



# Repton Public School

## Newsletter – Term 2 Week 3

**Website:** [www.repton-p.schools.nsw.edu.au](http://www.repton-p.schools.nsw.edu.au)  
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### Principal's Message

**IT'S SHOW TIME:** The show is here which means our students are geared up and ready for their first school performance. Repton drumming and ukulele groups will be at the performance tent at 11:30am-12pm. Look out for our garden produce in the pavilion too! Good luck to all.

**Resilience:** As one of our core expectations at Repton Public School it is important to acknowledge that resilience is a behaviour shown by our students in all school settings and within the community.

**Learning:** This week we have had literacy groups including daily reading with opportunities for each student to read with the teacher and gain feedback on their learning. We are learning to build comprehension skills to support understanding meaning in a range of fiction and non-fiction texts. We develop predictions, ask questions and make inferences based on a range of experiences with literature. These sessions are so important for our students of all ages to understand what they need to do, to grow as a learner.

**Debating:** Congratulations to our debating team who won their first round against Urunga this week. In the next challenge we will develop more skills using feedback from Ms Ro and reflect on the debating skills. Keep building!

Thanks for your support,  
Mrs Kristy Glyde,  
Principal

### P&C MOTHERS DAY STALL

The P&C will be holding a Mother's Day Stall for students to purchase a gift for their mother \$2.00 - \$5.00.

**Thursday 6<sup>th</sup> May, 2021**

### REPTON 2021

#### MAY

- 7<sup>th</sup> Bellingen/Nambucca District Cross Country
- 12<sup>th</sup> P&C Meeting 5.30pm
- 13<sup>th</sup> School Photos- BRING IN ENVELOPES
- 24<sup>th</sup> Incursion Circular Circus
- 25<sup>th</sup> Botanic Gardens Excursion

#### JUNE

- 14<sup>th</sup> Queen's Birthday P/H
- 16<sup>th</sup> Athletics Carnival – Mylestom Oval
- 23<sup>rd</sup> Small Schools Athletics Carnival – Urunga
- 25<sup>th</sup> Last Day Term 2

#### JULY

- 12<sup>th</sup> Staff Development Day
- 13<sup>th</sup> Term 3 – Students Return

### Thought of the Week

**Resilience:** the ability to adjust easily or recover from misfortune or change

# 10 best phrases to teach resilience to your kids

by Michael Grose

<b>1</b> <i>Goal</i> Humour <i>Phrase</i> "Come on, laugh it off"	<b>2</b> <i>Goal</i> Contain thinking, perfectionism and anxiety <i>Phrase</i> "Don't let this spoil everything"	<b>3</b> <i>Goal</i> Distraction <i>Phrase</i> "Let's take a break"	<b>4</b> <i>Goal</i> Handling worry and asking for help <i>Phrase</i> "Who have you spoken to about this?"	<b>5</b> <i>Goal</i> Offering hope <i>Phrase</i> "I know it looks bad now but you will get through this"
<b>6</b> <i>Goal</i> Positive reframing <i>Phrase</i> "What can you learn from this so it doesn't happen next time?"	<b>7</b> <i>Goal</i> Acceptance <i>Phrase</i> "Don't worry – relax and see what happens!"	<b>8</b> <i>Goal</i> Perspective <i>Phrase</i> "This isn't the end of the world"	<b>9</b> <i>Goal</i> Flexible thinking <i>Phrase</i> "You could be right. But have you thought about ..."	<b>10</b> <i>Goal</i> Taking action <i>Phrase</i> "What can we do about this?"

<http://www.kidspot.com.au/10-phrases-you-hear-in-resilient-families-are-you-using-them/>

**kidspot**

**K/1**



K/1 are learning about addition this week in Maths. We do Number Talks where students explain to the class what strategy they used to solve the problem. Strategies are explicitly taught and then practised, often with fun dice games.

**2/3/4**



2/3/4 are enjoying morning literacy rotations where they are supported in a small group learning reading strategies and comprehension. The rotations also allow students to apply learnt skills independently in writing, spelling and reading. This week we are focussing on the main idea or author's message within the text.

**5/6**



5/6 are developing a model for an amusement park. They are using design and mathematical problem solving to develop some interesting ideas which they will present on Friday.

Student of the week



K/1 Jai, Poppy & Amelia



2/3/4 Marley, Alira & Vivi



5/6 Sebastian, Rachel & Billie



Classiest Class Award K/1



Awards back – Sebastian, Rachel & Felix  
Front – Oliver, Jay, Sonny & Blake



Win Bin Awards Marley & Jayquan

**Stem:** This week our classes K-4 were using the Blue bots to solve problems using code. They each got a turn in problem solving and developing solutions when their bots went the wrong way! 5/6 used the Wonder app with the Dash bots. What cute little creations they are. We soon got the hang of manipulating them and then started using Blockly to code with blocks.



**TREE PLANTING AT MYLESTOM-** Bellingen Shire Council staff were looking for helpers to plant some trees along the new pathway. Yes please! We loved going down to support the community develop and grow. We are looking forward to watching the trees grow as our students grow.



## The School Photographer

School photos will be taken NEXT WEEK on Thursday 13<sup>th</sup> May, 2021. All students to be in full school uniform.

Pre-printed envelope for each student with your UNIQUE code have been sent home. Sibling envelopes for any parents who may wish to purchase a sibling photograph can be collected from the office.

- Please make sure each child returns their own envelope, even if payment is enclosed in a sibling's envelope.
- Please do not put envelopes inside of other envelopes.
- Personalised envelopes have a UNIQUE code for each child to order online.
- Late envelopes with cash handed in to school after the day of photography will not be picked up.
- Only online orders will be accepted after the day of photography (\*not for sibling photos) or paid over the phone on 02 66280511.



## MUSIC TUITION

We have a music tutor come to the school to give any student/s interested private tuition.

Josh McGovern has guitar, bass or drum lessons on a Thursday at the school. Phone 0431088761 for more information.

## CANTEEN will be available this week

Volunteers are desperately needed for canteen duty any Friday, lunch and/or recess.  
Please, please, please, get in touch with Toni 0412630457

## STEWART HOUSE - Donation Drive 2021

Don't forget to send in your Stewart House envelope with a \$2.00 coin to school by 14<sup>th</sup> May 2021 for you to go in the draw to win a \$4,000 holiday/gift voucher

## NETBALL GALA DAY



## HOCKEY GALA DAY





# The Lunch Makers



Love Food and Hate Waste!

Week 3 of Term – 3 May

*Why we need to Love Food and Hate Waste*

Did you know the average family wastes almost \$4000 every year throwing food away?! That's \$10 billion worth of food binned by NSW households every year. Throwing food away not only wastes the food itself, but also the energy, water and natural resources used to grow, package, transport and sell it.

Saving food means saving money. And it's one of the easiest things we can do to tackle climate change.

If food waste were a country, it would be the third largest emitter of greenhouse gases. Imagine what a huge global impact we could have if we all made small changes at home!

We all have a part to play in reducing food waste and looking after the planet. The time is now, and the answer is simple: love food, hate waste.

Getting our kids involved in packing and making their lunch can help them and you make the most of the food you buy, ensuring they enjoy a nutritious lunch and keeping it out of the bin!

🥕 Kids will love the [Journey of a Carrot video](#) showcasing the adventures of a carrot from paddock to plate!

🍓 And follow one sweet little strawberry's big journey from the farm to the fridge. [Watch the video here](#)

## **P&C MOTHERS DAY STALL**

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**Thursday 6<sup>th</sup> May, 2021**



## Healthy Lunch Box recipe

### Zucchini muffins



#### Ingredients

2 zucchinis, grated & liquid squeezed out  
 1 carrot, grated  
 125g tin corn kernels, drained  
 1 small red onion, finely diced  
 1 cup baby spinach leaves, chopped  
 1 cup wholemeal self-raising flour  
 6 eggs, beaten  
 1 cup reduced-fat tasty cheese, grated

#### Method

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.  
 Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.  
 Place all ingredients into a large mixing bowl and mix until well combined.  
 Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
 Healthy Lunch Box

## Healthy Lunch Box recipe

### Layered mixed potato bake



#### Ingredients

Olive oil spray  
 2 large potatoes, peeled & thinly sliced lengthways  
 1 large sweet potato, peeled & thinly sliced lengthways  
 2 zucchinis, thinly sliced lengthways  
 ½ cup frozen corn kernels  
 ½ cup frozen peas  
 8 eggs, lightly beaten  
 ½ cup reduced-fat milk  
 ½ cup reduced-fat Ricotta  
 ½ cup reduced-fat tasty cheese, grated  
 1 tsp fresh thyme, leaves picked

#### Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.  
 Steam the sweet potato and potato until just tender.  
 In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.  
 Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.  
 Bake for 25-30 minutes or until golden and set. Cool for 5 minutes before serving.

For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
 Healthy Lunch Box



## BE BUS AWARE

Bus Safety Week - 24 February to 1 March 2020

**We all have a part  
 to play in bus safety**



[BeBusAware.com.au](http://BeBusAware.com.au)

## BE BUS AWARE

**Wait until the bus  
 has gone then use a  
 safe place to cross**



[BeBusAware.com.au](http://BeBusAware.com.au)

## BE BUS AWARE

**Buses can't  
 stop quickly**



[BeBusAware.com.au](http://BeBusAware.com.au)

# SHOW TIME

DATE	THIS SATURDAY AND THIS SUNDAY
TIME	GATES OPEN 9:00 UNTIL 5PM
TICKETS	TICKETS TO BOUGHT ON LINE OR BY CREDIT CARD AT THE GATE. NO CASH AT THE GATE GO TO <a href="http://WWW.BELLINGENSHOW.COM.AU">WWW.BELLINGENSHOW.COM.AU</a> FOR TICKETS.
PAVILION ENTRIES	ENTERIES MUST BE IN BY THURSDAY 5PM BUT THE OFFICE IS OPEN ALL WEEK 9 -4 PM SO GET IN EARLY
CATTLE & CHOOKS	ANIMALS ARE ARRIVING BY THE TRUCKS FULL.
COLOURING IN COMP	STILL AVAILABLE ON LINE AND AT THE LOLLY SHOP IN BELLINGEN.

FREE FACE  
PAINTING FOR  
ALL KIDS.





## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- |                    |                      |
|--------------------|----------------------|
| laptops & tablets  | lessons & activities |
| uniforms & shoes   | books & supplies     |
| sports fees & gear | camps & excursions   |

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



**Contact**  
your local Saver Plus  
Coordinator  
**Phone**  
0428 428 444  
**Email**  
CoffsHarbourSP@  
thesmithfamily.com.au  
**Online**  
saverplus.org.au  
Find us on Facebook



\*many Centrelink payments are eligible, please contact your local Coordinator for more information.  
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

Ease the pressure of school costs with Saver Plus and get \$500 in matched savings to help out.

### What is Saver Plus?

Saver Plus is a free ten month savings program that provides financial education and matches your savings up to \$500 for educational expenses.

### Can you join?

To be eligible to join Saver Plus you must:

- be a parent or guardian of a student attending school, or be attending vocational education yourself;
- have a current Health Care card or Pensioner Concession card;
- be receiving a Centrelink benefit, allowance or payment;
- have some form of regular income from work (you or your partner) OR receive child support;
- not have completed Saver Plus before.

Who do I contact for more info, or to join ?

Graeme Grice- Coffs Harbour Coordinator

PH: 0428 428 444

or

click [here](#) to complete an enquiry form.

# 2021 BELLINGEN SHOW Colouring Competition

Open to Children 12 years & Under

Prizes donated by Pat & Cliff Schofield

➤ Best in Age Class:

4 years & under – \$10

5 to 7 years – \$10

8 to 12 years – \$10

➤ Most colourful (over all classes) – \$10

➤ Lucky draw prize – \$10

Entries forms are available from:

- School Newsletter
- Sweet Bellingen, 87 Hyde St, Bellingen
- Show website: [www.bellingenshow.com.au](http://www.bellingenshow.com.au)

Entries can be left at:

- Sweet Bellingen, 87 Hyde St, Bellingen
- Secretaries Office, Bellingen Showground  
by 6 pm Thursday 6<sup>th</sup> May 2021

For more information contact Jo Barr (0412 011 219)

Name: _____ Age: _____ Phone: _____
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# BELLINGEN SHOW 2021

*Alicia Rogerson*

