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YETMAN PUBLIC SCHOOL

Friday 9 November 2012

Week 5, Term 4

From the **Principal's** desk...



Macintyre Young Writers

This year we have had some fantastic results in the Macintyre Young Writers awards.

Overall we won 13 awards with two of these being major book prizes. Charles and Charlie were the overall winners for their age groups.

Major award winners : Olivia Dight, Jack Cleversley, Charles Dight, Lily Hamilton, Deuchar Dight, Ellen Brennan, Liam Wood, Elisabeth Holcombe and Charlie Holland (who won two major prizes).

Highly Commended Certificates: Elisabeth Holcombe, Mia Smith, Charles Dight, Alexander Holcombe and Chris Read.

Well done to everyone who entered, I am very glad that it was not me who had to choose the winners as all our entries were fabulous.

WHAT'S ON?

Mon 12-Fri 16 Nov

Yr 10 Students from HSPA visit

Tues 13 Nov

Active After-School Golf

Wed 14 Nov

Macintyre Young Writers Awards

Thurs 15 Nov

-Canteen

-Dollarmite Banking

Mon 19 Nov

Ashford Artist in Residence

Tues 20 Nov

Active After-School Golf

Thurs 22 Nov

-YR 5/6 FUN DAY

-Farewell Sausage Sizzle for Woods Family

-P&C Meeting

-Dollarmite Banking

Fri 23 Nov

Community Health Day

Fri 30 Nov

DISCO NIGHT

Fleming Cup

This year our Fleming Cup team consisted of Liam Wood, Ellen Brennan, Deuchar Dight and Cassie Bailey. All our teams did a great job and I have heard many comments on how much we have improved.

A huge thank you to Kelly Bailey for taking the children to Goondiwindi and supervising them for the day.

Great Aussie Bush Camp

Notes have come home about the Great Aussie Bush Camp and there are some very excited children. We will be the only school there from Wednesday to Friday so the organisers are able to break our students into smaller groups so the older children can have a go at some of the harder challenges if they would like to. Please remember that all money is to be paid by the 1st of December.

School Keys

It has come to my attention that there are a number of people asking to borrow keys to have access to the canteen and sport shed after school. Please remember that access to the school after hours is only by permission from the Principal. If you need to access the school after hours please contact me to organise a key or someone to meet you, as all key holders have been asked not to give access to the school without my permission.

5/6 Fun Day

The 5/6 fun day will be held on Thursday the 22nd of November and will run between recess and lunch. The students have some great activities organised so everyone bring your change. There will also be a disco on the 30th of November at the Hall to raise money for the Year 6 farewell day to be held on the 10th of December.



Swimming

Please return your permission notes and money for swimming as soon as possible. As this is a school program all children are expected to attend. Any family who are experiencing difficulties paying for any school event should contact me. I realise that there is a lot on and Christmas is just around the corner so please do not hesitate to ask for assistance, it is totally confidential and we have funds put aside to help all our families.

Selective High School Placement

The school has information on how to apply for placement into a government Selective High School (yr 7) in 2014. If you are interested in this application please contact the office.

Science Day

Mr Fleming visited Yetman on Thursday to do some hands on experiments with the children. We had a wonderful day and learnt many new things in science. Some of the activities can be done at home so if you find skittles on your shopping lists don't be alarmed. A big thank you to Mr Fleming for the day it was a wonderful opportunity for our students to explore many aspects of science.

Charna

P & C /CANTEEN NEWS

22 November - Sausage Sizzle Farewell for the Woods Family following the Year 5/6 Fun Day activities. This will replace the usual Canteen lunch menu.

A P&C Meeting will be held after lunch. We'd love to see you all there!

CARERS UNITE

ADVOCATE

SUPPORT

EDUCATE

Foster Care
ASSOCIATION
NSW Inc.



Foster Care
ASSOCIATION
NSW Inc.



CARERS UNITE

ADVOCATE

SUPPORT

EDUCATE

COME JOIN US

P.O. Box 895
Raymond Terrace NSW
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Ph.: 024987 1847
Email:
admin@fcansw.org.au

MISSION C.A.S.E

CARERS UNITE- For all NSW foster carers to unite into a powerful collective voice.

ADVOCATE- To advocate on behalf of foster carers & their families, & to form strong working partnerships with government & non- government organisations in support of a quality OOHC system.

SUPPORT- To provide peer support to foster carers, & to assist them to achieve the best possible outcomes for their foster children & families.

EDUCATE - To educate foster carers & raise awareness in the general public of the vital role of foster carers.

VISION

To provide **advocacy, support & information** to carers, that ensures they continue to receive the best support from their NGOs, allowing each child in care to achieve their full potential.

FCANSW welcomes & supports a culturally diverse community of foster carers who come from all different backgrounds & offer a wealth of experience.

What unites us, is the common goal we have in raising this next generation to reach their full potential.

HOW TO JOIN

Go to our membership application link on our website: www.fcansw.org.au.

Or to be posted a membership form contact us on (02) 4987 1847 or email admin@fcansw.org.au

ACTIVE AFTER-SCHOOL TERM 4

13 Nov GOLF

20 Nov GOLF

27 Nov GOLF

4 Dec GOLF

11 Dec GOLF



Macintyre Young Writers

Awards Presentation Evening

Wednesday 14th November 2012 at the

Goondiwindi Regional Library & Lawn

Precinct 5.00pm—7.00pm

Sausage Sizzle and Soft Drinks (small cost)

Goondiwindi Regional Library will also launch it's "Dad's Reading Program" by reading a small selection of winning entries after the Presentation of Awards by Graham Schea.

Bring a chair or rug for a picnic tea.

MELBOURNE CUP 2012



The winner of Fashions of the Field was... everyone! How could we pick just one?!



TWO
WEEKS
AT



by
LOUISE
LEESON

I'd like to tell you about my experience at Stewart House . Ted and I travelled on the train to Sydney and met up with 90 other students at Stewart House. We spent 12 days there and had lots and lots of fun. We stayed in cabins which was great although we had to make our beds every day. The meals were healthy and yum which was just as well as it was quite a trek from our cabin up to the dining room – about 165 steps!

We did a bit of school work as well as things like confidence lessons and learning how to be really good friends.

We went on fun outings like:

- * The South Curl Curl beach for walks and swimming.

There were no blue bottles!

- * Taronga Park Zoo where I loved seeing all the animals and riding on the skyline cable car.

- * The Powerhouse Museum where we saw olden-day transport and a model of the Titanic. We also got to go through a giant spaceship!

If any of you get the opportunity to go to Stewart House in the future I would recommend you jump at the chance as I know both Ted and I got a lot out of it. You won't regret it!!

Fleming Cup Tennis

The 2012 Fleming Cup Tennis Tournament was held at the Goondiwindi tennis courts on the final Wednesday of term 3. It was a wonderful day!

North Star State Primary School, St. Mary's Primary School, Goondiwindi State Primary School and Yetman State Primary School all entered teams.

Local coach Louise Cantwell kept the students busy with a round robin draw.

Louise's amazing mathematical ability and cool head meant that all courts were fully utilised and that we finished well before 3 pm.

Our other local coach, Conor Sloss, ensured that all games had umpires and ran smoothly. Conor volunteered to stay and provide tennis activities after the tournament had ended, much to the childrens' delight!

North Star 1 Team scored 57 points to win the cup and St.Mary's 1 team were the runner's up with 42 points. After 5 consecutive wins North Star is the school to beat!

The Fleming Cup was donated by local tennis enthusiast Jack Fleming in 1968.

When Jack returned to his home town of Goondiwindi after being injured during World War 2, he shared his love of tennis by coaching local children, which culminated in the establishment of an annual interschool tennis tournament.

Jack's niece, Rose Keehn now represents Jack on Fleming Cup day. Rose also has a love of tennis and has volunteered many hours helping with junior tennis. She did a fantastic job this year encouraging players and creating awareness around the history of the cup. It was fascinating to see Rose's photo album and hear her experiences as a long-term Goondiwindi local.

The tennis committee and coaches are really encouraging the renewal of junior tennis in the region. Junior fixtures are held every Monday afternoon during term time for children who can play a set of tennis. There is also a beginners program, called hotshots, available. All are welcome to come down on a Monday and see what is happening. Information regarding tennis coaching is available at the courts.

Finally, thanks to all the parents and teachers who provided a lovely morning tea and helped tidy up the canteen.

Anna Power
Goondiwindi & District
Tennis Club



Representing Yetman: Ellen, Deuchar, Cassie and Liam

Q:

What is the funniest thing you did or said when you were little?

A:

Chris Read: I would call my sister “day” for years as I could not say Chloe properly!

A:

Stacey Allison: I fell asleep eating a full cake.

A:

Chloe Read: I ran into a tree on my little quad. When I was little I’d call any dog a Bullstaffy.

A:

Ellen Brennan: I used to say I want a duddle instead of cuddle, dorsey instead of horsey, and would say “I want to push d button”. I also climbed into the clothes dryer one day!

A:

Lance Allison: Mum asked me what I wanted for lunch and I said a tonka truck!

A:

Charlie Holland: When I was 5 I got a cooked chicken from the fridge, ate everything on it and then hid it beside my bed!

Thanks to the students who participated in the student survey this year. If you have any ideas for the next one please let us know.

Drinks for Hydration

You might think you're all muscle but about two-thirds of your body is made up of water.

Water helps keep your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes. You lose water from your body through sweating, breathing, urine and faeces.

Being properly hydrated helps your body function at its best. Dehydration – not having enough fluid in your body – can cause headaches, fatigue, crankiness and poor concentration. It also affects your sports performance.

To stay properly hydrated, you need to give your body a certain amount of fluids every day. This includes water, milk and other drinks.

Recommended daily intake of water:

Age	Males	Females
9-13	1.6L/day = 6 glasses	1.4L/day = 5-6 glasses
14-18	1.9L/day = 7 glasses	1.6L/day = 6 glasses
Adults	2.6L/day = 10 glasses	2.1L/day = 8 glasses

You need to drink more on hot days or if you're exercising. Make sure you drink plenty of water before, during and after physical activity to put back what you lose through sweat. We often don't feel thirsty even when we're dehydrated, so it's a good idea to drink water regularly even if you aren't thirsty.

Water and low fat milk are the best drinks for you. They quench your thirst without giving you all the sugar and additives found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

Here's a fact: a 250ml glass of apple juice or cola contains the equivalent of six teaspoons of sugar. Drinking just one can of soft drink every day adds up to 18 kilograms of sugar in a year!

Drinking water also helps rinse your mouth and prevent tooth decay. Most tap water contains fluoride which helps develop strong teeth. On top of that, tap water is inexpensive compared to all other drinks.

Sports drinks which contain electrolytes have been shown to have benefits when you exercise for more than one hour. Sports Medicine Australia says that while water replaces lost fluids, sports drinks (containing 4% - 8% carbohydrate and small amounts of electrolytes) also provide additional energy and salts. Flavoured drinks, such as sports drinks and low concentration cordial, may encourage more fluid consumption than plain water because of their taste and sodium content.

CAPTAIN'S REPORT



I'm happy to say that State is over and Deuchar and I had a great time in Sydney. Thanks to our parents, teachers and even our fellow students who have supported us by encouraging us and helping us with our training.

Melbourne Cup was a fun day here at school and I was super impressed with the effort everyone went to in dressing up. Great work Yetman!

On Thursday November 1 we, along with over 600,000 other students, participated in the Music Count Us In performance which was streamed live across the country. Thanks Mrs Weatherall for all the work you have put in teaching us the song "Different People- Stand Together". We look forward to performing this song for everyone on Presentation Night.

Liam Wood

Sports Captain

★HAPPY★
BIRTHDAY!

Guess who
turns 10 on
November
19?

