUR RITCHIES LOYALTY CARD' with another portrait of Thomas Ritchie. A list of instructions follows: 'Download the Richies Loyalty App' (with App Store and Google Play logos), 'Nominate our organisation', 'Shop at Richies', and 'You will benefit and we will benefit'. At the bottom, it says 'CONDITIONS APPLY' and 'Go to www.ritchies.com.au/loyalty'.

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 - Update

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

Wednesday 18th Nov 9am-12pm

New Kindergarten students classroom visit
Parent Orientation Day - Library

Wednesday 25th Nov 9am-12pm

New Kindergarten students classroom visit
Please drop your child off & collect them as quickly as possible

Story Time for Pre-Schoolers

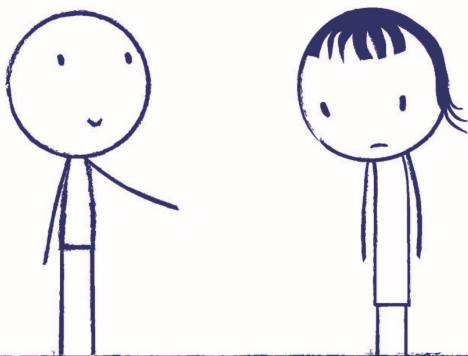
Bring your pre-schooler along to share a story with one of the teachers and become familiar with Repton Public School.

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

NSW Department of Education

I am human.



It's OK to ask for help.
Then you can help yourself and others.

Take Care + Connect
education.nsw.gov.au/care-and-connect



© NSW Health May 2020.

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



MENTAL HEALTH MONTH

Take a moment for you!
Take a photo that represents your
strength, resilience or happy place!



#TAKEAMOMENT4U

Take, tag and post your photo on Instagram!
Spread the word!



YOU COULD
PLAY WOOLWORTHS
CRICKET BLAST
FOR FREE!
Claim your voucher today

Woolworths
**CRICKET
BLAST**

ACTIVE
KIDS

OUTDOORS
NON-CONTACT

HAVE A BLAST!

Urunga Cricket Club

<https://www.playcricket.com.au/club-finder/club-details?id=13043>

	MON 4:30pm- 5:30pm	Begins 02 Nov	Ends 07 Dec	\$99
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Junior Blasters is for kids new to cricket with participants building their skills through fun, game based activities. The games are designed for small groups to ensure every child gets a go, allowing them to test and learn new skills. When they have mastered the basics they will be ready to graduate to Master Blasters where they can play modified games of cricket.

REGISTER

JOIN A CREW NEAR YOU TODAY

OFFICIAL KIDS PROGRAM

URUNGA LIBRARY

Children's Book Week 2020 is running throughout the second week of Term 4 (October 17-23) although some of you may have already celebrated during the original week in August.

Bellingen Shire Libraries invite all children to get involved in our annual CBCA colouring competition. Colouring Sheets can be obtained from the school library of office.

Please return finished colouring in pages to the Urunga Library by Saturday October 31 and we will display entries throughout the library. Entries will be judged across 3 stages with small prizes for the three winning entries in each stage.

Shortlisted books are now on display in Urunga Library and are available to borrow.