



Rynfield Primary School



Issue No: 35

Monday, 23 October 2023

Term 4 (10 October – 13 December)

NEWSLETTER

Dear Parents, Learners and Friends

We enjoyed an incredibly exciting Inter-House Athletics on both Tuesday and Thursday. A total of 11 records were broken, which, once again, reinforces the wonderfully talented children we have at RPS. The overall results were :

1 st	-	Livingstone
2 nd	-	Rhodes
3 rd	-	Stanley

Jnr Victor Ludorum - Troy Grobler

Jnr Victrix Ludorum - Leanne Jiri

Snr Victor Ludorum - Logan Oosthuizen

Snr Victrix Ludorum - Chelsea van Dyk



Best Field Boys - Logan Oosthuizen

Best Track Boys - Kosabo Mahamba

Best field Girls - Emily Higgins

Best Track Girls - Naledi Seema

Spirit trophy - Stanley

Congratulations boys and girls we are so proud of you.

A huge thank you to Mrs Smit, the Sports Department and Staff for an incredibly successful event, which was enjoyed by all.

Good luck to all our athletes for their friendly meeting against Aston Manor on Thursday afternoon.

Go out and do your best and enjoy yourselves boys and girls.

ANNUAL GENERAL MEETING (AGM)

A reminder about our AGM on Wednesday, 25 October @ 19:00 in the School's Hall.

The 2024 budget will be tabled at this meeting, for approval. All parents are encouraged to attend.



BOOK CHARACTER DAY - THURSDAY, 26 OCTOBER



All our Staff and learners are encouraged to celebrate reading by dressing up as their favourite book character, idiom or proverb on Thursday. A letter detailing this exciting event has been sent home.

SWIMMING GALAS

Both the A and B swimming teams swam in league galas last week. Both teams won their respective galas – congratulations.



Best wishes to our swimmers, both A & B teams, for their respective league galas on Wednesday afternoon. Go out and do your best and enjoy yourselves boys and girls.

T-BALL

Our Foundation Phase teams took part in league matches last week.



Grade 1 played Ashbury and won their game.

Grade 2 played Eco - Kids and lost their match.

Grade 3 played Curro Serengeti and lost their match.

Keep giving of you best boys and girls and RPS will be a force to be reckoned with.

SCHOOL FEES

A reminder to those parents who have not paid upfront school fees to please continue paying right up to the last payment in November. The effective running of the School depends, wholeheartedly on committed parents meeting their financial responsibilities. Even though year end is in sight, please don't slack off on your responsibilities, parents.



VACCINATIONS



A reminder that the Department of Health Nurses will be at RPS on **Tuesday, 24 October 2023**, to administer vaccines.

Grade 5 Girls - to receive second dose HPV (as well as Grade 6 girls who were absent previously)

Grade 5 Girls and Boys - Tetanus and Diphtheria

Only applies to learners who have handed in signed consent forms.

RE-ENROLMENT GRADES 2 - 6, 2024

Parents, kindly advise the School should your child not be returning to RPS for the 2024 Academic Year, by 27 October 2023.

This will assist in planning and preparation for the year ahead, as well as assisting families who are on the waiting lists. Notifications should be addressed to admissions@rps.org.za, stating reason for not returning as well as school to be attended next year, in order for Transfer Cards to be issued.



Have a great week

"You can't always control the wind, but you can control your sails."

Anthony Robbins



Mrs L. Cuthbertson

PRINCIPAL

The School with Heart

An I.T enabled School striving towards excellence

Malherbe Street, Rynfield, Benoni



(011) 849 5215



mail@rps.org.za



<https://rps.org.za/>





RPS SPORTS SCHEDULE

23 - 27 October 2023

Date	Event	Details	Venue
Mon 23 Oct	Senior Choir 07:15-07:45	Grade 4-7 learners who would like to try out for the senior choir	Music Room
	A Team Swimming	All Selected A Team Swimmers (Boys) - 06:30-07:30 All Selected A Team Swimmers (Girls)- 14:00-15:00	RPS Swimming Pool
	Middle Distance Training 06:45-07:30	U'7-U'12 Middle Distance Athletes	RPS School Field
	Jnr Sprints 13:30-14:15	U'6-U'8 Sprinters (Top 6)	RPS School Field
	Snr Sprints + Hurdles 14:00-14:45	U'9-U'12 Sprinters(Top 6) + Hurdlers (Top 3)	RPS School Field
	Shot Put 14:00-14:45	U'9-U'13 Shot Putters (Top 6)	RPS School Field
	Field Events 14:45-15:30	U'9-U'12 Long Jumpers (Top 6) U'9-U'12 High Jumpers (Top 6) U'11 + U'12 Discus + Javelin Athletes	RPS School Field
	Grade 1 + 2 T-Ball 13:30-14:30	All Grade 1 and 2 learners who would like to participate in T-Ball	RPS School Field
	Marimba Academy 14:00-15:15	Marimba Academy learners	Music Room
Tues 24 Oct	Junior Choir 07:15-07:45	Grade 1-3 learners who would like to try out for the junior choir	Music Room
	B Team Swimming 06:30-07:30	Selected B Team Swimmers	RPS School Pool
	Middle Distance Training 06:45-07:30	U'7-U'12 Middle Distance Athletes	RPS School Field
	Jnr Sprints 13:30-14:15	U'6-U'8 Sprinters (Top 6)	RPS School Field
	Snr Sprints + Hurdles 14:00-14:45	U'9-U'12 Sprinters (Top 6) + Hurdlers (Top 3)	RPS School Field
	Shot Put 14:00-14:45	U'9-U'12 Shot Putters (Top 6)	RPS School Field
	Field Events 14:45-15:30	U'9-U'12 Long Jumpers (Top 6) U'9-U'12 High Jumpers (Top 6)	RPS School Field
	Grade 2 Art 13:30-14:30	Grade 2's	Mrs Peens' Classroom
	T-Ball Training 13:45-14:45	All Grade 3 learners who would like to participate in T-Ball	RPS School Field
	T-Ball Fixtures 14:00-15:00	Selected Grade 1 vs St Dunstan's Selected Grade 2 vs Ashbury	Benoni Northerns
	A Team Swimming 14:00-15:00	Selected A Team Swimmers (Boys)	RPS Swimming Pool
Wed 25 Oct	Senior Choir 07:15-07:45	Grade 4-7 learners who would like to try out for the senior choir	Music Room
	A Team Swimming 06:30-07:30	Selected A Team Swimmers (Girls)	RPS Swimming Pool
	Middle Distance Training 06:45-07:30	U'7-U'12 Middle Distance Athletes	RPS School Field
	League Galas 14:00-16:15	Selected A Team Swimmers for Galas Selected B Team Swimmers for Gala	St Dominic's RPS School Pool
	Grade 1 + 2 T-Ball 13:30-14:30	All Grade 1 and 2 learners who would like to participate in T-Ball	RPS School Field
	Grade 3 T-Ball 13:45-14:45	All Grade 3 learners who would like to participate in T-Ball	RPS School Field
	Jnr Sprints 13:30-14:15	U'6-U'8 Sprinters (Top 6)	RPS School Field
	Grade 3 Art 13:30-14:30	Grade 3's	Mrs Peens' Classroom
	Snr Sprints + Hurdles 14:00-14:45	U'9-U'12 Sprinters (Top 6) + Hurdlers (Top 3)	RPS School Field
	Shot Put 14:00-14:45	U'9-U'12 Shot Putters (Top 6)	RPS School Field
	Field Events 14:45-15:30	U'9-U'12 Long Jumpers (Top 6) U'9-U'12 High Jumpers (Top 6) Selected U'11-U'12 Discus and Javin athletes	RPS School Field
	Marimba Class 14:00-14:30	All learners who want to do learn to play marimba	Music Room
Thurs 26 Oct	Junior Choir 07:15-07:45	Grade 1-3 learners who would like to try out for the junior choir	Music Room
	B Team Swimming 06:30-07:30	Selected B Team Swimmers	RPS School Pool
	Friendly athletics meeting 14:00-18:00	Selected athletes (Grd 1-6)	RPS School Field
	T-ball Fixture 14:00-15:00	Selected Grade 3 vs Maranatha	Benoni Northerns
	A Team Swimming 14:00-15:00	ALL Selected A Team Swimmers	RPS Swimming Pool
Fri 27 Oct			
Sat 28 Oct			

Please note that some of these dates and times are subject to change.



Rynfield Primary School

RPS NOTICES



Rynfield Primary School

PET FOOD DRIVE

RPS is doing a pet food collection for TAG, "The Animal Guardians"

Any donations of cat or dog food would be appreciated – tins / bags, from puppy to adult stage, as well as towels that may be used in their clinic.

Please send donations to
Reception.



Rynfield Primary School

SUPPORT US

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Swipe your MySchool card at any of the following stores:

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EVERY SWIPE COUNTS

The School with Heart 

To advertise:  marketing@rps.org.za

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Rynfield Primary School

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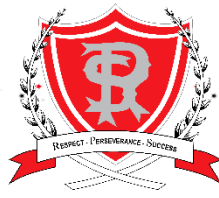


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- ✦ Weight Management and Wellness
- ✦ Chronic Disease and Pain Management
- ✦ Vitality Fitness Assessment

WE ARE MEDICAL AID APPROVED



ZAMANI SNACK PACKS

Main Menu



Snack 48 item
12 Juice
12 Chips R330
12 Biscuit
12 chocolate



Snack 72 item
24 juice
24 chips
12 Biscuit
12 chocolate
R480



Snack 96 item
24 juice
24 chips
24 biscuit
24 Chocolate 4
R650

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RETAILERS AND SUPPLIERS OF
QUALITY SCHOOL WEAR, SPORTSWEAR AND ACCESSORIES

GRAND OPENING

30 Sep 23

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RPS CLASSIFIED ADS

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at
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R550pp

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Corner Malcolm and Davidson Streets, Rynfield, Benoni.
Email- info@yumculinary.co.za | Contact-083 652 9180

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Don't Miss

MISS & MR JUNIOR, LITTLE & TEEN BENONI

4th Nov 2023, 14:00 to 17:00 at
Yummy Bean Cafe

0673389191

WWW.YUMMYBEANCAFE.CO.ZA

Come and enjoy this special event as
Rampage Modelling Agency hosts Benoni's Young Talented youth at this years Junior Mr & Miss Benoni Pageant

R220 pp includes show & small pizza
Cash Bar available

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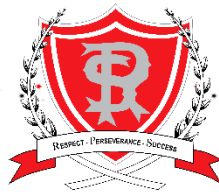
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RAMPAGE
modelling agency

The enrolment form is on the RPS D6 Communicator for downloading purposes if you wish to enter.



RPS CLASSIFIED ADS

Bean @ Cafe Vegetarian Family Dinners from R50

Dinner made easy! We serve healthy, well balanced nutritious meals, cooked freshly everyday with the finest ingredients for your convenience. We also cater for individual diet plans and meal prep.

Find us inside Planet Fitness Northmead Square Benoni

- Call / WhatsApp **078 463 2352** to place your order
- Orders to be placed the day before
- Delivery Benoni suburbs **R30** per delivery
- Delivery Boksburg suburbs **R40** per delivery
- Collection from inside Planet Fitness Northmead Square Benoni
- **October Monthly option R1 140** (per person, payment in advance – Ts & Cs apply no transfer to following month)
- **Half price for kiddies meals** Extra Veg / Starch @ R15
- **Gluten Free** (where available) @ R15



2 October Monday	3 October Tuesday	4 October Wednesday	5 October Thursday	6 October Friday
R52 Coconut Curry with Broccoli, Chickpeas & Sweet Potato served on Basmati Rice	R57 Veggie Baked Tortillas served with Guacamole	R55 Roast Pumpkin and Lentil Salad with Pecan Nuts	R50 Parmesan Orzo with Peas served with Flat Bread	R52 Veggie Pasta bake with peppers, Zucchini & Spinach served with Salsa
9 October	10 October	11 October	12 October	13 October
R57 Moroccan Couscous Salad with spice roasted Cauliflower & Almonds in Lemon Paprika dressing	R57 Spiced Sweet Potato Salad with Chickpeas and Feta & Lemon Vinaigrette	R52 Spinach Mushroom Quinoa Skillet served with Cabbage Salad	R60 Roasted Halloumi with Mediterranean Veggies served with Flat Bread	R50 Vegetarian Lasagne served with Garden Salad
16 October	17 October	18 October	19 October	20 October
R52 Mexican Sweet Potato skins with Guacamole served with grated Carrot Salad	R57 Creamy Broccoli & Cauliflower Stir-Fry with Sundried Tomatoes served with Flat Bread	R52 Cranberry Pecan Sweet Potato Wild Rice Pilaf	R55 Mozarella Pasta Salad with Parmesan Balsamic Salad dressing	R55 Creamy Spinach & Mushroom Gnocchi served with Chopped Salad
23 October	24 October	25 October	26 October	27 October
R55 Vegetarian Biryani served with Onion and Tomato Salsa	R55 Zucchini Chickpea Curry served on Basmati Rice with Chopped Salad	R55 Avocado Quinoa Power Salad served with Flat Bread	R55 Creamy Tuscan Mushrooms & Bow Pasta served with Garden Salad	R57 Veggie Baked Tortillas served with Guacamole
30 October	31 October			
R57 Butternut Squash Casserole served with Rainbow Veggie Salad	R52 Mushroom and Spinach Risotto served with Garden Salad			

Bean @ Cafe Family Dinners from R60

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- Orders to be placed the day before
- Delivery Benoni suburbs **R30** per delivery
- Delivery Boksburg suburbs **R40** per delivery
- Collection from inside Planet Fitness Northmead Square Benoni
- **October Monthly option R1 340** per person, payment in advance – Ts & Cs apply no transfer to following month)
- **Half price for kiddies meals** Extra Meat / Chicken / Fish @ R22
- Extra Veg / Starch @ R15
- **Gluten Free** (where available) @ R15



2 October Monday	3 October Tuesday	4 October Wednesday	5 October Thursday	6 October Friday
R62 Lemon & Feta Chicken served with Veggie Fried Rice	R68 Beef Koftas served with Mash Potato and shredded Braised Red Cabbage & Green Beans	R60 Cowboy Chicken Skillet served on Basmati Rice with Onion & Tomato Salsa	R68 Beef Pot Roast with carrots, potatoes, green beans, & baby corn served with Flat Bread	R60 Broccoli Cheddar Chicken & Pasta Casserole served with Onion & Tomato Salsa
9 October	10 October	11 October	12 October	13 October
R65 Pan Seared Steak in Lemon Butter served with Caramelised Potato Gratin & Garden Peas	R60 Hake in Wine, Basil & Tomato sauce with Basmati Rice and mixed Vegetables	R62 Beef Cottage Pie served with Coleslaw	R62 Chicken Kebabs served with Smashed Cheese Sweet Potato and Onion & Tomato Salsa	R62 Beef Lasagne served with Garden Salad
16 October	17 October	18 October	19 October	20 October
R65 Honey Mustard Chicken pieces served with Mexican Sweet Potato Skins and grated Carrot Salad	R68 Mongolian Beef on Basmati rice served with Cabbage Salad	R65 Roast Pork Tenderloin with Honey Roasted Butternut Squash and Sweet Potato with Cranberries & nuts	R62 Meat Loaf with Gravy served with Corn and Cheddar Mash Potato Fritters	R60 Creamy Chicken, Spinach & Mushroom Gnocchi served with chopped salad
23 October	24 October	25 October	26 October	27 October
R68 Roast Beef and Gravy served with Roasted Potatoes, Carrots & Onions	R62 Lemon Butter Hake fillet served with Tumeric Coconut Rice and chopped Salad	R68 Spinach & Feta Beef Patties served with Avocado Quinoa Power Salad	R62 Chicken Florentine Bow pasta served with grated Carrot Salad	R65 Baked Spaghetti served with Onion & Tomato Salsa
30 October	31 October			
R65 Chicken pieces in Creamy Bacon, Mushroom, Thyme sauce served with Rainbow Veggie Salad	R67 Beef Stew served on Brown Rice with Garden Salad			