

# Repton Public School

Newsletter – Term 2 Week 7



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## Principal's Message

**Musical Production:** Our students, staff and families are beginning to feel the excitement of the upcoming performances. Thanks, Toni, for all your inspiration and support on this. Many hands make light work. We have had many parents volunteer to support with costumes, set design and fundraising which is amazing.

**Reporting and assessment:** Teachers are busy preparing for reports and parent meetings. Student assessments are undertaken to inform student's learning. Reports will include teacher comments for each KLA and will identify areas of student strength and areas for further development. They will also provide information about the student's social development and commitment to learning. Parents have an opportunity to meet with their child's class teacher on Wednesday 16<sup>th</sup> June or by appointment through the office.

**Lunchmaker workshops:** You may have noticed the inclusion of lunchmaker information in all the recent newsletters. We had a workshop today where the students were able to make some yummy snacks and learn some information about how important it is to prevent food wastage. We are trying to share some recipes and would be happy to hear from you if you had any other ideas. Other groups will receive this workshop over the next 2 weeks.

**Prac Student:** We welcome Jack Mitchell to our school for 20 days of work placement. Mr Mitchell will be working with Mr Stanley and the 5/6 class as well as all of our students over his time here. We know he will have a great experience at Repton Public School and learn a lot from us all.

Thanks for your support,  
Mrs Kristy Glyde,  
Principal

**ATHLETICS CARNIVAL**  
**MYLESTOM OVAL – FRIDAY 4<sup>TH</sup> JUNE 9am-2:50pm**  
**Covid safety plan for parents & spectators**  
**There will be a Sign on Register at the desk**

## REPTON 2021 - JUNE

- 3<sup>rd</sup> Athletics Carnival – School
- 4<sup>th</sup> Athletics Carnival – Mylestom Oval
- 9<sup>th</sup> Reader Writer Festival
- 9<sup>th</sup> **P&C Meeting 5.30pm**  
**All welcome**
- 10<sup>th</sup> Small Schools Athletics Carnival – Bellingen HS
- 14<sup>th</sup> Queen's Birthday P/H
- 15<sup>th</sup> Student Reports home
- 16<sup>th</sup> Parent/teacher meetings
- 25<sup>th</sup> Last Day Term 2

## JULY

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

## AUGUST

- 7<sup>th</sup> Bunnings BBQ – P&C
- 20<sup>th</sup> Wake Up & Read On-Incursion

## SEPTEMBER

- 15<sup>th</sup> "The River" Musical Production
- 17<sup>th</sup> Last Day Term 3

## OCTOBER

- 4<sup>th</sup> Labour Day Holiday
- 5<sup>th</sup> World Teachers Day
- 5<sup>th</sup> Students return Term 4

## NOVEMBER

- 8<sup>th</sup> – 19<sup>th</sup> Swimming Scheme
- 11<sup>th</sup> Remembrance Day
- 29<sup>th</sup> Nov – 3<sup>rd</sup> Dec Canberra Excursion Years 4/5/6

## DECEMBER

- 16<sup>th</sup> End Term 4 for Students

## Thought of the Week

The more active participation we achieve, the more accurate and relevant decision making can be.

## Mental wellbeing

Good mental health is about living life in a satisfying way, coping with life's challenges both big and small, and managing life's stresses. There are a number of ways to look after yourself, from eating well to developing good communication skills. Check 'em out here and build your mental fitness and wellbeing.



K/1



K/1 have been enjoying some integrated learning through the science unit *Living Things*. We wrote information reports about bees, created an art display of bees and their hives and learned about hexagons through the close examination of bee hives. Happy days!

2/3/4



History has taught us many things and in 2/3/4 we learnt about the games that children have played in the past. In small groups students researched, wrote procedures and created posters before playing the games. What great fun and great learning! Well done, 2/3/4

5/6



5/6 made another contribution to our Gumbaynggirr garden, planting species that are found along the coastal fringe and up in the plateau near Dorrig. Thanks once again to our helpful permaculturalist, Nick Radford, who was able to provide the students with expert knowledge. Excellent work, 5/6!



**Stem:** 5/6 have mastered the Lego WeDo kits and had the choice of Dash or WeDo this week. K1 & 234 used Blockly to code the Dash bots as our final use of the STEMShare kit. We are so grateful for this opportunity.



## CAPA



### Garden:

This week to complement our Lunch Makers Program we investigated the steps required to make a slice of bread and we thought about the waste of energy, resources and effort when we throw it in the bin. We also enjoyed some mandarins, weeded a garden bed and planted snow pea seeds.



### Music:

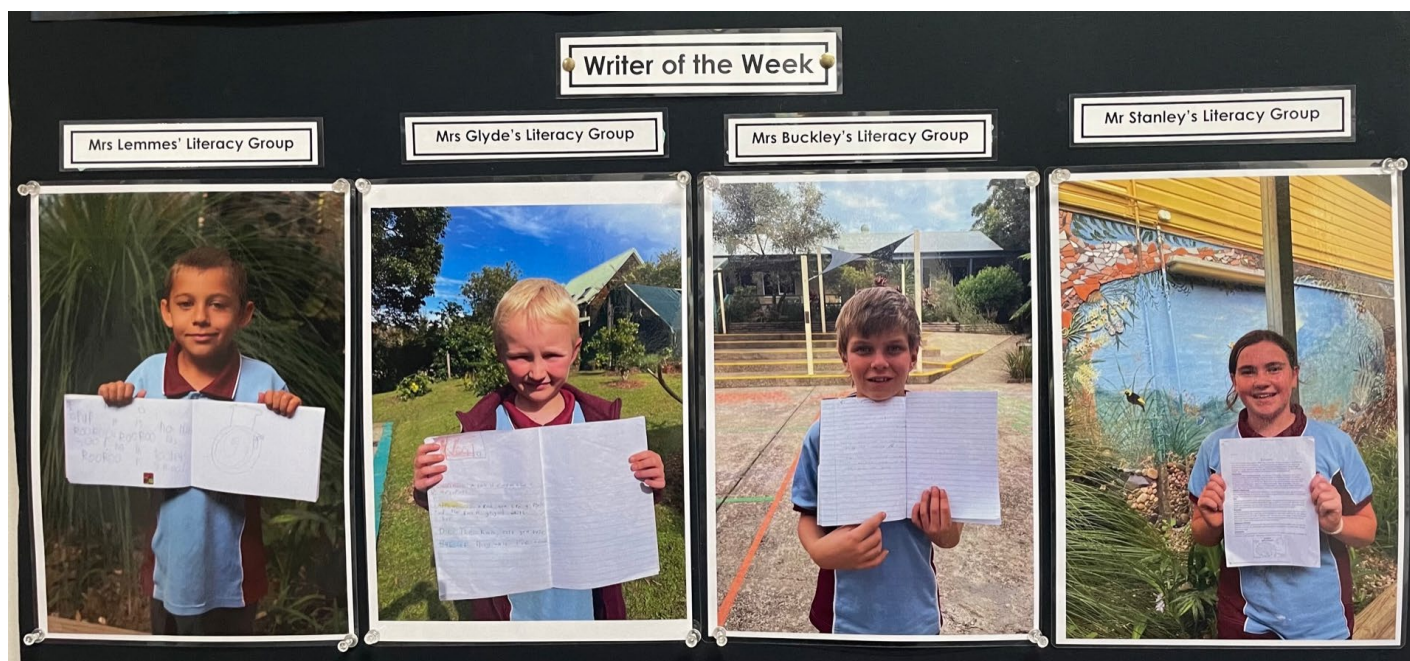
The Emus really stepped it up a level this week, organising 6 different layers of rhythms to perform their Taiko drumming piece. We also included the new digital piano to add a chord line into the mix. It sounded so cool! Great counting and keeping time, Emus!



### Kitchen:

Healthy options for our lunch boxes are easy and delicious! This week the Platypus group made zucchini muffins, mini quiche and yum yum balls. We all agreed that these would be fabulous in our lunch boxes.





## Week 7 of Term – 31 May

### Make Your Own Lunch recipe inspiration!

Next week the kids will be making or helping to make their own lunch.

Have a chat with your children about what they would like to include, remembering to keep it healthy and fresh until lunchtime. Maybe plan and shop together for healthy food they want to include or write a [lunchbox menu plan](#).

Making your own wraps is a fun, easy activity for kids. Simply add their favourite fillings for a quick, healthy lunch!

Watch Rhi making wraps from scratch [here!](#)

#### Flatbread/wrap recipe

##### Ingredients

250g spelt flour or whole wheat flour

½ tbsp salt

1 tbsp olive oil

1 cup boiling water

Flour for sprinkling

##### Method

1. Place flour, salt and olive oil in a mixing bowl. Add boiling water and mix with a wooden spoon until dough comes together.
2. Turn out onto lightly floured surface and knead lightly to form a smooth dough (not too sticky or dry). Divide into 8 equal sized balls and roll each out into 20cm discs.
3. Cook, one at a time, for 1-2 minutes or until lightly browned, in a hot non-stick pan. Cover with tea towel until ready to use.

In the morning or night before, depending on filling, hand your child a sandwich wrap, open the fridge door and let them create a wrap from whatever they find appealing. The little inventor in them will come out, and they will customise their own wrap with the leftovers in the fridge.



### Make your own lunch

1. **Grab a wrap** – bought or homemade – see recipe above, gluten free, vegie infused etc.
2. **Pick a protein** - sliced cold meats, cheeses, smoked salmon, nut butters, beans, tuna, leftovers from dinner, steak, chicken, tofu, tempeh.
3. **Choose condiments** - mayo, mustards, chutneys, relishes or jams, hummus, barbecue sauce, hoisin sauce, plain Greek yogurt, salsa, pesto, and use any leftover sauces or dips lurking in the fridge first.
4. **Add vegies** – choose ones that don't make the wrap too soggy by lunch (tomatoes are a big soggy offender), examples are shredded lettuce, sliced olives and pickles, roast vegetables, bell peppers, sprouts, thinly sliced cucumbers, mushrooms, and sauerkraut. Why not try adding fruit?! Thinly sliced or diced apples, pears, or dried fruit. You could sprinkle on some shelled sunflower seeds, pumpkin seeds etc.
5. **Layer it up** – put everything on about 3/4 of the wrap, making sure not to over fill. And then add condiment, sauce or spread of choice on the remaining part of the wrap.
6. **Roll the wrap** - starting with the filled side closest to you, rolling towards the empty edge, ideally leave enough room so that the condiment at the edge will help seal up the wrap as you finish.
7. **Creative cuts** - you can leave the wraps whole, in one big tube-like piece; slice them in half on the diagonal; or slice them into bite-sized sushi-style pieces.
8. **Keep it fresh** - when packing the wrap into the lunch box, add an ice pack to keep everything fresh and tasty.

### Great wrap fillings

1. Chicken, lettuce and cottage cheese  
Serve crumbed or poached chicken breast with lettuce and cottage cheese for a protein packed snack. You could always substitute the lettuce for coleslaw or spinach leaves for further variation.
2. Rainbow wraps - vegetable, cream cheese wrap  
Cream cheese is a great for protein and dairy. Add any vegetable that appeals to your child, cucumber, capsicum, carrot, or roast vegetables to make a well-rounded healthy wrap.
3. Strawberry and almond butter wrap  
Fruit also tastes awesome on wraps. Add cut strawberries and almond butter for a tasty treat. Almond butter is allowed at most schools but just double check to make sure.
4. Egg and lettuce  
Take two boiled eggs and add some mayo. Mash together with a fork until eggs become creamy. Add the creamy egg to the wrap and add lettuce or spinach.
5. Banana, seed (tahini) or nut butter (almond) and honey  
Tahini is a great alternative to peanut butter and high in vitamin B and other essential minerals. Putting it with banana and honey will have your child asking for more.
6. Avocado and nutritional yeast (dairy free cheese)  
If you have a child who loves plain wraps and you want to add some extra vitamins and protein sneak in a bit of nutritional yeast (deactivated yellow flakes of yeast). People who do not eat dairy often use it for its cheese flavouring. Trust me, your child will love it.
7. Hummus and cucumber  
Hummus is a great dairy free protein source in the lunchbox and tastes great with cucumber or lettuce. Buy or make hummus with added vegetables to give your kids an extra vegetable boost.
8. Tuna salad  
Combine tuna and mayo in a bowl until it becomes a creamy mix. Add it to a wholemeal wrap and add whatever vegetables appeal to your child, like grated carrot and lettuce.
9. Ham wrap  
Sometimes simple is often the best. Add good quality sliced ham, cheese (Jarlsberg is yummy), grated carrot and mayonnaise. This combination will always win the kiddies.
10. Bean sandwich wrap  
Add avocado or guacamole to help hold the wrap together, plus cooked rice, black beans, and shredded cheese. Yum!







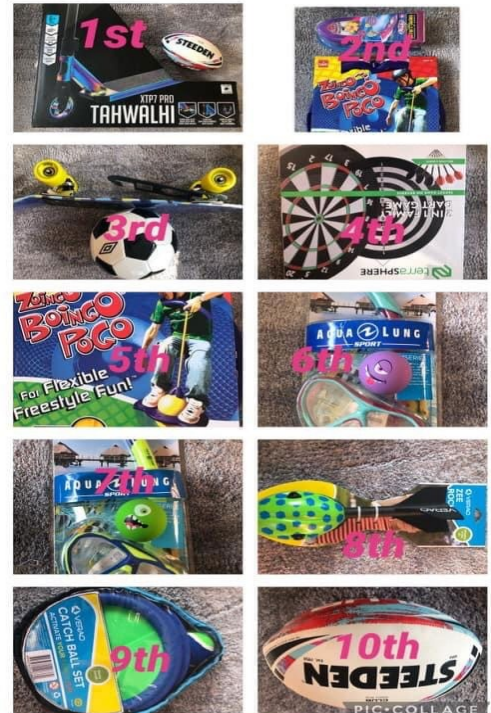
to Kate (Sofia and Avas mum) from Bonville Landscaping and Nursery for the native plans, herbs and vegie seedlings for our garden.

## P&C RAFFLE

Roll up, roll up and get your tickets now!

The Repton P&C are holding their annual Rebel sport raffle to raise money for a multi-purpose sports wall. Our lucky children will be able to enjoy an even wider range of sporting activities during their day. Prizes include: oil slick scooter, footballs, Zoingo Boingo pogos, darts board and snorkelling equipment to name a few.

Tickets are \$1 , prizes will be drawn Wednesday 16th June week 9 (*if you would like more tickets, they are available from the office*).



‘Share Our Space these hols! Our grounds are open to the public. Come enjoy, and share your happy snaps!’

Share our Space will be operating from Monday 28<sup>th</sup> June to Friday 9<sup>th</sup> July 2021 from 8.00am to 5.00pm, including weekends and any public holidays.

**Book Club due Wednesday 9<sup>th</sup> June, 2021**

## INVITATION TO ENTER STUDENT ART COMPETITION FOR THE OCEAN

Primary and high school students are invited to participate in the 2021 'Litterarty' Waste-Art competition to win prizes and a chance to exhibit at the annual Volvo Ocean Lovers Festival, set to be staged at Bondi Beach from November 25<sup>th</sup> to 28<sup>th</sup> this year.

Works can be entered for free from Early Stage/ Stage 1 to Stage 6 categories in mediums including sculpture, 2D, assemblage, mixed media and collage using litter saved from entering the ocean. Free entry opens from Term 2, 2021, with concepts and digital online submissions due by the end of Term 3.

Selected entries will be invited to submit physical works for exhibition in Term 4 by October 29<sup>th</sup>. A judging panel including award-winning environmental artists Marina Debris and John Dahlsen will judge finalists works to be exhibited in Bondi for the Volvo Ocean Lovers Festival of Ideas, Art + Music and Actions for the ocean.

Go to <https://www.oceanloversfestival.com/litterarty> to fill in the easy entry form and view competition guidelines plus an [online exhibit of past finalists and winners](#). Register your interest to have your class attend free ocean science workshops at the festival and receive educational materials about ocean literacy and waste impacts from the Australian National Maritime Museum. Email request to [hello@oceanloversfestival.com](mailto:hello@oceanloversfestival.com).

The Bondi Volvo Ocean Lovers Festival is supported by Waverley Council and schools will be able to showcase their environmental credentials, get teaching resources, win prizes and involve students in excursions to the festival where they can use underwater drones, join tailored age-appropriate workshop modules, view artworks and a science installation created by Volvo and the Sydney Institute of Marine Science at the famous Bondi Icebergs Pool.

Find out more about the Ocean Lovers Festival here: [www.oceanloversfestival.com](http://www.oceanloversfestival.com)



*Anita Kolni*  
Founder

VOLVO



STEM UP Term 3 Module  
Enroll for Term 3 About Us

After-school STEM! For primary and secondary-aged students who want to explore robotics, electronics, computing and programming, aerospace engineering, architecture and so so much more!

**Location:** Bellingen Youth Hub Training Room  
**When:** Monday and Wednesday afternoons

### STEM UP TERM 3 TIMETABLE

MONDAY	WEDNESDAY
3:30 PM - 5:00 PM STAGE 1 (Ages 6 - 8)	3:30 PM - 5:00 PM STAGE 2 (Ages 9 - 10)
5:30 PM - 7:00 PM STAGE 3 (Ages 11 - 12)	5:30 PM - 7:00 PM ADVANCED (Ages 13+)

The ages listed are a recommendation only. Once your child commences STEM UP, we can work together to figure out where they are best suited to get the most out of the program.

Each session, we spend 90 minutes exploring STEM!  
Science, Technology, Engineering, and Mathematics  
We solve modern-day problems, build really cool stuff, and do the fun things we never get time to do at school.  
Every week we need to get creative and think outside the box! Opening their minds and potential for the jobs of the future! For an outline of what's ahead in Term 3, click here!

### STEM UP TERM 3 PRICE LIST

WEEKLY	TERM UPFRONT
\$25 per week	\$200 for 10 week term

## BEGINNER GROUP CELLO LESSONS

A fun and affordable introduction to music learning on one of the world's most beautiful instruments

Music is a more potent instrument for education than any other ~ Plato

**\$18 per lesson**  
**Tuesday afternoons from 5 & 5:30**  
**Ages 7-10**  
**30 minute lessons**  
**Free cello hire for the first term**

COFFS HARBOUR  
**REGIONAL  
CONSERVATORIUM**

## CANTEEN ALL DAY MENU

Athletics Carnival Friday 4<sup>th</sup> June



Sausage Sandwiches \$2.50

BLT \$4.00

Poppers \$1.00

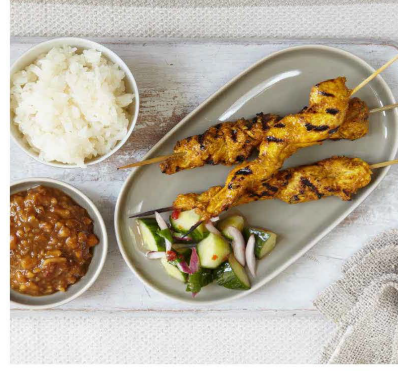
Frozen quelch sticks 50c

A selection of muffins, cakes and other treats !!!!!



# chicken satay friday mylestom oval

ALL WELCOME 11AM-1PM



This Friday, June 4th, Repton School P and C will be holding a satay chicken street food stall at Mylestom Oval, to coincide with their athletics school carnival.

**Authentic Malaysian Chicken Satay**  
**served with rice and quick pickled salad. \$8**

**OPEN TO THE PUBLIC**

Stop in for a bite and help our fundraising endeavours!

From 11am to 1pm.