

Yetman Public School

64 Warialda St
Yetman, NSW, 2410

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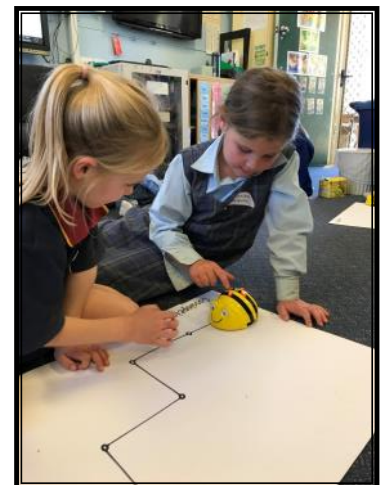


Week 5 Term 3 Tuesday 20 August 2019

From the Principal's Desk

What an amazing day we had last Tuesday at the Yetman Public School STEM Day with North Star Public School. The theme for our event was the Moon Landing in recognition of the 50th anniversary of this fantastic human feat. Students from K-6 were engaged in collaborative designing, creating and problem solving tasks under Science, Technology, Engineering and Mathematics curriculum areas. This event was organised to celebrate National Science Week. Yetman Public School was fortunate to receive a grant for this event of \$300. We matched this amount and purchased four Spheros robots. Teachers designed a learning task where collaborative teams designed, built and raced the Spheros around the moon. Other learning tasks included designing and building rockets and constructing constellations with marshmallows and skewers. All learning tasks were designed to support Science syllabus outcomes. A huge thank you to North Star staff and students for making the trip. We look forward to the next combined learning day.

Kind regards,
Charmaine Johnston



BOOK PARADE

We had a school full of very interesting characters on Tuesday 30 July for our annual Book Parade. This year's theme was 'Reading is My Secret Power' and the children were asked to dress up as a book character who showed a super power, and were asked to explain why they chose their character. The students picked both fictional and non-fictional characters who possessed super powers such as bravery, kindness, resilience, determination, persistence, confidence and patience. A lot of thought went into their choice of character, and into their costumes.

Congratulations to everyone, and thank you to the parents for their help, Amanda Frankcom for the beautiful cake and to the community members who came to support our students in their parade.



P&C NEWS

CANTEEN ROSTER

Thursday 22 August - Tehla Saal; Thursday 5 September - Melissa Gooda

EXCURSION FUNDRAISING

We are busy fundraising to try and reduce the cost to families of the excursion to Dubbo in October. The P&C is helping out at Goondiwindi Motocross on Saturday 7 September. This day will contribute a substantial amount to our excursion funds so the more helpers who can come along the better. Please contact Amanda Frankcom for more details.

There is also a 100-club raffle running at the shop if you would like to purchase a ticket.

YETMAN SCHOOL AND COMMUNITY UPCOMING EVENTS

AUGUST	WEDNESDAY 21	NEWCASTLE PERMANANET MATHEMATICS COMPETITION
	THURSDAY 22	CANTEEN
	FRIDAY 23	CRICKET COACHING CLINIC - 9AM @ TERRY BARNES OVAL
SEPTEMBER	TUESDAY 27	DOLLARMITTE BANKING
	TUESDAY 3	MUSICA VIVA PERFORMANCE IN TOOMELAH DOLLARMITTE BANKING
	WEDNESDAY 4	ONE SCHOOL VISIT TO TULLOONA
	THURSDAY 5	CWA INTERNATIONAL DAY CANTEEN
	SATURDAY 7	SPRING FAIR - YALLAROI HALL 10AM - 4PM
	TUESDAY 10	DOLLARMITTE BANKING
	THURSDAY 12	YEAR 6 TRANSITION TO WARIALDA HIGH SCHOOL
	WEDNESDAY 18	ONE SCHOOL VIDEO CONFERENCE - 2:15PM
	FRIDAY 27	LAST DAY OF TERM 3
	SATURDAY 28 SEPTEMBER - SUNDAY 13 OCTOBER - SCHOOL HOLIDAYS	
OCTOBER	MONDAY 14 OCTOBER	STAFF AND STUDENTS RETURN FOR TERM 4
	WEDNESDAY 23 - FRIDAY 25	WHOLE SCHOOL EXCURSION TO DUBBO
	SATURDAY 26	YETMAN SPRING FLING - DETAILS TO BE ADVISED
	WEDNESDAY 18 DECEMBER	PRESENTATION NIGHT

QR CODES FOR YETMAN PUBLIC SCHOOL'S FACEBOOK AND INSTAGRAM ACCOUNTS



Child Dental Benefits Schedule

> What is the Child Dental Benefits Schedule?

The Child Dental Benefit Schedule (CDBS) is a program that provides eligible children and teenagers up to \$1,000 in Medicare benefits over two calendar years for basic dental care.

> Is my child eligible for the CDBS?

Children and teenagers are eligible for the CDBS if they're aged 2 to 17 years for any one day of the calendar year, are eligible for Medicare, and are part of a family that receives Family Tax Benefit Part A or the child receives an Australian Government payment from the list available through the Department of Human Services.

> How can I check if my child is eligible?

You can check your child's eligibility and CDBS balance through your Medicare online account at my.gov.au or by calling Medicare on 132 011. If your child is not eligible, it will not affect the care public dental services provide.

> Why will I be asked to sign a consent form to use to the CDBS at a public dental clinic?

NSW Health requires that a CDBS Bulk Billing patient consent form is completed for children aged 2-17 years. This allows public dental services to claim benefits from Medicare for CDBS eligible children. These benefits will be used to improve services and treat more patients in need of dental care.

> Will I be charged any fees if I use my child's benefit at a public dental clinic?

No. NSW public dental clinics will provide your child's care at no cost to you. Even if you reach the \$1,000 Medicare CDBS benefit cap, or if your child needs treatment not covered by the CDBS, you will not be charged for these services.

> Where can I find out more information about the CDBS?

For information about the CDBS in NSW public dental services visit:
www.health.nsw.gov.au/cdbs

For general information about the CDBS visit the Department of Human Services website.

August 2017 © NSW Health, SHPN (COHS) 170474.



Hunter New England Oral Health

Public oral health (dental) services can be accessed by eligible children and adults who reside within the Local Health District.

For children to access dental services they must be listed on a current Medicare Card.

The Child Dental Benefits Schedule (CDBS) can be claimed through our service.

For adults to be eligible they must be listed on a current Medicare Card and (or be a dependent on) one of the following Centrelink cards:

- Health Care or Pensioner Concession Card
- Commonwealth Seniors Health Card

Committed to improving access to oral health services for Aboriginal people.

Main Clinic locations:

- Armidale
- Beresfield
- Cessnock
- Forster
- Glen Innes
- Gunnedah
- Inverell
- Maitland
- Moree
- Muswellbrook
- Narrabri
- Nelson Bay
- Newcastle
- Raymond Terrace
- Scone
- Singleton
- Tamworth
- Taree
- Toronto
- Wallsend
- Windale

Ph: 1300 651 625

8.30am – 4.30pm (Mon – Fri)

Excluding Public Holidays

Please have your Medicare and Concession cards (if applicable) with expiry dates ready when you call.

Healthy Mouths for Kids at School

Dental information for parents & carers

Drink Well

Make tap water your family's drink.

Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.

Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.

Stay Well

Children should have regular dental checks.

Did you know?

Children with tooth decay can have trouble eating, sleeping and focusing in class.

Avoid tooth decay by brushing teeth twice a day and limiting sugary food and drink.

Play Well

A well fitted mouthguard can reduce the risk of injury.



Health
Hunter New England
Local Health District

Meningococcal Awareness

As we head into late winter and spring, NSW Health are urging everyone to be alert to the symptoms of meningococcal disease.

NSW Health have launched a state wide campaign about identifying the symptoms of meningococcal disease.

Meningococcal disease is caused by a bacterial infection that can lead to serious illness if not recognised and treated in time. While anyone can contract meningococcal disease, infection rates are higher in children aged 0 - 4 years and young people aged 15 - 24 years.

Do you know the symptoms of meningococcal disease?

Symptoms of meningococcal disease include:

- * Sudden onset of fever
- * Headache
- * Neck stiffness
- * Joint pain
- * Dislike of bright lights
- * Nausea
- * Vomiting
- * Irritability
- * Rash of red-purple spots or bruises that doesn't disappear when pressure is applied. (A rash does not always appear or it may occur late in the disease).

Some or all of these symptoms may appear and can mimic other common illnesses. Symptoms usually occur suddenly and can get worse quickly, so it's important to seek urgent medical treatment.

Vaccination is the best way to prevent the spread. The NSW School vaccination program provides free vaccination against meningococcal disease for year 10 students in 2019. Students aged 15-16 can access free vaccine from their GP.

Act fast and seek medical advice quickly

People infected with meningococcal disease can become extremely unwell very quickly. People who could have meningococcal disease should seek urgent medical advice.

For more information about meningococcal disease and vaccinations, visit www.health.nsw.gov.au/infectious/meningococcal.



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?

K-2 All Stars News

As part of our whole school focus on the Moon Landing this term the All Stars have been learning about space in general during English. We have been reading information texts about various aspects of space, answering comprehension questions about what we have read, brainstormed what we know and then written information reports about various aspects of space. These next two weeks will see us each individually write an information report about a planet and illustrate it to compile into a class book about planets. The students are very excited at the thought of being authors and illustrators of their very own book!

In maths we have participated in practical lessons about position and volume and capacity. We are learning a variety of different strategies to solve number problems using addition and subtraction and are exploring the concept of 'ten' and place value. Our focus for the next two weeks is length and multiplication and division.

While I am on my extended sick leave Mrs Walker, as well as Mrs Johnston and Mrs Dight, will be the All Stars teachers. I thank them all very much. If you have any concerns or questions please do not hesitate to discuss these with them. I look forward to seeing you all again next term - fighting fit and healthy!



REORDER PHOTOS

There are some special photos available through The School Photographer. These can be viewed and ordered online at www.theschoolphotographer.com.au using the online order code **19S6164PC39Y**.

Cash orders can be made using an Order Envelope (available at the office) - complete your details, enclose payment and return to school before **30 August 2019**. (Note: online orders do not require an order envelope.)

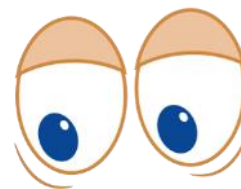
The photo prices are \$16 each, 2 for \$30, 3 for \$40, 4 for \$52 or 5 for \$60. Any additional photographs are \$10 each, This discount is only available per family order.

The three photos available are:

- ◆ School Leaders
- ◆ K-6 FUN
- ◆ School Leaders FUN

The photos are on display on the veranda outside the Learning Centre.

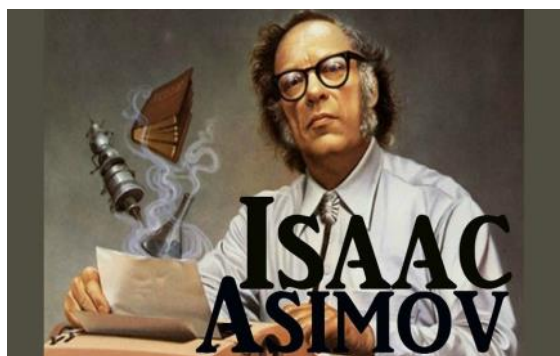
From your Library




The Premier's Reading Challenge finishes on August 30. Please see Miss Jackson with the list of books you have read so that they can be validated. Congratulations to those of you who have borrowed and enjoyed books from the Premier's List.

Remember that library books are returned and borrowed on Fridays. If you finish a book and would like to borrow before library day see Miss Jackson.

'A library isn't just a library. It is a space ship that will take you to the farthest reaches of the Universe, a time machine that will take you to the far past and the far future, a teacher that knows more than any human being, a friend that will amuse you and console you — and most of all, a gateway, to a better and happier and more useful life.' Isaac Asimov




**Together
we can
build your
son's future**

**Lots of fun
hands-on
experiences**

If you are looking for a well-balanced secondary education for your son then consider Farrer which has established an enviable reputation as a centre of excellence in academics, agriculture, welfare and sports programs. Catering to the education of both day and boarding students Farrer is set on 191 hectares of prime agricultural land, 10 kilometres from Tamworth, NSW.

By creating a safe and supportive environment within the school we have developed an atmosphere of harmonious cooperation that is the best setting for student productivity and growth. This allows students to achieve their educational objectives while forming memorable experiences and mate-ships that last a lifetime.

FARRER EXPERIENCE DAY

**Open to Year 5 boys.
This is your son's opportunity
to Experience Farrer**

**Friday
27th September 2019
9.30am – 2.30pm**

**On the Day your son is to:
Wear his school sports uniform.
Bring his hat & water bottle.
Morning tea and lunch provided.**

**Register NOW
online via our website at
www.farrer.nsw.edu.au**



6764 8600

**Farrer Memorial Agricultural High School
585 Calala Lane, Tamworth NSW 2340
An All Boys Government
Boarding and Day School**



Did I brush my teeth twice today?

It's dental health week.

Has your child had a check-up lately?

Did you know less than 70% of children 5-14 years don't brush their teeth twice a day?

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

We accept the Child Dental Benefits Scheme

Call Hunter New England Oral Health on **1300 651 625** to book an appointment



Health
Hunter New England
Local Health District

Good for Kids good for life

CRUNCH&SIP®

Crunch&Sip® is a set time during class time for primary school students to 'refuel' on vegetables, salad or fruit, and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

What to pack for **Crunch&Sip®**
It's simple!
Crunch&Sip means vegetables, fruit and water only.



www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx



Health
Hunter New England
Local Health District

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

Good for Kids good for life

WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental movement skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Examples of these skills can be frequently seen in popular games and activities played by children in the school playground.

These twelve skills represent a solid foundation for the development of specialised skills, enabling children to participate in a wide range of physical activities. They are:

1. Static balance
2. Sprint run
3. Vertical jump
4. Catch
5. Hop
6. Side gallop
7. Skip
8. Overarm throw
9. Leap
10. Kick
11. Two-hand strike
12. Dodge



Source: GET SKILLED GET ACTIVE
A K-8 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2016.



Health
Hunter New England
Local Health District

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

Student Reporters

Book Character Parade

“My character is Long Danzi from Dragonkeeper” I said as Mrs Weatherall interviewed me for our book week parade. It took me all afternoon the day before but I finished my enormous costume in time for the parade. There were lots of different costumes such as mermaids, scientists, fishermen, and even superheroes!! The theme this year was ‘Reading is my secret power’ and Zac, Aiden and I all won prizes for our costumes.

The book fair was awesome as well with heaps of books and stationery for people to buy. For me it was like I’d died and gone to heaven!!

By Demika



Classroom Learning - Yowies

Space

This term we’re learning about space and the moon landing. It has been 50 years since Neil Armstrong, Buzz Aldrin and Michael Collins were the first three people to go on the moon. Did you know that Australia watched Neil Armstrong and Buzz Aldrin step onto the moon a split second before the world because of the CSIRO satellite at Parkes NSW? The crew started in the Saturn 5 rocket and as it went into space it lost parts until it was command module Columbia and the lunar module Eagle. It will take 1000 years for their footsteps to disappear from the moon as the moon does not have any wind.

Sizzling start

Nearly every morning we do five sizzling fast starts in five minutes. You might think it’s hard; well it is; but we get better each day. I can give you an example like “Hide me here or else”. That one is for the topic ‘The very nervous bank robber and me’. Sizzling starts are important to engage the reader.

Number talk

This term we have been doing number talks to sharpen our mental strategies. When we started off we were all not so good at it but now we are getting better. Some examples include using doubling, halving, split and partitioning strategies.

By Aiden

student Poetry

I have a spotted horse,
Her name is Shining Spirit.
I took my horse for a ride,
To see if the saddle fit!

By Caitlin



I have a scaly Komodo dragon,
His name is Deadly Dinosaur.
I took him to the meat shop,
But the meat was all poor!

By Zac



I have a slimy frog,
Her name is Filippa Fish.
I took her to the park to jump,
And she jumped into a dish!

By Matilda



I have an appaloosa horse,
Her name is Sick Spirit.
I took her to her horse pack,
To see if the horses could knit!

By Stevie



I have a white-brown horse,
His name is Silly Spirit.
I took my horse to the wild,
To see if we could play cricket!

By James



I have a white puppy,
Her name is Itchy Izzy.
I took her for a walk,
But she got really dizzy!

By Filippa

STEAMEE ACTIVITIES



Recipe Page

We enjoyed cooking and eating these scones in cooking class last term.

Give them a try at home!

Easy Herb Scones

3 cups SR flour

1 cup soda water

1 cup cream

½ cup grated cheese

Handful of finely chopped herbs eg chives, thyme, parsley

Preheat oven to 230 C. Sift flour into bowl. Add herbs and cheese. Stir to mix. Make a well in the centre. Pour in soda water and cream. Mix until only just combined with a knife. Turn onto floured surface and pat into shape. Cut with a floured glass and place together on a lightly greased tray. Bake for 10-12 minutes.

VEGGIE AND HAM MINI QUICHES WITH HOMEMADE SHORTCRUST PASTRY

PREP TIME

20 mins

COOK TIME

15 mins

TOTAL TIME

35 mins

Author: kidgredients

Recipe type: lunchbox, quiches

Serves: 6 lunchbox sized quiches



 PRINT

INGREDIENTS

Pastry

200 grams plain flour

100 grams cubed butter (I use salted)

60 mls cold water

Filling

2 eggs

1 grated zucchini

1 grated carrot

2 slices of ham, cut into slivers

1 tbsp milk

¾ cup grated cheese

INSTRUCTIONS

1. Preheat oven to 180 degrees
2. **Pastry**
3. Add the butter and flour to the bowl of a food processor and process until it looks like bread crumbs.
4. Pour the water gently into the top, watching until a pastry forms. You may not need all of the water.
5. Roll out the pastry until .5mm thick.
6. Cut the shapes required for your quiche/ flan tins.
7. Push the pastry into your tins, blind bake (this means weighted with a piece of baking paper then either uncooked rice, dried beans or actual baking weights) for 15 minutes.
8. Allow to cool for 5 minutes before filling.
9. **Filling**
10. Mix the eggs, milk, ham and veggies together until well mixed.
11. Fill the cooled bases with the mixture, then top with cheese.



HEALTHY
LUNCH
BOX

The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au

NAIDOC DAY

On Thursday 4 July we travelled to Toomelah to celebrate NAIDOC Day with our local community of schools. In the weeks leading up to NAIDOC Day we worked in our class groups to produce art work to take over for an exhibition at Toomelah Public School.

We participated in many different traditional activities, such as music, cooking, games and art. Demika used aboriginal painting techniques to decorate her emu.

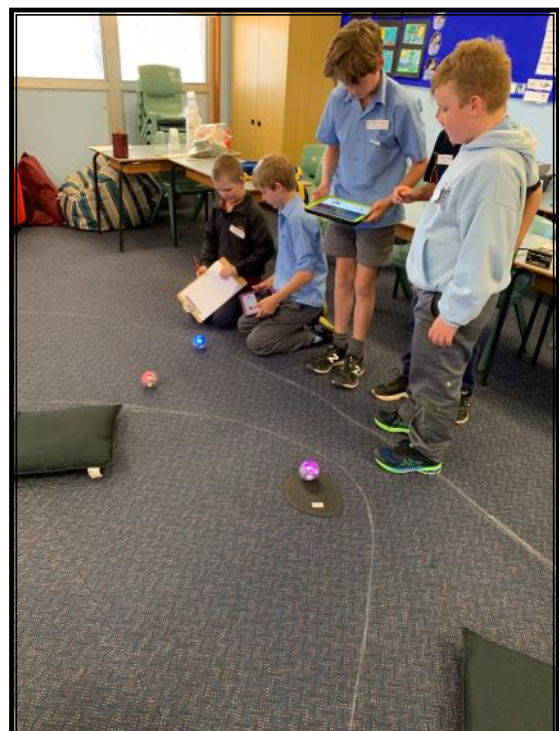


Student Reporters

STEM Day at Yetman Public School

The school rang out with students laughing, talking and cheering as we raced our Lunar Modules around the moon. Last Tuesday we had our STEM day to celebrate National Science Week with North Star Public School. Our theme was on space and it was marvellous. We had activities with Mrs Johnston that used our new Spheros. We built a Lunar rover module with the Spheros as the engine and raced them. Students had to keep modifying their lunar rover by taking stuff off it to make it work. The Director, Mr Hobbs, was very impressed with our designs. Everyone loved playing with the Spheros. Everyone collaborated together and made new friends.

By Lachlan





Spring into Yallaroi for the

COUNTY OF BURNETT CWA

Spring Fair

Bring your family and friends to enjoy the beginning of spring!

SATURDAY 7TH SEPT

10AM - 4PM

YALLAROI HALL

Kids arts, crafts & games, jumping castle, market stalls, morning tea & lunch, CWA table and much more!

RSVP for catering purposes by 31st August. Walk-ins are welcome.

For stallholder enquiries, contact:

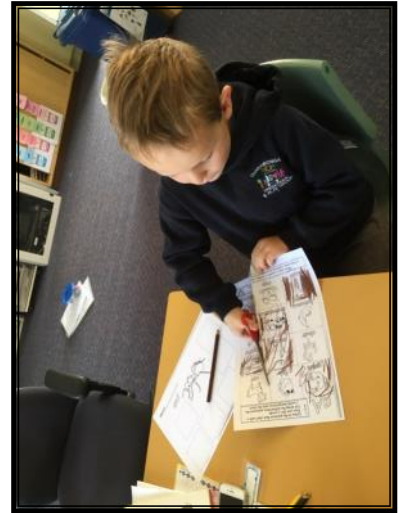
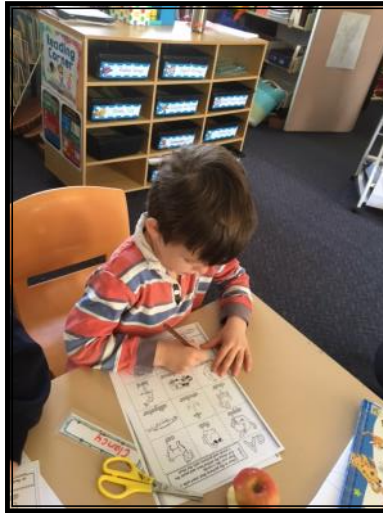
Hannah Landrigan on 0488 666 570 or wrangler-jane86@hotmail.com

Liz Durkin on 0427 295 050 or restdurkin@activ8.net.au

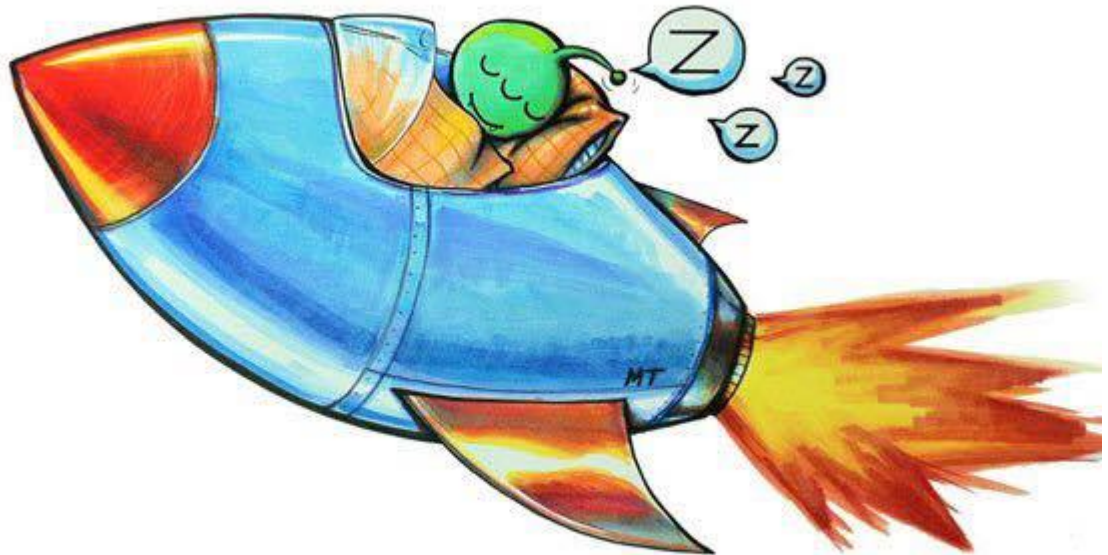


Kindergarten Transition

Yetman PS has started our transition program for 2020's Kindergarten students. We extend a very big welcome to Lily, Clancy and Ted and look forward to seeing them for more transition days next term.



HOW DO YOU PUT
A BABY ALIEN TO SLEEP?



YOU ROCKET