

Yetman Public School

64 Warialda St
Yetman, NSW, 2410

Principal: Charmaine Johnston

Phone: 07 4675 3150

Email: yetman-p.school@det.nsw.edu.au



Week 4 Term 4 Thursday 7 November 2019

From the Principal's Desk

The Yetman Public School excursion to Dubbo was a fantastic adventure for all students from Kindergarten to Year 6. During this excursion students were engaged in learning experiences to support all curriculum outcomes and personal development. Students displayed exemplary behaviour at all time and were a credit to their school, families and community.

The excursion would not have been possible if it wasn't for the generous donations and fundraising from our P&C, the Yetman community and also from the wider community. I would like to thank the following organisations for their generosity: Holroyd Rotary, Inverell Lions, Inverell East Rotary, Inverell RSM, Inverell CWA, Yetman CWA, Inverell Coles Supermarket, Goondiwindi Motocross, County Burnett CWA, Lions Club Texas, the Gingerbread Lady and YPS P&C.



Another big event this term was our Grandparents Day as part of the 'Ask Gran-Not Google' initiative. Students and our more experienced members of the community enjoyed sharing stories, collaborating on tasks and playing games. Thank you to everyone who attended this important event.

On Grandparents Day we also acknowledged Bandanna Day in support of children living with cancer. I would like to thank Yetman Store for selling the bandannas on our behalf and those members of the community who supported this very important fundraiser. We raised \$105 for CanTeen from our sales.

Last Friday our resources from the Woolworths Earn and Learn promotion arrived. We received STEM resources that will assist in our study of robotics and filmmaking next year. We are very excited about these projects for 2020 and would like to thank everyone who donated their Woolworths stickers to our school, or to the Remote Australian Schools boxes. Our buying capacity was greatly increased by those people in the cities who put their stickers in these boxes. A big thank you to three additional donors - the Family Day Care Centre in Sydney who collected stickers for us as a community project, Gay from Toowoomba and the family passing through from Ballina who dropped theirs into the school.

Kind regards,
Charmaine Johnston



Education

P&C NEWS

CANTEEN

Canteen for Term 4 will commence next Thursday, 14 November, with the same menu as last term. Roster: 14 November - Kate Moffitt; 28 November - Melissa Gooda; 12 December - Tamara Wells

PRESENTATION NIGHT + CHRISTMAS TREE

We are looking at holding a P&C Meeting next Tuesday, 12 November, to finalise the details for our Christmas function on Presentation Night. I will advise confirmation and the time of this meeting on the P&C Facebook page.

CHRISTMAS HAMPER

Could each family please donate an item for the Christmas Raffle? These can be dropped in to the school office or given to me.

DUBBO EXCURSION

I would like to extend a huge thankyou to all the community groups who made the camp possible with their generous donations. Everybody had a fantastic time!

With thanks,
Amanda Frankcom



Wow! Look at the resources we received from the Woolworths Earn and Learn promotion. Thank you to Woolworths and Modern Teaching Aids for their support for our education. The students can't wait to start coding with the new robotics kits and making movies!



YETMAN SCHOOL AND COMMUNITY UPCOMING EVENTS

NOVEMBER	TUESDAY 12	DOLLARMITE BANKING
	WEDNESDAY 13	KINDERGARTEN TRANSITION
	THURSDAY 14	CANTEEN
	TUESDAY 19	DOLLARMITE BANKING
DECEMBER	WEDNESDAY 20	KINDERGARTEN TRANSITION OUTBACK SCRIPTURE PATROL
	TUESDAY 26	DOLLARMITE BANKING
	WEDNESDAY 27	KINDERGARTEN TRANSITION
	THURSDAY 28	CANTEEN
	MON 2 - FRI 6 DECEMBER	SWIMMING WEEK AT TEXAS POOL
	TUESDAY 3 DECEMBER	DOLLARMITE BANKING YEAR 6 TRANSITION TO WARIALDA HIGH SCHOOL
	WEDNESDAY 18 DECEMBER	FINAL DAY OF SCHOOL FOR 2019 PRESENTATION NIGHT 5PM

Macintyre Young Writers' Inc. Committee 2019



*invite your School
to our*

Annual Presentation of Awards

*on
Tuesday November 12th, 2019*

*at the
Centenary Centre,
St Mary's Parish School*

*at
4:30pm *for a 5pm* start
(Winners need to assemble at 4:30pm*)
* Please note these are Qld times*

*Sausage Sizzle and Soft Drinks available for \$2 each
after the Presentation
Look forward to seeing you there!*

CONGATULATIONS DEMIKA!

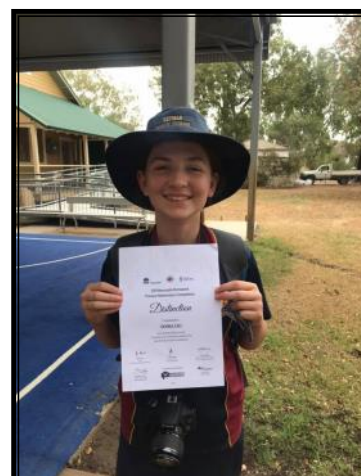
Once again Yetman PS students participated in the Macintyre Young Writers (MYW) competition.

Congratulations to Demika Cau, who received a Year 6 Major Award for her story "Time and Money". The MYW Committee would like to all Yetman PS families to their award presentation evening next Tuesday, 15 November.

Maths Award

Year 6 participated in Newcastle Permanent's maths exam in August. Demika was rewarded for the effort and commitment she always shows to her school work with a Distinction for her result in the exam.

Well done Demika!



Caitlin's Dubbo Recount

K-6 went on an excursion to Dubbo. It was 7 hours. We went by bus on Wednesday. When we got to Dubbo the All Stars went to the Adventure Playground. The Yowies went to the old jail. And then we went to have a swim. It was splendid at the pool. There was a big bucket. On Thursday we went to the zoo. We got bikes and carts. It was amazing and we got to spend our money and we saw dingoes, cheetahs, lions, elephants, giraffes, zebras, tigers, meerkats, tortoises, wild dogs, bongos, spider monkeys, lemurs and hippopotamus. The meerkats were my favourite because they are so cute. I got to see them stand up and we got to feed the giraffes. We went to our cabin. We got dressed into our swimmers and we had a swim. It was enjoyable and then we went to the observatory. I looked after Mrs Weatherall. I said to Mrs Weatherall watch your head and step. Me and Mrs Weatherall looked in the telescope together. I saw Jupiter and Saturn and they were really, really bright. On Friday we went to the RFDS. Me and Matilda were on a computer and on the computer I saw Alice Springs and then we went home. On the way home I had a nap. I was not happy to leave Dubbo. I wanted to stay for a couple more sleeps. I was full of not happiness because we had to come home.



**Parent
Line**
NSW

Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in New South Wales, and has been supporting NSW parents for over 15 years. Parents, grandparents and carers anywhere in the state can call Parent Line on 1300 1300 52 for no more than the cost of a local call. We are available 9am to 9 pm Monday to Friday, and 4pm to 9pm on weekends. While not a Department of Education service, Parent Line is funded by the NSW Government through Family & Community Services and Ageing, Disability & Home Care. Parent Line is auspiced and managed by CatholicCare. For more information, their web address is <http://www.parentline.org.au/home> or go to Parent Line's Facebook page.

EAR HEALTH

On Monday 28 October Mrs Beverly Walls, Mrs Christine Connor and the students and staff from Bonshaw PS visited Yetman PS. Mrs Connor is a Primary Health Nurse working with Healthwise and she conducted personal development classes with the Year 5 and 6 students from both schools. Mrs Beverly Walls is a Conductive Hearing Loss teacher with the Department of Education and she imparted some very important information about looking after our ears and our hearing.



WAX IS GOOD STUFF!

PLEASE DO NOT CLEAN YOUR CHILD'S EARS WITH COTTON BUDS AS DAMAGING THE EARDRUM WILL CAUSE A HEARING LOSS.

Your child's ear canal is about 2.5 cm long - a cotton bud is twice that long. The eardrum is about the size of your small fingernail - the tip of a cotton bud is too!

The ear canal is not a straight line and has slants and curves. Since you cannot see inside your child's ear, you could put a hole in their eardrum if you try to clean out wax with a cotton bud.

THEN THEY WILL HAVE A HEARING LOSS, since a vibrating ear drum is vital to good hearing.

Wax protects the ear drum by trapping dust and small insects before it gets to the eardrum. Small hairs push the wax to the end of the ear canal where you can clean it off with a tissue or face washer.

Trying to remove wax with a cotton bud will only compact the wax further along the canal. If your child has compacted wax, buy wax softening drops from a pharmacy and apply it as directed on the packet. Then see your doctor for wax removal.



Beverly Walls
Conductive Hearing Loss Teacher

James' Dubbo Recount

Our school went to Dubbo by bus on Wednesday. It took 8 hours. When we got to Dubbo we went to the Adventure playground. We went to the zipline. We went there to give the kids a break. When we got to the cabin, then once we got everything in the cabin, we went swimming. Then we went and had a shower. And we had dinner and went to bed.

We woke bright and early the next day to go to the zoo. We got to see about 90 zoo animals. We got bikes. There were big cats, hippos, zebras, giraffe feeding, monkeys, elephants and dingoes, rhinoceros, horses, tortoises, meerkats, wild dogs, small clawed otters, barbary sheep, ostriches, emu and red kangaroo. It was fun. Then we went to have a swim. And then we went to have a shower. After we went to the observatory. We saw heaps and heaps of stars. We had a big sleep.

It was much harder to get out of bed early the next day. At the RFDS I saw a plane. It was about 2 hours from the RFDS to the museum. It took 5 more hours to get to home.

I liked the zoo with the animals I would like to go to the zoo again. I felt happy to go home.



Zac turned 8 on October 21

Sam turned 11 on November 6

Filippa's Dubbo Recount



Last week we went to Dubbo. At first we went to the Adventure Playground. I liked the big slide then we went back to the cabin. We got in our swimmers and we had a swim. When we went back to our cabin and had a shower then we went back to eat dinner and we had tacos. Then we went back and had a big sleep.

The next day we went to the zoo and we had to find a bike then we went to see the animals. We saw the monkeys first. We also saw zebra, wild dog, monkey, hippopotamus, lions, otters and 1 horned rhino and elephant and they have 2 long tusks and we fed the giraffes because the Gingerbread Lady gave us a ticket to feed giraffes and they have long tongues and their tongues were really big and rough tongues and we had a big sleep and we were really tired.

I woke up bright and early. We saw a fake hand and it was wrapped up in a cast and it stunk. All the drawers stunk. We saw the fake hand at the RFDS. Then we went to the next step and we had a play in the aeroplane. Afterwards we went back to the bus and we had lunch at Coonabarabran then we got back in the bus. Then we got to Yetman. Mister Mat honked the horn when we got back to Yetman. When we got back to mummy we cuddled her. I had a good time. My favourite part was feeding the giraffes.



Grandparents Day



Bandanna Day



Demika's winning Macintyre Young Writers' competition entry: "Time and Money"

I'm no ordinary teenager, I have to go into a boobytrapped abandoned warehouse to steal ten billion dollars. Then go to Egypt and give that money to an evil weirdo, all because my mum has been kidnapped . . .

I'm at home sitting on the couch, my Mum is at work, she's a doctor. It has always been just me and her because my mum and dad separated before I was born. 'Mum is late from work, again' I think to myself.

Just as I'm about to send Mum a message she rings me. I press the green answer button expecting the usual 'sorry honey I'm stuck in traffic' or 'I had to fill out a few extra forms.' but today I got "listen to me very carefully, I need you to get rid of your phone and pack your....." then another voice was on the phone. "Hello, I'm very sorry to inform you that your mum is in grave danger. I want you to go to the abandoned warehouse on the outside of your town and inside you will find a gym bag full of cash, ten billion dollars to be precise, then you will go to Egypt and give the money to me, everything is sorted."

Then the screen goes dark, he's hung up on me, I tried to ring back but my number is blocked on Mums phone. I only had one choice left, get the money and rescue my Mum. My heart was pumping, 'this can't be happening' I think to myself.

On the bus I get a churning feeling in my gut, 'why is this happening to me' I think? 'What did I do to deserve this? What did my mum do?' All these questions are swirling in my head like a tornado. Then I'm at my stop, as I walk off the bus I realise what I'm doing. Walking into the warehouse I remember the word boobytrap then I realise I'm walking into this place with nothing but a backpack. But I can't see any money anywhere or boobytraps for that matter. On spy movies to check for boobytraps they use special spray to check. But the only special spray I have is deodorant.

As I'm spraying around I see red lasers everywhere and realise that the money is also hidden. I walk around dodging the lasers and get a proper look at the place, there were a lot of empty old crates with the smell of long ago fruits. Then in the centre of the room I see a single light with a crate underneath it. I walk over cautiously remembering there may be other traps. Then I spray my deodorant over the crate and see it, the ten billion dollars.

I quickly snatch up the money and look around thinking its a dream and remember why I have it. Mum, this is all happening because Mum has been kidnapped. I look around and see that lasers are closing in on me, there is no escape. Then I have an idea, I jump up onto the crate and leap over the lasers, wanting to get out of there as quickly as possible.

As I walk out with the fright of my life, I think about how I'm going to get to Egypt, my first thought was the airport. How could I get past all the security? As I walked towards the airport all the guards were asleep, everyone was asleep. I started sprinting, I don't know why but I knew I had to get on that plane before everyone woke up. The plane door was open, and I knew why, the words came into my head 'everything is sorted.' 'HE did this to me, HE set me up' I think to myself. When I get my hands on him.

Is there even a pilot on this deathtrap I think to myself as I walk into the captains cabin. Then, in the pilot's chair was a man, he looked short enough to be my age but he had a long bushy beard, like a dwarf. All of a sudden he got up and said "hello, I will be your captain today, take a seat." I sat down beside him in the co-pilot's chair.

The plane seemed like it was moving in slow motion, because the trip took nearly ten hours. When we finally touched down there were people waiting for me but then the pilot said "sorry."

Then everything goes black . . .

When I wake up Mum is beside me, I try and say her name but the words just won't come out of my mouth. Then, all of a sudden a large figure is towering over me, and Mum speaks for like what was the first time in forever. "Please Tim, don't do this to me, to our daughter..."

I tune the rest out daughter, daughter, that man, is my father, that explains why I had to go to Egypt. My father is Egyptian, that's what my Mum always said. Then I look closely at his face and realize where I get all my looks from. My eyes, my hair, but now is not the time to be thinking about that. I need to find a way to escape.

I hear footsteps behind me, I feel hands tugging at the rope, as it falls away. I jump up, I need to help my Mum. I look at her chair, it's empty then I look behind me. "Mum" I shout "but how did you escape?"

The rest of the day was a blur, it turns out my parents were spies, going undercover to stop a money smuggler. In the end they got him and my Mum and Dad got back together. I never knew that when my Mum was working late at the hospital she was actually working at a spy agency! Now I feel like the luckiest kid alive, all because of that smuggler who got my family back together.

K-2 All Stars News

Firstly, it is lovely to be back at Yetman School after my time off work. I did miss you despite having a lovely time recovering at home and relaxing. Thank you all for your well wishes.

Wow K-2!! You have hit the term running with your writing. I am so pleased to see your enthusiasm and commitment to the task of writing a recount about our excursion to Dubbo. You have all tried really hard to meet the Learning Intention and Success Criteria of the task. I hope everyone enjoys reading them! It was such a wonderful excursion! Our next writing tasks will be to improve on our letter writing skills.

We have doing a lot of work these past two weeks on 2D space. This involves identifying, describing and drawing different types of shapes, types of lines and for Year 2 the concepts of flipping, sliding and turning shapes.



Outsides
Using small circles brush from one side of the mouth to the other cleaning all teeth



Inside
Brush every tooth making sure you brush to the gums



Chewing surfaces
Gently scrub the surfaces of all the top and bottom teeth reaching back to the last tooth



Adapted from Queensland Health's 'How to brush'

HOW TO BRUSH

Remember to:

- Brush morning and night
- Use a fluoride toothpaste
- Do not rinse after brushing

All children under 18 years are eligible for **free** dental treatment.

To book an appointment call

1300651 625

 **Health**
Hunter New England
Local Health District

Stevie's Dubbo Recount

Last week Yetman Public school went on an excursion to Dubbo because all the kids in school needed a break from school. This bus driver called Matt drove us in this huge bus to Dubbo. When we got to Dubbo the Yowies went to the Old Dubbo Jail. And the All Stars went to the crazy adventure playground. There's this enormous slide that you go on. Me and Mr Pritchard went through this tunnel and it leads you to this place. It has two flying foxes. One is like a baby one and a big kid one. After that we went to the swimming pool. It has this big slide and this big bucket that tips on you. Then we went to our cabins, had a shower, got changed then had dinner which were tacos - my favourite. Then we packed up and went to our cabins and asleep!

On Thursday we woke up and had breakfast. Then we went to the zoo then chose bikes and carts. The teachers payed their money then we went. Firstly we saw cheetahs and their big white teeth and long spotted tail. They fought over meat because they were hungry. Luckily the zoo keepers didn't chuck us in as meat to the cheetahs but I was hoping they would because I was excited. Then we moved onto the savannah. We saw zebras, deer, giraffes. I liked the giraffes the most because we got to feed the giraffes. The Gingerbread Lady gave us tickets. It was awesome but I was hoping she would give us ginger bread anyway. After the e zoo we went for a swim then had dinner. A few minutes later we went to the observatory. I feel asleep. We went to our cabins to sleep.

On Friday I woke up and jumped out of bed because I was excited to see mum and dad and the Royal Flying Doctor service. We got to play on some keyboards and a few more things. Then we left. When we got on the bus I said funny jokes to Filippa. Then we fell asleep until we got to Yetman. Mr Matt honked the horn in Yetman because we are back from Dubbo. When I got off the bus mum snuggled me. Then I went home and told mum and dad my favourite thing which was feeding the giraffe. I had a lot of fun at Dubbo but I was ready to go home.



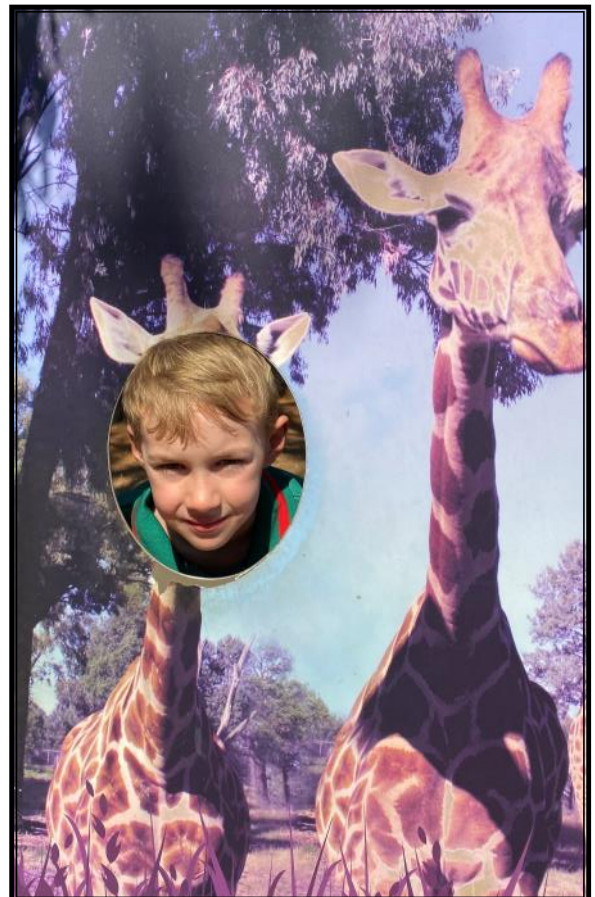
Zac's Dubbo Recount

Our excursion started at Yetman. I got on the bus and sat next to Aiden. I was making funny comics about Captain Underpants. We left on the twenty third of October. School camp is why we went to have fun.

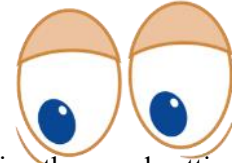
Day 1- When we got to Dubbo we unpacked our stuff. We had a look around our cabin. We got in our swimmers and went to the pool. There was a water slide and a gigantic bucket. Before we went in this pool we had a jump on the jumping pillow. The jumping pillow had lots of colours. It had red, blue, green, yellow and pink. The big pool had nothing in it but it was really deep. It was so deep that Demika couldn't touch. After our swim we had a shower. That night we had tacos then we went to bed.

Day 2-The next morning we went to the zoo. The first animal we saw was a spider monkey. We saw elephants, otters, Galapagos tortoises. The otters were really, really cute. They were playing in the water. We fed giraffe. Their tongues felt like slimy sandpaper. One of the giraffes foot nearly kicked a zebra. After the zoo we went back to our cabin. We got in our swimmers and went to the pool. I got hit by the big bucket and two little buckets. After the pool we had a shower. We went to the observatory. The first planet we saw was Jupiter. It was just a white ball. The second planet we saw was Saturn. We could see the rings around it. I bought a wind up flying saucer. Finally we went home. We were really, really, really, really, really tired.

Day 3- When I woke up I was on the floor. We got dressed and went to the RFDS. RFDS stands for Royal Flying Doctor Service. We hopped in a plane. The ¼ plane had two pilots seats and a stretcher. Me and Demika were the pilots. There was no oxygen. That's what the ¼ plane said. Then we went inside and looked at a plane. The plane was grey. You started it by turning the propellers. After the plane we saw a movie of some people needing the RFDS. Then we used a Morse code. Then a Radio. When we talked in the radio it was weird. Then we used some screens. I bought a rubber plane and a glow in the dark t-shirt. Then we went home. I started a brand new Captain Underpants series. It was called Captain Underpants and Wrath of the Wicked Wedgie woman. Then we had lunch at Coonabarabran. After a few hours we were home.



From your Library



There are some new books in the library - Miss Jackson has been very busy covering them and getting them onto the shelves - come in and have a look. It's nearly Christmas time and some of these new books are Christmas stories.

Thinking about books, this great quote about how amazing they are is from Carl Sagan. He was an American astronomer and science writer. He worked for NASA in the years following the moon landing.

"What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic."- Carl Sagan

NORTH WEST FILM FESTIVAL

**FRI 29TH
& SAT 30TH
NOVEMBER**
@ inverell
town hall

**SCREENINGS
WORKSHOPS
PRESENTATIONS**
from industry professionals

**PRIZE MONEY
ENTRIES CLOSE
18TH NOVEMBER**

with special guest
RACHEL WARD
**ACTOR WRITER
DIRECTOR**
the thorn birds,
beautiful kate,
palm beach

for more details on how
to enter like our facebook
or visit our website

northwestfilmfestival.com.au /nwfilmfestival

Recipe Page

CLOUD JELLIES

PREP TIME

15 mins

COOK TIME

4 hours

TOTAL TIME

4 hours 15 mins

Author: Juliette Francois

INGREDIENTS

1.5 cups pureed fresh or frozen mango, strawberries, raspberries, blueberries, banana, etc (note: the more acidic fruit do not work, ie kiwi or pineapple)
2 tbs lime juice
Pinch sea salt
2-3 tbs raw honey or maple syrup depending on taste
4 tbs Great Lakes or Vital Proteins gelatin
1 cup of plain full fat yoghurt
¼ cup kombucha, filtered water or fresh juice (note: kombucha is great for extra probiotics. If using juice you may want to reduce the honey/maple syrup)



 PRINT

INSTRUCTIONS

1. Puree fruit until smooth. At this point you can strain to remove any seeds (berries) if desired.
2. desired.
3. Combine all ingredients in a small pot and sprinkle the gelatin across the top. Allow to sit for 5 or so minutes so that gelatin can start to absorb the liquid.
4. for 5 or so minutes so that gelatin can start to absorb the liquid.
5. Over a very low heat, slowly whisk to dissolve the gelatin.
6. Once dissolved, pour mixture into a small tray or moulds to set in the fridge. If in tray, slice into squares and store in an airtight container in fridge.
7. into squares and store in an airtight container in fridge.

kidsingredients.com.au



This is a reminder that we are an allergy aware school. Could you please consider this when preparing your children's lunches and seek alternatives to nut and egg products?

Matilda's Dubbo Recount

We went to the zoo by bus on Wednesday and we went to the Dubbo regional Adventure Playground. My favourite thing was the slide and then we put our swimmers on. Then we went to have dinner then went to bed.

On Thursday we went to the Dubbo Zoo. Then we went to see and we saw the giraffe feeding. I liked feeding the giraffe carrots. After we went to the Dubbo Observatory. We saw the stars. Then we went to sleep.

On Friday the Yetman Public School went to the RFDS. Me and Caitlin sat with each other because we are BFF. We watched a movie about accidents. We went to have morning tea and then we hopped back on the bus. We went back to Yetman. I cuddled mum and I had a good time on the excursion.



Good for Kids good for life

WAYS TO BE PHYSICALLY ACTIVE

Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Image source: Department of Health



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

TIPS TO HELP KIDS EAT VEGGIES

ADD TO EVERY MEAL

- Load on sandwiches/toasts
- Chop up up veggies in snacks
- Put veggie pieces in place with veggie

ENCOURAGE YOUR CHILD

- Show them you like eating veggies too
- Add veggies to food they already like
- Be positive and patient
- It takes 10 to 15 times to like a new food

TRY A VARIETY

- Fresh, frozen, canned, raw or cooked
- Different colours
- Buy in season

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.*

*Australian Bureau of Statistics Personal Health Survey, 2014/15

This resource has been developed by Western Sydney Local Health District, published November 2015

Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



**Fun
at
Dubbo!**

