

# SCHOOL CAPTAIN'S REPORT

## Canberra Excursion

There were so many fun things we did at Canberra like Questacon and the War Memorial. We went to the National Museum first where we learnt about farming, transport and aboriginal heritage. Questacon was probably the most popular outing during all our trip. The sideshow gallery was cool where we went on this Free-fall slide. You climb up stairs and sit on something like a balcony, hang onto a bar and drop and the slide catches you! On Thursday we went to the War Memorial where we saw a picture of Elisabeth and Alexanders Great Great Uncle Neville House who was the first person to get the Victoria Cross. We stayed in a Youth Hostel where we used cards to get into our rooms. The drive was long but worth it to get home and see our family again. Thank you to all the teachers who went to bed very late and got up really early to organise this excursion!

Max Cleversley.

★HAPPY★ ★HAPPY★ ★HAPPY★  
BIRTHDAY! BIRTHDAY! BIRTHDAY!

*Alexander Holcombe*

*turns 8 on October 22nd!*

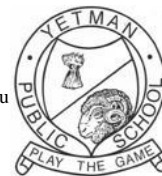


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Week 2, Term 4

# YETMAN PUBLIC SCHOOL

Tuesday, 18th October, 2011

## WHAT'S ON!

**Wednesday 19 October**

State Athletics

**Thursday 20 October**

- Dollarmite Banking
- Active-after School Tennis
- **NO CANTEEN**
- State Athletics

**Friday 21 October**

CANTEEN

**Monday 24 October**

No Active-after School

**Wednesday 26 October**

PPA Conference

**Thursday 27th October**

- Dollarmite Banking
- CANTEEN
- Active-after School Tennis
- PPA Conference

**Friday 28 October**

PPA Conference

**Monday 31 October**

Active-after School Golf

From the Principal's  
Desk....



## State Athletics

This Wednesday and Thursday we have our team of athletes competing in Sydney. Liam is competing in the high jump, long jump and relay, Deuchar is competing in the 800m and the relay and Ted and Charles are in the relay. Good luck to these boys you have done an excellent job to get this far and should be very proud of yourselves.

## Community Thankyou

A huge thankyou to Todd Gaston and Ann and Aaron McMillan for organising and running raffles to raise money for our 4 boys going to Sydney this week to State. Each child will receive nearly \$50 to assist them with travel or sport equipment.

## Piano lessons



Piano lessons have started and we have done our best to accommodate all requests. An invoice for the term will be sent home shortly. There are still spaces available so if you child would like to learn the piano please contact us.

## Week 3

Next week I am away at the Primary Principals Conference from Tuesday and Stacey and Sarah are finishing off their Accelerated Literacy course on Tuesday and Wednesday. Di and Ruth will be taking our classes.

## Canberra

I would like to thank our year 5 and 6 students for being so wonderful while we were away. It was a very busy and tiring excursion but we had lots of fun and saw so many things. A big thank you to Peter Hancock, the principal at Warialda primary for inviting us along. We will have more about the excursion next newsletter.



Charlie Holland has been chosen to visit Stewart House for two weeks. While she is away Charlie will visit many attractions in Sydney. There are many students in my class who wish that they could join her.

# Infants Class trip to Goondiwindi



On the last Thursday of Term 3 the Infants Class jumped onto the community bus and headed to Goondiwindi. When we got there our first stop was at the Ambulance Station. We met Glen and Alena and they told us all about their jobs. They also showed us their flash new Ambulance. Then it was off to a quick morning tea in the park.

Our next stop was the movies to watch the Smurfs. It was a fantastic movie and we laughed a lot! After the movies it was time for lunch at McDonalds! We all got a happy meal and a Smurf toy. Then we headed to the Fire Station where we had a go at the big fire hoses and shown around the station and the truck.

Before we headed home Mrs Sweeney treated us all to an ice cream cone from McDonalds. We had a fantastic day and learnt about the importance of emergency services in our community.

I would like to thank all the children for their fantastic behaviour and Mrs Sweeney for coming with us.

Stacey Nixon



# LADIES HEALTH LUAU BEACH PARTY

**When:** Friday 4th November 2011 from 6:30pm

**Where:** Memorial Town Hall  
Hope Street Warialda

**Why:** To educate younger ladies on a wide variety of womens health issues

**Guest Speakers an a lot of fun topics will cover:**  
Womens Health  
Breast Cancer  
Diet and Exercise

**Cost:** \$10.00

**RSVP:** Wednesday 2nd November 2011

**Christine Connor - Primary Health Care Nurse**  
02 6728 9026 or 0429 783 111

**Dress in your Favourite summery beachy clothes and join in the fun while enjoying a delicious mocktail**

**Prizes for Best Dressed - Beachy themed**

**Complimentary gifts**  
**Lucky door prize**  
**Raffle**  
**And much more**



**Health**  
Hunter New England  
Local Health Network



## OUR ACTIVE AFTER- SCHOOL ROSTER



	MONDAY	THURSDAY
WEEK	GOLF	TENNIS
2 Mon 17 Oct / Thu 20 Oct	Yes	Yes
3 Mon 24 Oct / Thu 27 Oct	No	Yes
4 Mon 31 Oct / Thu 3 Nov	Yes	Yes
5 Mon 7 Nov / Thu 10 Nov	Yes	Yes
6 Mon 14 Nov / Thu 17 Nov	Yes	Yes
7 Mon 21 Nov / Thu 24 Nov	Yes	Yes
8 Mon 28 Nov / Thu 1 Dec	Yes	Yes
9 Mon 5 Dec / Thu 8 Dec	No	No
10 Mon 12 Dec / Thu 15 Dec	Yes	No

Please return your permission forms to the office if you haven't already done so.

## CANTEEN NEWS

Please be advised that our Canteen will be on Friday this week and will be run by Kim Read. Here is another easy healthy treat to make at home with your children...

### Kids Survival Pack

#### Ingredients

1/4 cup popping corn

1/2 cup dried apricots, chopped

1/2 cup dried apple, chopped

1/2 cup sultanas

#### Method

Put the popping corn in a microwave safe dish. Microwave on HIGH (100%) for 4 minutes or cook in a saucepan or electric frypan according to packet instructions.

Stand popcorn for one minute. Mix remaining ingredients into the popcorn. Makes 3 cups.

For more great recipes visit <http://www.gofor2and5.com.au/DataStore/files/pdf/NSW/>



*Shh don't tell them it's healthy!!*

# Yetman Craft & Market Day

Apex Park

Saturday 29<sup>th</sup> of October 9am - 3pm

Markets Stalls include:



jewellery - patchwork - cakes  
craft - books - plants  
bric-a-brac - and more



Cuppa & Cakes

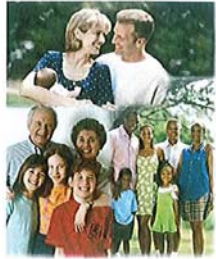


Sausage Sizzle and cold drinks

**Stalls wanted.**

For Info or Stalls (\$10) contact Helga 0412 530 713.

# Family Wellbeing



**Centacare NENW**

will be presenting a **FREE**  
4 week course for individuals,  
couples and parents.

## Topics covered include:

- Communication
- Resilience
- Self-Esteem
- Anxiety & Depression
- Coping Skills
- Problem Solving

**Where:** Centacare NENW  
3/150 Rusden Street, Armidale

**When:** Thursday's the 20th & 27th of  
October & the 3rd & 10th of  
November

**Time:** 10:30am—1:00pm

**Cost:** **FREE**

For more information or to register contact the

Family Mental Health Support Service



on **6762 9270**



## Let's get Physical as Anything!

By COSETTA BOSI and JULIA LANGHAM

4 October 2011

Engaging and approachable ... the Physical as Anything website features the colourful artwork of Reg Mombassa. (Artwork reproduced with permission from REG MOMBASSA.)

Teachers, parents and healthcare professionals have a new, user-friendly website to help them better support school children with a medical, developmental or psychological condition. With its plain-English approach and engaging artwork by the iconic artist and long-term patron Reg Mombassa, Physical as Anything makes finding reliable, up-to-date and useful information easy.

The site taps into more than 50 articles by medical and educational experts covering more than 75 medical conditions from autism and vision impairment to cancer and depression and anxiety. Developed by the department's Curriculum and Learning Innovation Centre (CLIC) and launched last month, it is a joint initiative of the disability programs directorate and the Children's Hospital at Westmead. The site's philosophy reflects the proverb that it takes a village to raise a child. It provides access to information specifically tailored for schools and teachers, parents and carers, and healthcare professionals to help them help students together. Dr Michael Stevens, senior staff specialist in Westmead's oncology unit and the site's editor-in-chief, said physical as anything was the product of years of work and built on resources that previously only existed in hard copy. "We've been building this site since 2007 and it's very comprehensive," Dr Stevens said.

As well as the expert articles, the site contained an A to Z of medical conditions which was endorsed by the department and NSW Health, useful links, videos, fact sheets and other resources to help all involved meet the needs of students.

Dr Stevens added that for schools in particular, the "information contains implications of each condition for a student's education and resources for teachers to assist in providing effective support to these students".

The department's disability programs director, Brian Smyth King, said: "Effective schools work in partnership with students, their parents or carers and other relevant people to support every student's access to education. "This resource gives schools additional support to achieve this so schools are encouraged to share it with parents and carers." Mr Smyth King said the information on the site would be reviewed regularly to ensure it remained accurate and current.

The website can be viewed at [Physicalasanything.com](http://Physicalasanything.com)

(Reprinted from "Side by Side - School News")

# Girl Power Update



In our Girl Power Go project we studied origami, sushi, kiminoes and manga cartoons. We made sushi and I thought it was delicious. Some people had never tried it before and were a bit afraid to try it. We tried chopsticks but some of us had trouble!

Then we tried to make some origami flowers and it was hard. Some were amazing. Then Mrs Weatherall found some Japanese paper and so Sam made some more flowers and they were beautiful!

Some of us (Charlie, Teishi and Chloe) did the manga cartoon. It looks amazing too.



Last we made the kimino and it was really fun. We measured and cut the fabric into eight pieces and then we all sewed it together on Mrs Weatherall's sewing machine. When it was finished we dyed it red. Next we have to make an obi from special fabric Mrs Sweeney found for us and make the accessories.

By Ellen Brennan

