

Yetman Public School

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Week 5 Term 1

Thursday 25 February 2021

Congratulations!



In 2020 Koori Kids and the NSW Department of Education along with state counterparts were instrumental in the overwhelming success of the 2020 NAIDOC Week School Initiative Competitions.

Lylah received the NAIDOC Medal of Excellence (one of 25 awarded across the state) for her NAIDOC themed painting.



Well done to Filippa, Zac, James and Matilda on their participation and sportsmanship at the Macintyre Swimming Carnival in Goondiwindi.

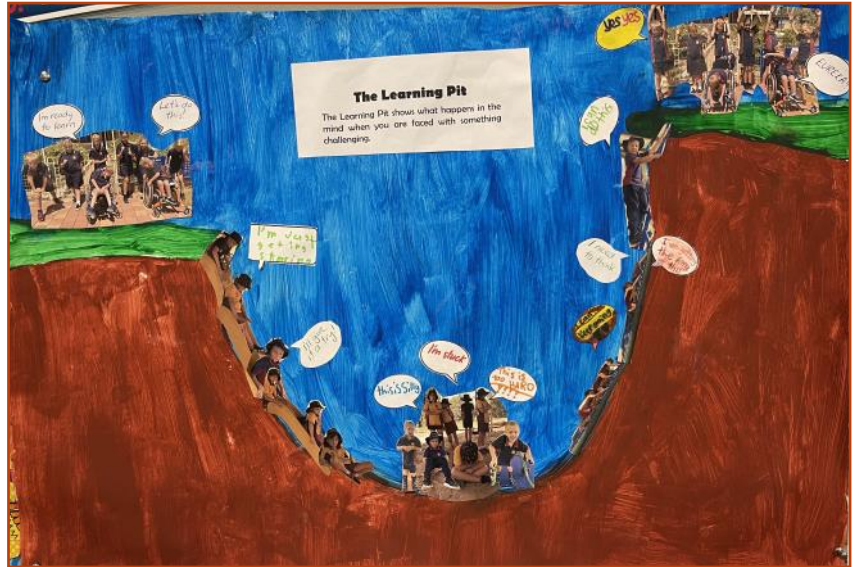


Principal's Report

Welcome to the first newsletter for 2021. I hope all of our Yetman Public School families had a restful and enjoyable summer break.

This year Yetman Public School ran the Macintyre swimming carnival at Goondwindi Pool. This was planned at very short notice and I would like to thank Jen Kilner for her fantastic organisation and planning of the event. Due to COVID-19 and Goondiwindi Pool restrictions it was reduced to junior and senior competitors. Zac, James, Filippa and Matilda represented our school and demonstrated confidence and resilience in their swimming. Congratulations to them all.

This year Yetman Public School will be focusing on Wellbeing as part of our school plan. We have developed a Personal Development program for K-6 that follows a research based Social-Emotional Learning Framework (SELF) in order to develop leadership skills as well as personal and social capabilities. We will be developing our social-emotional curriculum through our visible learning pedagogy, our You Can Do It program and the Smiling Minds mindfulness curriculum. One of our learning goals was to develop our Learning Pit. The Learning Pit demonstrates what happens in the mind when something is challenging and the internal voices of learners. Learning is challenging and therefore students are aware that their own reactions to struggle is natural and a part of learning. Success comes when we are able to use our growth mindset and get ourselves out of the pit.



We are all looking forward to a wonderful school year.

Mrs Johnston



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

You Can Do It! award winners



Cameron and Claude (confidence) and
Teddy (getting along)



Filippa, Stevie and Matilda for getting along



Good for Kids good for life

WHY DO CANTEENS NEED TO BE HEALTHY?

Healthy foods give kids sustained energy to learn and play in at school. Healthy eating can improve concentration and behaviour in the classroom, as well as being important for wellbeing.

Encourage your child to choose delicious and nutritious everyday items from the canteen, like:

- Sandwiches, wraps and rolls with lean meat, cheese and salad vegetables
- Pastas like lasagne, spaghetti Bolognese and macaroni cheese
- Snacks like yoghurt, pikelets or 99% fruit juice ice blocks
- Canteen made pizzas
- Beef hamburgers
- Sushi or rice paper rolls
- Drinks like water or milk



NSW 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

KEEP THE LUNCHBOX COOL

As the weather warms up it is important to keep the lunchbox cool so that food stays safe to eat.

Using an insulated lunchbox with an ice brick can keep the lunchbox 12° cooler.

You could also try a frozen:

- Water bottle
- Milk popper
- Yoghurt

These double as a refreshing drink or cool snack as they defrost.



NSW Health
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K-2 All Stars News

Welcome back to school everyone!

A particularly big welcome to our Kindergarten students, Cameron and Claude, who are both settling well into the routines and expectations of school.

We are settling into our classroom routines, completing assessments, setting individual learning goals and getting right into our learning. If you have any queries about what we are doing in the classroom, homework or your child's learning please feel free to contact me on the school phone.

Mrs Weatherall

K-6 Art

This semester K-6 will be all completing a unit of work on Portraits. We will be discussing famous portraits and learning how to draw one in a variety of different styles.



K-6 Sport and Fitness

Sport this term will focus on a variety of ball games and the skills required for these games. We are also looking forward to our four days of swimming in the next few weeks.

Fitness lessons are focusing on improving our fitness and stamina when running in preparation for the cross country carnivals and also our skipping skills in readiness for Jump Rope for Heart at the end of the term.

K-6 PDH

In PDH we are currently doing a unit of work on Road Safety in conjunction with the NRMA. This includes car safety, pedestrian safety and bike safety. We are also focusing on our emotional wellbeing - learning techniques and strategies so that we can be more focused, resilient and calm. The Smiling Minds program is a major component of this aspect of our lessons.

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
 = **4** weeks  = Over **1** year missed

1 day per **week**
 = **8** weeks  = Over **2.5** years missed

Recipe

APPLE & COCONUT SLICE



from freshforkids.com.au

Preparation: 25 mins

Cooking: 40 mins

Serves: 8

When Golden Delicious apples are out of season use Granny Smith apples.

Ingredients:

1 cup plain flour $\frac{3}{4}$ cup caster sugar
2 $\frac{1}{2}$ cups desiccated coconut
100g butter, melted
1 kg Golden Delicious apples, peeled, cored and sliced
1 tsp ground cinnamon
3 free-range eggs, lightly beaten
Icing sugar, for dusting

Method:

Step 1: Preheat oven to 180°C/160°C fan-forced. Grease and line an 18cm x 28cm x 2-3cm deep baking pan with baking paper.

Step 2: Combine flour, $\frac{1}{2}$ cup caster sugar, $\frac{1}{2}$ cup coconut and butter in a medium bowl and mix well to combine. Press mixture evenly into pan base. Bake for 12-15 minutes until light golden.

Step 3: Meanwhile, place apples and cinnamon in a wide large microwave-safe dish. Cover and microwave on high/100% for 8-9 minutes or until almost tender but still holding their shape. Stand for 5 minutes. Uncover, drain excess juice and set aside to cool slightly. Spoon apples over the warm biscuit base.

Step 4: Lightly beat eggs in a medium bowl. Add the remaining $\frac{1}{4}$ cup castersugar and 2 cups coconut and mix until well combined. Spread coconut mixture over apples, pressing down firmly. Bake for 20-25 minutes until golden. Set aside to in the pan. Dust lightly with icing sugar, slice and serve.



Wishing a very happy 9th birthday to:

Stevie on 4th February

Filippa on 6th February

Teddy on 8th February

Bradley on 8th February

From your Library



Welcome back to everyone for 2021. We are looking forward to a big, enjoyable year of reading. Remember to bring your library bags in every Friday to borrow your books.

The Premier's Reading Challenge will begin on the 1st of March. Miss Jackson has printed a list of all the PRC books that are in the library to make it easier for you to reach your reading target.



| NSW Department of Education

2021 NSW Premier's Reading Challenge

Start reading now!

Key dates for students in K-10:

Challenge opens
Monday March 1

Challenge closes
for student entries
Friday August 20

Artwork by Dr
Bronwyn Bancroft

www.premiersreadingchallenge.nsw.gov.au



Pray for Vanuatu

World Day of Prayer Service 2021



The members of the Catholic Church in Yetman would like to invite everyone to attend the World Day of Prayer Service on Friday 5th March at 10am.

Please join them for the service to be followed by morning tea. For further details please ring Mary Gaston on 0429 072 009.



Yetman Public School Parents and Citizens

AGM

11am Monday 1st March
Yetman Store

Everyone welcome, join us
in planning for another great
year.

* apologies can be emailed to
yetmanpandc@hotmail.com or phone Amanda
on 0409625816 or Kate on 0427291848

