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YETMAN PUBLIC SCHOOL

Week 6, Term 4

Tuesday, 15 November, 2011

From the Principal's Desk...



School Shirts

We are about to do an order for the blue school shirts for next year. If you would like more shirts or you need them for students starting next year could you please contact myself or Vanessa with the size you need and the amount. We are currently investigating if we will be able to purchase these shirts in the cotton so could you please include a preference for cotton or polyester and we will see what we can do.

Sponsor child

We have decided that we would like to sponsor a child through the school. I outlined a plan for this to the P&C yesterday and this is how we thought it could work. The amount needed to sponsor a child is about \$45 dollars a month. This would mean that with our current families it would be \$1 per week per family. As I am trying to teach our students how lucky they are and the important value of giving to those less fortunate it would be great if you could speak to your children about how they can help. Some ideas yesterday were taking the \$1 out of their accounts each week, missing out on an ice-cream on their lunch order or doing chores around the house to earn their dollar. Invoices will be made directly to the students not the parents so that they feel that this is their responsibility. As we originally wanted to sell the eggs to raise money for children less fortunate than us, the school will send eggs home to each family on a rotation basis. If you feel that this is too much for your family to manage please let us know.

What's on at School?

Thursday 17 November

- Dollarmite Banking
- Active-after School Tennis
- CANTEEN

Monday 21 November

- Personal Development Day
- Active-after School - Golf

Thursday 24 November

- Dollarmite Banking
- Book club orders due
- CANTEEN
- Active-after School Tennis

Monday 28 November

Active-after School Golf

Monday 5 Dec - Friday 9 December

Swimming School in Goondiwindi

Friday 16 December

- Last day of school for 2011
- Presentation Night
- P&C Christmas Tree

Monday 19 & Tuesday 20 December

Staff Development Days

Our lovely tree

It has been brought to our attention that our gorgeous shade tree is in fact a noxious weed that has the ability to poison our water supply. We are currently taking steps to rectify this problem but in the interim would you be able to send your children with extra water bottles just to be on the safe side.

Great Aussie Bush Camp

We have booked the whole school into the Great Aussie Bush Camp for the last week of school next year. As this is only a three day week for the students with two days of Staff Development Days we are going to move the two days to other times in the year. The P&C have agreed to this change so the proposed dates for the two days are February the 6th making the first day for students next year Tuesday the 7th of February for years 1-6 and Wednesday 8th of February for our Kindergartens. We will also have a staff development day on the first day back in term 4 which is the 8th of October so students will return to school on the 9th of October.

Year 5/6 Fundraising Day

The year 5/6 fundraising day will be held next Thursday the 24th of November. The day will start at midday and go through until the end of lunch. This is to allow the pre-school children to participate and raise more money for the year 6 fun day which will be held on the last Monday of term.

Swimming Carnival

Next year Yetman is responsible for running the Macintyre Swimming carnival. This will be held on the first Wednesday of Term, the 8th of February and all students who are turning 8 in 2012 are eligible to enter. Parents will be responsible for organising transport to and from the pool. We will need parents to assist us on the day so if you are available could you please let me know.

Presentation Night

Preparations are underway for our presentation night which will be held on the last Friday (16th Dec) of school at the hall. This year we are organising a Christmas raffle and would like every student to contribute to the raffle by bringing in a Christmas gift of about \$10 in value. Please ensure that you stay with the Christmas theme for this raffle. If you have any questions please contact myself or Vanessa.

Cola

In week 9 while the students are at swimming the cola will be covered with rubber and synthetic grass. This was a grant that I applied for from the Premier Sporting Challenge and a donation from the P&C. The grass will be blue with maroon netball courts and gold handball courts. This will make this area much brighter and safer for our students.

Swim School

Thank you to those parents who have already returned their permission notes and money for Swim School. Please contact me if you are having difficulties with the payment.

CANTEEN

Egg-cellent Ideas...

Ham & Egg Muffins

1 slice ham

1 egg

1 English muffin

Cook egg in a ring on a griddle, in a non-stick pan or beat the egg into a lightly greased tea cup and microwave for 30 secs to 1 minute on MED HIGH until set.

Toast the split muffin.

Add egg and ham.

An optional extra could be a slice of reduced fat cheese – melted.

Wrap and serve.



Scrambled Eggs on Muffins

6 eggs

6 tablespoons

reduced fat milk

pepper

chopped parsley (optional)

6 English muffins

Beat the eggs and milk together in a microwave-safe jug.

Add pepper and chopped parsley.

Cook on MEDIUM in a microwave for 2-3 minutes – stirring once during cooking. A lower power level is important to prevent overcooking.

Allow to **stand** for a couple of minutes to firm up.

Toast split muffins.

Serve a spoonful of scrambled eggs on ½ a toasted muffin.



Tips



* When microwaving eggs – pierce the yolk to prevent it bursting.

* Store eggs pointed end down

PUMPKIN PLANTING TIME IS HERE...

Join in the fun of the 3rd Annual Yetman Giant Pumpkin Competition and plant a seed that will hopefully grow into a mammoth pumpkin! Packets of 8 seeds are available from Deborah Hill for \$4. Let's get planting as we need to bring our trophy back to NSW!



Eyra Medical and Skin Clinic

21 Auburn St Moree NSW 2400

Phone 02 67521333

Skin Cancer Checks



A yearly habit

- Have you ever wondered about Australia's high rate of skin cancer?
- Have you experienced sunburn as a child?
- Do you have a fair complexion, and light coloured eyes?
- Do you have a family history of skin cancers (sunspots) or melanoma?
- Are you worried about your skin?

If you answered yes to any of these questions then talk to our receptionist about a longer skin check appointment

Did you know that non-melanoma skin cancers have a range of treatment options?
PDT, cryotherapy, immuno-modulator and cytotoxic agents.



Skin checks, a yearly habit you won't be dying for

Dr Caswell is an established medical practitioner with a special interest in the diagnosis and management of skin cancers.

www.eyramedical.com.au

Bring anything to sell at the...

MARKETS!

4th December @ YETMAN

Jewellery & Books

TOOLS

Sausage Sizzle

Christmas Gifts

Saddlery

PLANTS

Cold Drinks

CAKES

FURNITURE

JAMS

Craft Stalls

Sunday 4th December

9am to 1pm NSW time

\$5/site to cover insurance

Enquiries: Helga Taylor 0412530713

Children need a soft place to fall



As adults, we often get so caught up in our own lives that it's easy to forget the struggles that children face in their daily lives. Whilst we are managing multiple needs, relationships, finances, housework, work and extended family issues, it can be hard to appreciate that a child's world is complex at times as well.

Many times we get to the school gate or the bus stop to pick up our child and we are hurried and stressed, thinking about all we have to do when we get home. We often miss the opportunity of being present in the moment and the non-verbal and verbal cues that children give us about how they are feeling, what their day is like and what they might need from us.

At the end of the day when we greet them there might be a lot of things that our children are trying to process. They might have had an interaction with a teacher that left them feeling bad about themselves, or be confused by how a friend has behaved, or worried that they won't get selected for a team they want to play in. They might have an accomplishment or happy moment that they also want to share with us, as the most important people in their world. The list is endless. Children are often grappling with relationships without skills or understanding about human nature or about their feelings.

Many times children are then greeted at the school gate, asked lots of questions, whisked away to an after school activity, followed by a rushed dinner, homework and bedtime. Increasingly, families have busier timetables and multiple commitments.

It is ironic then that whilst there are increasingly fewer opportunities for us to be really present with children that we need to prioritise spending time just enjoying our children's company, delighting in who they are and not demanding or expecting anything from them.

It is good practice for us as parents to develop an awareness of what stresses and emotions we are managing and to try to put them aside temporarily, as we connect with our child again after school. What a nice welcome it is for a child to walk to the school gate to be greeted by a parent or carer who was happy to see them, interested in them and present. Likewise, we can savour the moments when our children are excited and happy or relieved to see us, after a busy day.

Children often need to reconnect with their parent and receive some comfort after being at school for a long day. This might only take a few minutes, eye contact, a soft face, warm words, a tender touch and focus on what the child is telling you with both the tone and content of their words and also their actions.

After all, it is what all humans need after a day of managing their world.

Some of the additional strategies that may help parents to do this include:

- Parents building awareness of their emotions and expectations. For example, creating a pause or a breather to connect with yourself and your day before collecting your child/ren. This may just be a few minutes on the bus or in the car, doing some deep breathing or listening to music.
- Tuning into and using active listening with your child. This could include reflective statements and creative questions. For example, children will often give a non-committal responses to 'How was your day?' or 'What did you do today?' but may reveal more and respond enthusiastically to 'What was the best thing about your day?', 'What was the worst thing?', 'What was the funniest thing?'
- Helping children develop language to describe their emotions by talking about your own, theirs and others' feelings. For example, using words like worried, happy, sad, angry, disappointed, excited etc.
- Appreciating that we and our children often experience different emotions at the same time.

If you want to talk about your child's behaviour with one of our professional counselors 24/7, call 1300 130052 or visit our website www.parentline.org.au for tips sheets and parenting stories.

Have your say...

You can now have your say on the classrooms of the future. Parents are encouraged to participate in an online survey as part of a comprehensive review of the School Facilities Standards. The standards, developed during the 1970s, outline how school facilities are designed and built. The review will determine the relevance and appropriateness of the standards for teaching and learning in the 21st century. The review will consider:

- changes in the way education is delivered
- technological advances

increased community expectations.

To have your say go to the parent online survey:

<http://www.surveymonkey.com/sfparent>

Toy recycling

With Christmas fast approaching, have you considered donating your youngest child's unwanted toys to charity? Many families feel the pinch over this time and donations to all charities are much appreciated. A new resource for quality used goods is Second Chance Toys (www.secondchancetoys.com.au), an Australia-wide community initiative to rescue and recycle gently used plastic toys by donating them to children in need. Check out the website for more information, or donate at your local op shop, charity or drop off bin.

CANBERRA EXCURSION By Ted Hamilton

In the first week of Term 4 Years 5 and 6 went on an excursion with the Warialda School kids to Australia's Capital city - Canberra. Here are some photos of what we saw...

Governor General's House



Here we are at Ms Quentin Bryce's house right on the lake looking through the flags up toward the Telstra Tower.



Just before we left the Governor General's House we lined up for this shot of all the students on the excursion.

War Memorial



There are some really cool war cars at the War Memorial and they are real. Some even have weapons in them!



Here is a government car up on display in the War Memorial. It looks quite expensive!



At the War Memorial there is a big pool which has a lot of money in it. I really couldn't help myself and I threw some money in!



Sam and Elisabeth are having a good time pushing each other in the air craft.

QUESTACON

The Long Drop which is 6.7 metres high. You hang by a metal bar and let go. Here is Rachael from Warialda not 100% sure if she should let go and free-fall for nearly 7 metres!



CSIRO

There was a cool 3D movie at CSIRO which taught us about germs and parasites.



Here we are looking through microscopes at bugs and animal hair.



Liam having a good time at CSIRO about to figure out some really weird puzzles!

Cockington Green



Liam and I are having a battle over the trains. We each got one and we have a race. Liam's train won in the forward race but I won in the backwards race!

Max found out just how long the paths were around the Cockington Green gardens!



Ellen from Warialda, Sam and Mrs Wood having a laugh at the bowling alley.

Ten Pin Bowling

And the final score is...

	1	2	3	4	5	6	7	8	9	10	17.6K							
TED	-	-	7	6	8	8	19	6	27	27	8 / 3	76						
LIAM	1	4	6	2	9	X	7	X	3	5	3	4	8	1	7	1	123	
LIZZY	1	8	1	8	5	1	7	1	7	X	3	6	6	1	8	8	92	
SAM	6	3	3	6	1	5	6	6	7	2	7	2	8	6	X	5	1	103
MAX	3	6	9	X	5	7	2	7	4	2	6	3	6				86	

LIBRARY NEWS

A big thankyou to the following students who have taken responsibility for various sections of the library. They have undertaken a mammoth task of keeping our resources organised.

Thanks to Chloe, Caitlyn, Kelsey, Louise, Sam, Elisabeth, Ellen and Lily. It is amazing what can be achieved with team work!

Mrs Sweeney

Girl Power Go Report

By Elisabeth Holcombe



On Tuesday the girls from the senior class went to Girl Power in Warialda. We had to choose a country to study. We chose Japan. We made a kimono, some origami, sushi and a garden.

On Tuesday we presented what we learnt about Japan to 10 other schools.

It was hard following the steps for origami. We made ducks, butterflies and Sam made flowers. Lousie and Sam did origami. Chloe and I did kiminos. Mrs Sweeney leant us a child's kimino. Chloe wore that and I wore the one we made.

Ellen and Lily did food. Charlie and Teishi did Manga Cartoon. Louise and Sam did origami.

Thankyou Mrs Weatherall for helping us and buying us all an icy pole!
We had a really good time at Warialda!

