

Wednesday 13th March 2024

Repton Public School

Newsletter – Term 1 Week 7

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Principal's Message

Resilience: Resilience is the ability to bounce back after challenges and tough times. Some challenges we may not be able to face and as difficult as it may be to endure these pressures, there are ways we can build strategies despite them. We support our students to try new things, speak up and face failures. Every mistake is an opportunity to learn. Every anxious new experience is a chance to make a new memory. If we focus on the big picture and build a loyal team, then together we can work on achieving our goals.

NAPLAN: This week our Year 3 and 5 students will participate in the NAPLAN assessments. We hope they learn new strategies to support their learning in these conditions. We will support students' wellbeing throughout this time and create safe and supportive learning environments and check-in with food and beverages to provide stamina during this time.

Literacy: Early literacy can be developed and supported in partnership with home and school. Especially in the outdoors! Children develop communication, language and literacy skills through interaction, conversation and play with others. The outdoor environment facilitates active and social play, where children practise speaking and listening to each other and act out roles that involve reading and writing. Outdoors, students get to feel things for themselves — the heat of the sun resting on their shoulders or the sound of birds singing in the trees — that they can funnel into their own storytelling. If you would like to know more about how to support your child's literacy at home, reach out to our amazing teachers.

Have a great day,
Mrs Kristy Glyde,
Principal

MARCH 2024

- 20th River Watch Day
Orama Years 5 & 6
- 21st Harmony Day
(wear orange)
- 13th - 25th NAPLAN
- 28th Easter Hat Parade
- 29th Good Friday

APRIL 2024

- 1st Easter Monday
- 2nd World Autism Day
- 5th NRL Gala Day
- 11th Cross Country
- 12th **COLOUR FUN RUN**
Last Day Term 1
FUN DAY !
- 30th First day Term 2

Thought of the Week

*Every day,
in every way,
I'm getting better
and better.*



GAAGAL Kindy



Play is an important part of life for kindergarten students, and we play in class most afternoons. It is a wonderful chance for students to make connections with their peers, solve problems, experiment, use their imaginations, be creative and have fun. The equipment and activities change daily, and students have an opportunity to build, paint, play with playdough, do puzzles, colour in, and be happy, creative, imaginative people. At the end everyone helps to pack up and put everything away.

1/2 JULUUM



This week in Juluum we have really enjoyed learning through the focus text 'A Bag and a Bird'. We have looked closely at sentence and narrative structures and created some fabulous sentences ourselves! In the book, John and his mother went for a long walk over the Sydney Harbour Bridge so.....we did as well through our beautiful art. Learning about Ken Done's style of simple and colourful, students drew, painted, and added detail to their own Sydney Harbour Bridges. Simply amazing, Juluum!

3/4 BINDARRAY



What a week Bindarray have had! We celebrated the completion of our Fantastic Mr. Fox unit by watching the movie on Friday afternoon. We were then able to draw comparisons to the text and were quite surprised as to how many differences there were! We have continued to enjoy our measurement unit in maths, learning how to calculate perimeter and to identify various quadrilaterals.

5/6 WINDA



Winda have had a busy start to the week! In English we have been looking at narrative resolutions and identified some techniques that were used for resolutions in popular films. We held our first daily review in maths to help solidify our foundational maths skills. In science we looked at how we separate materials to reduce e-waste. Next, we will be creating infographics to educate others about how we can better recycle our old electronics. Finally in art we have looked at how we can manipulate different elements of a landscape scene to create our own unique landscape.

WRITER OF THE WEEK

Gaagal



Oscar

Juluum



Jamie

Bindarray



Oliver

Winda



Edward

CAPA



Garden

The Platypus group planted seeds during their previous lesson. This week they completed drawings after observing the results from their plantings in the vegetable gardens. There were quite a lot of happy faces from those whose seeds germinated and grew successfully! Some students replanted seeds and will wait and see what happens. Students who were absent last week had a chance to sew seeds as well.



CAPA

This week we held our first art lesson in the Creative Arts rotation. As Easter is fast approaching our aim was for everyone to create an Easter wreath using egg shapes. The Emus created eight different designs for each of their eggs using coloured pencils, textas, watercolours, fine line markers and paints. Our eggs were assembled into a wreath shape and finished off with the addition of bunny ears on top. Well done Emus for making such creative Easter wreaths!



Kitchen

There was a rainbow of colours in the kitchen this week as we welcomed Miss V back with a fruit salad style Master Chef challenge! Our students were tasked with planning, designing, and creating their own fruit platters, with a particular focus on pattern. This allowed students to practice their knife skills as they chopped, diced, and sliced a huge variety of fruits. Their completed designs looked almost too good to eat!



To celebrate Harmony Day, we will be having a shared multicultural lunch at 11.20 am and we welcome family and friends to join us. We encourage all students to bring along a plate of food to share from a different culture.

A poster for Repton Public School's Colour Run event. The background is a colorful, abstract splash of paint in shades of blue, yellow, orange, and purple. The text 'REPTON PUBLIC SCHOOL' is in large black letters. Below it, 'LAST DAY FUN DAY' and 'FRIDAY 12 APRIL' are in black. '1PM START' and '\$5 ENTRY' are in large black letters. 'WE INVITE FAMILY TO JOIN US FOR THE AFTERNOON OF FUN' is in black. 'BRING ALONG YOUR OWN WATER THROWING DEVICES TO JOIN IN THE FUN' is in black. 'THIS EVENT IS PROUDLY SUPPORTED BY THE P&C' is in black. The word 'COLOUR RUN' is written vertically in large white letters on the right side.

REPTON PUBLIC
SCHOOL
LAST DAY FUN DAY
FRIDAY 12 APRIL
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WE INVITE FAMILY TO JOIN
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BRING ALONG YOUR OWN WATER
THROWING DEVICES TO JOIN IN THE FUN
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COLOUR RUN



Win Bin Wednesday

Congratulations
**Chloe, Archie, Axel &
Florence**

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Do you let your kids amaze you?

"I'm amazed at what children CAN do when given the opportunity and encouragement. I love the pride, confidence and sense of purpose/pleasure in contributing, each new skill achieved brings. The smiles are awesome too."

A mother left this comment on our Facebook page recently in response to our post: "What would be the impact if you did less, not more for your children?"

Lovely answer!

It got me thinking that the joy that this mother took from watching her children develop independence was no accident. Her parenting style played a large role in her children's independence. All power to her and her parenting style!

I've long believed that adults are the gatekeepers for children's independence.

We open the gate to independence when we give children opportunities to develop self-help skills (carry their own schoolbags, get themselves up in the morning, tidy their own rooms); provide them with real responsibility (feeding pets, setting the meal table and preparing meals) and give them autonomy to make some of their own decisions (choosing clothes within limits, following own interests, making choices about pocket-money spending).

We close the independence gate when we do too much for children (tidy their toys away, pack their schoolbags, make simple snacks); rescue them from learning opportunities (take forgotten lunches to

school, sort out their friendship problems, pay their library fines) and neglect to build scaffolds to independence (such as help them make their bed, walk half way to school, teach them to ride public transport).

It's a quirk of parenting that many children think they are older than they are, and parents think their children are younger than they are. We underestimate children's abilities to the detriment of their development.

Are you an opener or closer of the gate to children's independence?

Think of independence as a continuum with opening the gate and closing the gate at either end. If your parenting is more at the closing end then look for ways to move down the continuum towards independence building. My advice is to make small adaptations to your parenting. For instance, start with a child making their own snacks before moving to helping you to prepare a meal. But first you need to develop a mindset for independence building. That means, be on the lookout for opportunities for children to do things for themselves.

As many readers will know I firmly believe that the job of parents is to make ourselves

redundant from the earliest possible age of a child's life. That means, that our interactions with kids have an endgame in mind – we want our kids to be able to stand on their own two feet physically (don't we get a kick out of them walking for the first time!), emotionally (with support, of course) and to navigate their world without being reliant on others.

There is no better feeling as a parent than watching your child beam with joy and pride when they've mastered a new skill, overcome a challenge or conquered a fear. It's those times that make parenting so worthwhile. Those awesome smiles won't happen by accident. They require a parenting style that gives kids a chance to be independent; that encourages them to be brave and offers them the safety net of emotional support when life throws them curve balls. Why not try it? Give your kids a chance to amaze you.

If the idea of promoting real independence in kids enthralls you then join me at ParentingIdeas Club where we meet in and week out I'll show you how to raise kids that will amaze you. Find out more.

Michael Grose

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

CALM is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

ACCEPT your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

CHALLENGE the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

ENCOURAGE your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join ParentingIdeas Club today at parentingideasclub.com.au. You'll be so glad you did.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

Bellingen Netball Association



REGISTER ONLINE NOW

@PLAYHQ.COM



Search Bellingen Netball – click register – choose age group – add details

We play locally every Saturday at Connell Park on our **NEW COURTS!!** Season starts after School Holidays- May 4th

Training clinics available Saturday 6th & 13th April

Net Set Go: Kinder to Yr 2 (1pm + training optional)

Junior: Yrs 3&4 (1pm + training Tuesday 4pm)

Intermediate: Yrs 5&6 (1pm + training Tuesday 4pm)

Seniors: High Schoolers, Ladies & Men (2pm)



Contact bellingennetball@gmail.com or like us on Facebook @Bellingennetballclub



COME AND JOIN US!
MONDAY AFTERNOONS
4.30PM TO 5.30PM
11 MARCH TO 25 MARCH
TOTALLY FREE!

SCHOOL AGE SKILLS CLINIC!

Coffs Harbour Hockey Complex

New to field hockey? Thinking about diving into team sports for 2024? How about grabbing a stick and scoring those goals with style?

Participants will:

- Learn the rules of field hockey
- Learn fundamental hockey skills such as dribbling, passing, receiving and tackling
- Meet accredited and professional coaches
- Have a blast!



Enquiries to juniormcommittee@hockeycoffscoast.com.au



P&C News



Thanks to everyone that attended the P&C meeting last night.

It is always great to hear from Mrs Glyde about some of the nitty gritty in leading this amazing school and how we can get involved and help.

We also discussed our FUN-draising schedule for 2024.

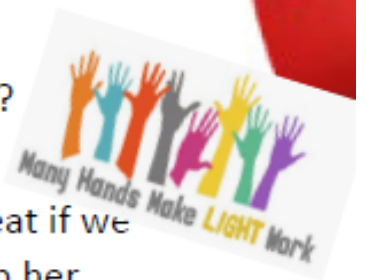
Most excitingly we were able to lock in the date for our **Colour Run**, to be held on **Friday 12 April, last day of term FUN DAY**.

The **Colour Run** will start at 1pm and we invite any family and friends to join us for the afternoon. The P&C will support the event with a small entry fee required to help contribute to the costs.

How else you can help 😊

Do you have any time on a Friday to help in the canteen?

Michele works tirelessly to stock, cook, and work every Friday for the students to enjoy canteen. It would be great if we could help her by donating a few hours or even just keep her company. Please contact Miss Vanessa in the office for more details on how you can lend a hand.



IMPORTANT 2024 P&C DATES

Term 1

Colour Run – Friday 12 April

Kids Bingo – Tuesday 16 April

Term 3

Mini School Fete

Father's Day Craft Stall – Thursday 29 August

Local Govt Election Bake Stall – Saturday 14 September

Term 2

Movie Night at Mylestom Hall

Mother's Day Craft Stall – Thursday 9 May

Term 4

End of Year Events

Have you got an idea for the P&C?

Email us at reptonpandc@gmail.com

