

Wednesday 9<sup>th</sup> August, 2023

# Repton Public School

Newsletter – Term 3 Week 4

**Website:** [www.repton-p.schools.nsw.edu.au](http://www.repton-p.schools.nsw.edu.au)  
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**T:** 66554201  
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## Principal's Message

Mindful Mondays: This week on Monday morning we began our day by practicing mindfulness. Mindfulness is about paying attention to the present moment with openness, curiosity and without judgement. We use mindfulness to reduce worries, anxiety and distress creating a sense of calm. We learn how to relax and regulate our emotions listening to our bodies. It helps to improve concentration and increase productivity, develops a sense of empathy and connectedness. We will continue this practice every Monday.

Gross Motor: Our students enjoy our daily fitness and gross motor program which starts our morning with active healthy lifestyle choices. Making sure your child arrives to school on time will help them complete these programs.

Book Fair: Beginning Week 6, our Book Fair will be in the library. Students can create wish lists and purchase books after the parade through to Friday. This fundraiser helps our school library buy more books and keep our students engaged in reading. Don't forget to think about a costume!

Writing: Does your child get bored when you go out for dinner or to a café? Ask for a device to keep them entertained? Why not take a notebook and pen with you and ask them to write a story or describe what they see, hear, smell or taste! Then they can draw a picture. Teachers are happy to see extra work shared between home and school.

Illness: We have had a lot of students with illness at the moment and appreciate those who can contact the school to keep us informed. Save our school mobile number 0418410913 as text messages are useful.

Gratefully,

Mrs Kristy Glyde  
Principal

## REPTON 2023

### AUGUST 2023

- 14<sup>th</sup> MNC Athletics
- 21<sup>st</sup> Book Week- Book Sale
- 24<sup>th</sup> Book Week Parade/Fair
- 31<sup>st</sup> Father's Day Stall

### SEPTEMBER 2023

- 9<sup>th</sup> P & C Trivia Night
- 14<sup>th</sup> R U Okay Day
- 22<sup>nd</sup> Last Day Term 3
- 26<sup>th</sup> P & C Kids Bingo

### OCTOBER 2023

- 9<sup>th</sup> First Day Term 4

## Thought of the Week

**Mindfulness helps to increase a positive mental wellbeing.**



**K/1 GAAGAL**

In science Gaagal have been learning about how a push or a pull force is what makes things move. To further explore the 'push' force (and have some fun) we designed and built our own mini golf courses out of blocks and paper cups. We used rulers for golf clubs, and we had a lovely afternoon! Great teamwork and problem-solving skills were demonstrated by all.

**2/3 JULUUM**

Learning about the weaving process has been a lot of fun in Juluum this week. We are now creating our own masterpiece to consolidate the process. In writing our class has been learning and applying different sentences in our writing to create interest for our readers. All students are doing a terrific job of writing and then identifying each sentence type. Well done, Juluum!

**4/5/6 BINDARRAY WINDALA**

Our students have returned from their first trip together as a class and are feeling more connected as a class. We have settled back into the classroom and are establishing solid routines for learning and achievement. We have high expectations for engagement and include different approaches for individuals as much as we can. Our class cohesion is important as we learn and work together in all KLA.

**WRITER OF THE WEEK****Gaagal****Reef****Juluum****Arlo****Bindarray Windala****Kacee**

## CAPA



### Garden

The Emu group enjoyed a lovely morning in the garden, initially setting up their own mushroom box before moving outside for some weeding, planting and transplanting. A few eagle-eyed gardeners spotted some mushrooms growing within the more shaded areas of our playground, and we discussed that it is important not to eat mushrooms that we find in the wild. A huge thanks to the Emus for also cleaning off our outdoor tables.

### Music

This week the Kookaburras created riffs and percussion sequences to start the foundation layers of 'Musical Crystals' - a piece entirely made up by the students. This group contributed to the piece from last week and everyone was able to join together in their learning! Our appreciation for music is growing as we can name melodies and follow musical notes to make music. Well done Kookaburras!

### Kitchen

Sweet potato and chickpea curry, coconut rice and rosemary lavosh was the brief in the kitchen this week. Whilst some students were, kneading, pressing, chopping and frying, others ventured out into the garden. Our garden is producing the most amazing crop of herbs and we picked these fresh from the garden to complement the cook. Fantastic work, boys and girls!

## Win Bin Wednesday

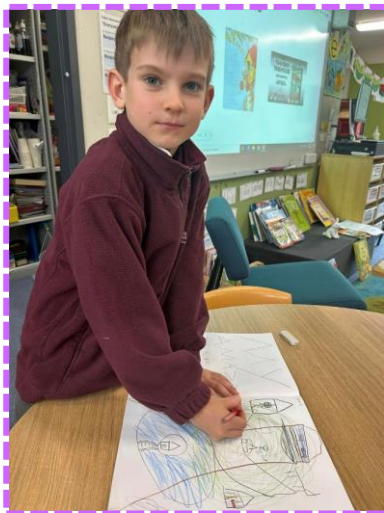
Indi, Jamie, Lilly



**Due to the office being very busy at the end of the day, we are asking parents to advise of changes to going home arrangements by 2:00 pm via email / phone or message. Thank you.**



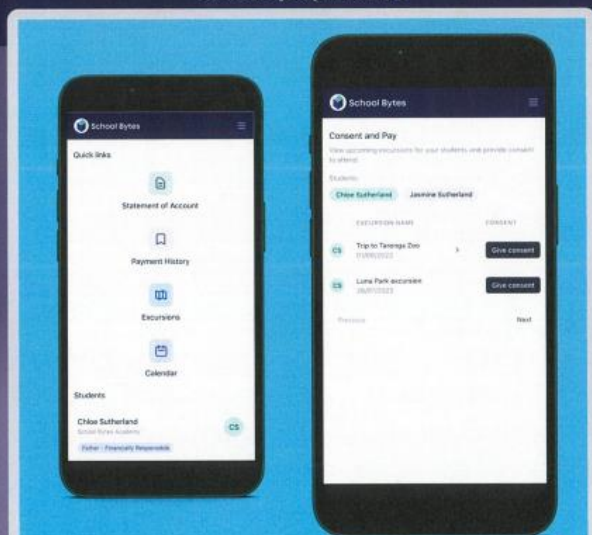
# EDUCATION WEEK





## AVAILABLE NOW!

We are excited to announce our school will be transitioning to a more flexible and simplified way parent/carers can make payments



### The Parent Portal

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history
- Request a refund



School Bytes

AVAILABLE DURING

# TERM 3

Register for the Parent Portal via the QR Code or visit

<https://portal.schoolbytes.education>



## Increased influenza infections within the community:



According to surveillance data compiled by NSW Health, the incidence of influenza infections among people under the age of 16 is rising. As a result, there has been an increase in more young children being admitted to hospital with severe illnesses that require immediate care. Currently, reported cases of influenza in children under the age of 16 account for over 50% of influenza cases.

We must remain vigilant in our practices to ensure we mitigate the potential spread of any respiratory viruses.

**If your child is unwell and has any cold or flu symptoms, please keep them at home.**



# STAR Program

Student Transitions At Repton



**Taking enrolments for Kindergarten 2024 now**



### Our School

Repton Public School provides a positive learning environment which fosters students' academic achievement and supports every child to become a resilient, respectful and responsible citizen. Our school is collaborative, creative and innovative, and we nurture the wellbeing and continuous progress of students and staff to flourish. Mrs Lemmes is the Kindergarten teacher, Ms Vanessa the school admin manager and Mrs Glyde the school principal, whom will all help answer any questions you may have along the way.



### STAR Transition

New students for 2024 are invited to join our school for our Kindergarten readiness program. Please drop your child off and collect them as quickly as possible. Your child will be introduced to a buddy during their visit to help them start school. Please pack your child fruit and water bottle for "crunch and sip". Bring a packed healthy lunch and a hat to play outside for each visit. If you have any questions please call Ms Vanessa in the school office 66554201.



### Dates to Remember:

**Thursday 19<sup>th</sup> October 9am-12pm**  
Parent Orientation – Library 9-10.00am  
New Kindergarten students classroom visit

**Thursday 26<sup>th</sup> October 9am-12pm**  
New Kindergarten students classroom visit

**Thursday 2<sup>nd</sup> November 9am-12pm**  
New Kindergarten students classroom visit

**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)



# Kitchen Recipe

## Rosemary Lavosh

Season: All

Makes: 30 tustes in the classroom  
or 6 serves at home

**Fresh from the garden:** rosemary

This easy-to-make lavosh recipe produces a thin yet satisfying seeded crispbread to serve with your favourite dip, soft cheese or preferred topping.

**Note:** You can use a rolling pin if you don't have a pasta machine. While you can use white or wholemeal flours, the combination of bread flour and leaving the dough to rest (called 'proving') contributes to a lighter crispbread. Any extra dough can be frozen for up to four weeks.

### Equipment:

metric measuring scales, jug,  
cups and spoons  
clean tea towel  
chopping board  
cook's knife  
wooden spoon  
large bowl  
pastry brush  
medium bowl  
plastic wrap  
pasta machine  
baking tray  
baking paper  
fork  
wire rack  
serving platter

### Ingredients:

300 g bread flour  
14 g dried yeast  
4 tbsp olive oil, plus at least 2 tbsp  
extra for oiling and brushing  
½ cup warm water  
salt, for sprinkling  
3 sprigs rosemary, leaves picked  
and finely chopped  
1 tbsp fennel seeds  
2 tbsp white sesame seeds  
1 tbsp black sesame seeds



### To roll and bake the dough:

1. Preheat the oven to 250°C (fan-forced).
2. Fix the pasta machine firmly to a suitable bench, with plenty of room to roll out your pasta.
3. Unwrap the dough and punch in the middle once to knock out some air.
4. Tip the dough onto a clean bench or surface, then knead gently by hand until the dough is smooth and does not stick to your fingers.
5. Roll the dough into a sausage about 30 cm long and cut into three equal pieces. Keep one piece out and fold the others back in the plastic wrap to keep moist.
6. Flatten and shape the dough into a rectangle about 2 mm thick.
7. Pass the dough through the widest setting of the pasta machine, twice. If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
8. Set the rollers to the next widest setting and pass the dough through. Depending on your machine, you may need to repeat this process until the dough is approximately half a millimetre thick.
9. Place the rolled-out piece of dough on a chopping board and cut into even-sized squares or triangles.
10. Place the dough onto baking trays lined with baking paper and prick all over with a fork for a crisp finish.
11. Brush the lavosh with the reserved oil and sprinkle with the sea salt, fennel seeds, white and black sesame seeds and rosemary.
12. Repeat this process with the two remaining pieces of dough.
13. Bake in the oven for about 10 minutes or until your lavosh is golden and crisp.
14. Cool on a wire rack before serving or store for up to three days in an airtight container.



## Sweet Potato & Chickpea Curry

Season: Winter/Spring

Type: Soups & Starters

Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** chilli, coriander, garlic, ginger, onions, sweet potato

**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

Sweet potato makes a tangy, sweet curry that goes well with flatbreads and rice.

### Equipment:

tea towel  
chopping board  
kitchen knife  
wooden spoons  
colander  
measuring spoons  
measuring cups  
small pot  
large pot

### Ingredients:

6 sweet potatoes  
4 onions  
8 cm knob ginger  
12 garlic cloves  
1 chilli  
1 tablespoon vegetable oil  
2 × 400 g cans tomatoes  
1 × 400 g can chickpeas  
1 cup coconut milk  
4 teaspoons cumin  
2 teaspoons ground cardamom  
2 teaspoons turmeric  
4 cloves  
2 teaspoons garam masala  
handful coriander  
salt  
pepper

### What to do:

- Peel and chop the sweet potato into 2 cm cubes. Blanch for 5 minutes, then drain in the colander.
- Roughly chop the onions. Finely chop the ginger, garlic and chilli.
- Heat the oil in the large pot, and add the sweet potato, chopped onion, garlic and ginger.
- Add chilli, salt, cumin, ground cardamom, turmeric and cloves. Stir over heat for 1 minute.
- Add tinned tomatoes and chickpeas. Season to taste.
- Cover and simmer on low heat for 20 minutes (stir occasionally)
- Add coconut milk, stir and simmer for another 5 minutes.
- Chop the coriander roughly, sprinkle over the curry simmer for another 2 minutes. Serve hot.



**COLLECT  
DISNEY CARDS @ WOOLIES**

**If you have any extra cards, please donate them to school.**

# HEALTHY LUNCHBOX IDEAS



## What's inside?

- Chicken and lettuce sandwich on wholemeal bread
- Carrot sticks
- Apple
- Yoghurt tub
- Water



## What's inside?

- Corn thins
- Boiled eggs
- Cucumber slices
- Banana
- Cheese slices
- Water



## JOIN THE FUN!

Coffs Coast (Girls Satellite) Auskick Centre

WEDNESDAYS from 16th August – 13th September

Leisure Park East (Hockey Fields) Phil Hawthorne Drive, Coffs Harbour - 4.30pm – 5.30pm

The cost of \$55 includes an all female lead weekly session for 5 weeks of fun games and skills plus a personalised AFL pack (including a football, footy cards, and lots more)

RESERVE YOUR SPOT BY REGISTERING & PAYING ONLINE – SCAN THE BELOW QR CODE TO START

More Information Required? Contact AFL Young Leader Emily on 0477107627 or email [emily.sutherland@afl.com.au](mailto:emily.sutherland@afl.com.au)



[play.afl/auskick](https://play.afl/auskick)

VALLEY BRAVES BASKETBALL

# LITTLE WARRIORS



**INTRODUCTION TO BASKETBALL**

Great program for beginners  
under 12 years old

**MACKSVILLE HIGH SCHOOL**

10 AM - 11AM

- 20TH & 27TH AUGUST
- 3RD, 10TH & 17TH SEPTEMBER

**\$70**

INCLUDES A BASKETBALL TO KEEP  
AND PRACTISE WITH AT HOME

[Register Here](#)



INQUIRIES: [ADMIN@VALLEYBASKETBALL.COM.AU](mailto:ADMIN@VALLEYBASKETBALL.COM.AU)



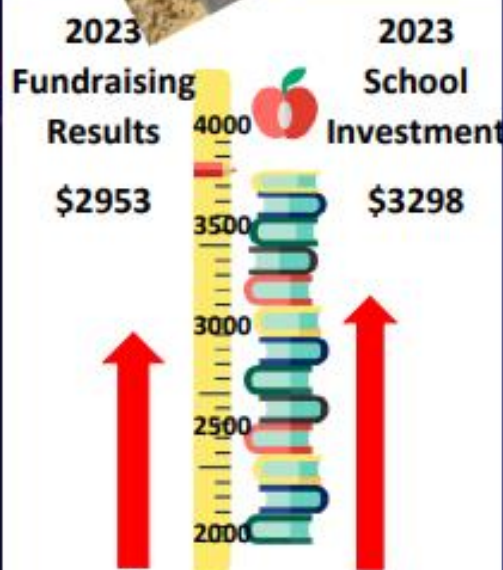
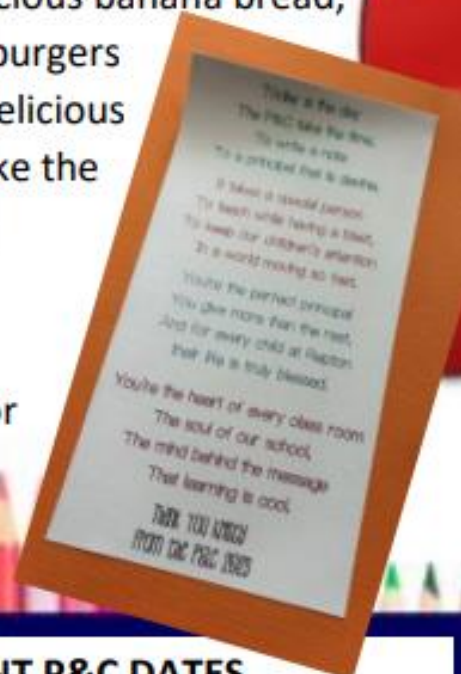


# P&C News

Last week, Education Week was celebrated across NSW schools and this coincided with Primary Principals Day on Friday 4 August.

The P&C took the opportunity to say thank you to Mrs Glyde for her dedication to our students. She exceeds well beyond any expectations of her role. Mrs Glyde and her family attend and participate in all P&C events from baking delicious banana bread, making the best bacon and egg burgers EVER through to Auntie Leslie's delicious pickles. It would be easy to make the mistake of thinking that Mrs Glyde was a parent P&C member.

Thank you for all you do for the students and the P&C.



## IMPORTANT P&C DATES

### August

Wednesday 9<sup>th</sup> – **P&C Meeting** at the School Office

### September

Saturday 9<sup>th</sup> – **Trivia Night** at North Beach Bowling Club

Wednesday 13<sup>th</sup> – **P&C Meeting** at the School Office

Tuesday 26<sup>th</sup> – **Kids Bingo** at North Beach Bowling Club

### Term 4

Date TBC – Colour Run

Date TBC – Summer Movie Night

Have you got an idea for the P&C?  
Email us at [reptonpandc@gmail.com](mailto:reptonpandc@gmail.com)