



Rynfield Primary School



Issue No: 36

Monday, 30 October 2023

Term 4 (10 October – 13 December)

NEWSLETTER

Dear Parents, Learners and Friends

Parents, unfortunately we did not achieve a quorum for AGM last Wednesday night. Sadly this was the first time in 14 years. The AGM has thus been postponed to Wednesday 8 November 2023 in the School Hall at 19:00. Please make every effort to attend as the 2024 budget will be tabled at this meeting.



SWIMMING INTER-PRIMARY RELAY GALAS



We would like to wish our reigning Ekurhuleni A team Champs along with the 'B' team every success for their respective relay galas this week. Go out and swim like champions boys and girls, we are proud of you.

EXAMS GRADES 4 - 7

A reminder to all our learners in the Intersen Phase that final exams for the 2023 academic year start on Tuesday, 14 November for Grade 7's and on Friday, 17 November for Grades 4 – 6. Study hard boys and girls and good luck.



BOOK CHARACTER / IDIOM DAY

What an explosion of fun, colour and energy reigned at School last Thursday.

Parents, thank you for affording your children the opportunity to dress up. Innovation and creativity ruled the day. What a wonderful celebration of reading at our School. Thank you for the support, parents.

FAREWELL



We bid farewell to Mrs K. Stephen – Grade 6D on Tuesday. Mrs Stephen is immigrating to the UK. We would like to thank her for being an integral member of the Grade 6 team, who will be sorely missed. We would also like to wish her every success in her new venture.

We also bid farewell to Mr S. Mtungwa who retires tomorrow. Mr Mtungwa, one of our GA's, has loyally served RPS since 2007. He has given RPS dedicated service and always did his job with much pride and to the best of his ability. In his spare time Mr Mtungwa was an excellent soccer coach and many Bafana Bafana players passed through his hands at a young age. We wish him health and happiness in his retirement and trust that he will take time to rest and enjoy being with his family. Hamba Kahle Sam.

**RPS congratulates
the Bokke on their
RWC victory.**

We are the champions!



Have a great week




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

30 October – 3 November 2023

Date	Event	Details	Venue
Mon 30 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-Boys Morning	All Selected A Team Boy Swimmers - 06:30-07:30	RPS Swimming Pool
	B Team Swimming Afternoon	All Selected Swimmers – 14:00 – 15:00	RPS Swimming Pool
	Middle Distance Training 06:45-07:30	U'7-U'12 Middle Distance Athletes	RPS School Field
	A Team Swimming-Girls Afternoon	All Selected A Team Girl Swimmers – 13:00-14:00	RPS Swimming Pool
	Jnr Sprints 13:30-14:15	U'6-U'8 Sprinters	RPS School Field
	Snr Sprints + Hurdles 14:00-14:45	U'9-U'12 Sprinters + Hurdlers	RPS School Field
	Shot Put 14:00-14:45	U'9-U'13 Shot Putters	RPS School Field
	Field Events 14:45-15:30	U'9-U'12 Long Jumpers U'9-U'12 High Jumpers 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 31 Nov	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	RPS School Field
	Snr Sprints + Hurdles 14:00-14:45	U'9-U'12 Sprinters + Hurdlers	RPS School Field
	Shot Put 14:00-14:45	U'9-U'12 Shot Putters	RPS School Field
	Field Events 14:45-15:30	U'9-U'12 Long Jumpers U'9-U'12 High Jumpers U'11 + U'12 Discus + Javelin Athletes	RPS School Field
	Grade 1 + 2 T-Ball fixtures 14:00-15:00	Grade 1 vs Curro Senengeti (Field 9) Grade 2 vs St Dunstan's (Field 19)	Benoni Northerns
	Grade 2 + 3 Art 13:30-14:30	Grade 2's + 3	Mrs Peens' Classroom
	A Team Swimming – Boys 13:30 –14:45	All Selected Inter Primary A Team Boys	RPS School Pool
	Grade 3 T-ball Training 13:45-14:45	All Grade 3 learners who would like to participate in T-Ball	RPS School Field
Wed 1 Nov	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 - Girls 06:30-07:30	All Selected Inter Primary A Team Girls	RPS Swimming Pool
	Inter Primary Swimming "B" Gala 14:00-16:15	Selected Inter-Primary B Team Swimmers	Pinnacle College
	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
	Grade 2 + 3 Art 13:30-14:30	Grade 2 and 3's	Mrs Peens' Classroom
	Marimba Class 14:00-14:30	All learners who want to do learn to play marimba	Music Room
	A Team Swimming 13:30 – 14:45	All Selected Inter Primary A Team Swimmers	RPS Swimming Pool
	Junior Choir 07:15-07:45	Grade 1-3 learners who would like to try out for the junior choir	Music Room
	Grade 3 T-Ball 14:00-15:00	Grade 3 vs Woodlands (Field 8)	Benoni Northerns
Thurs 2 Nov	Inter Primary Swimming "A" Gala 14:00-16:15	All Selected A Team Swimmers	St. Dominic's School
Fri 3 Nov			
Sat 4 Nov			

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



Rynfield Primary School

RPS NOTICES



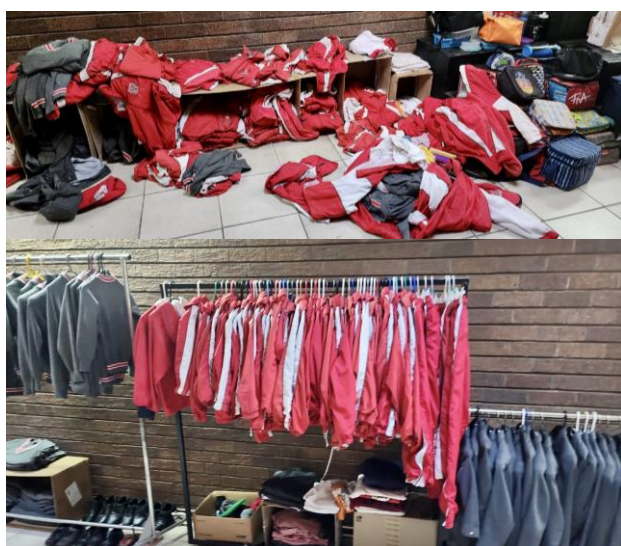
Rynfield Primary School

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.



LOST PROPERTY

A huge bouquet of thanks to Dee-Anne Baird for her assistance in keeping the Lost Property organised for our learners.

If your child is missing any items, please encourage them to check lost property. Parents please ensure your child's items are clearly labelled.

The School with Heart

To advertise: marketing@rps.org.za

011 849 5215



Rynfield Primary School

RPS CLASSIFIED ADS

RocoMamas
OAKFIELDS | 010 109 5136



Just Labels

ORDER ONLINE

clothing and stationery labels



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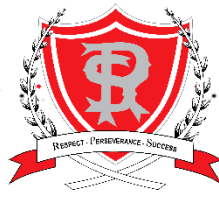


RETAILERS AND SUPPLIERS OF
**QUALITY
SCHOOL WEAR,
SPORTSWEAR AND
ACCESSORIES**

GRAND OPENING 30Sep23

43 DAVIDSON STR,
RYNFELD
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Stockists of:
Benoni High School,
Rynfield Primary School
Laerskool Rynfield



RPS CLASSIFIED ADS



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Services offered

- Childhood Skills and Development
- Postural Correction
- Strength and Conditioning
- Sport Specific Training
- Injury Rehabilitation
- 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
12 Biscuit
12 chocolate
R330



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



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

0715670446 Zanele

JING 6TH FLOOR ROOM 627B





RPS CLASSIFIED ADS

Bookings open for
YEAR END
Functions
at **yummy**
culinary

Team building

Mystery box

R550pp

BOOK NOW!

0836529180

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



SUNDAY

19

NOV, 2023

FREE ENTRY

10AM TO 2PM

WE INVITE YOU TO CELEBRATE

Christmas

AT THE YUMMY BEAN CAFE

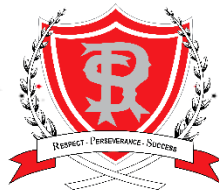
Market

**DONT
MISS OUT:**

- Vita Vida Health and Wellness
- Golden Rose - Make Up
- Soul - Natural Products
- GiaFae - Ladies Exclusive Fashion Boutique
- Mimz Creations - Custom clothing
- Succulent Sisters
- Annies Crouchets
- Always Wanted - Macrame Jewellery
- Helenova "A Food Journey"
- Dr Asha and Alternative Healing
- The Victorian Secrete - Treats
- Human Bean Coffee
- Breath 2 Heal - Hyperbarix
- The Veganary & Dr. Pierce
- Pro Fans Framing and Memorabilia
- Clay Time
- Gnu Bags, and more

**FUN ACTIVITIES
FOR THE KIDS**

0673389191 Corner Miles Sharp and
ADDRESS: Malcolm Street, Rynfield Benoni



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

Dinner made easy! We serve healthy, well balanced nutritious meals, cooked freshly everyday with the finest ingredients for your convenience. Find us inside Planet Fitness Northmead Square Benoni

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- 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			