YANCO PUBLIC SCHOOL NEWSLETTER

“THE IBIS”

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Yanco Public School ...........Towards a better world
In 2014, Yanco Public School will be introducing a number of programs and initiatives promoting and encouraging a healthy lifestyle.

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**Calendar**

**Term 1, Week 7**
- Friday, 14th March LNPSSA Rugby League Trials

**Term 1, Week 8**
- Tuesday, 18th March Book Club orders due
  P & C Meeting – 3.30 pm
- Wednesday, 19th March Ride2School Day
- Thursday, 20th March Assembly & Morning Tea – 10.30
- Friday, 21st March Harmony Day
Principal’s News

Welcome back to Week 7 of Term 1. If I were to ask, “Who has done a course on being a parent?” I know very few would be putting up their hand, including myself. Most of our knowledge comes from what we learnt from our parents as we were growing up. Being a good parent is central to developing strong, healthy, resilient children and families. More than ever parents are turning to schools for advice, information and direction about how to raise their kids. Yet their issues are increasingly complex, demanding specific expertise and advice. This year, the school will become part of the Michael Grose ‘Parenting Ideas’ program. The program will include specially-written parenting articles that will be published in the school newsletter, expert parenting guides and tip sheets for parents and a quarterly parenting magazine. The school is also planning to implement parent workshops on literacy and numeracy strategies parents can use at home and a workshop on providing a nutritious diet. The partnership between school and home is very important, and crucial to providing a positive school experience for students. It all sounds very exciting and I look forward to the school community working together.

Primary Assembly

Parents and all community members are invited to attend the first primary assembly for 2014, which will be held next Thursday, 20 March 2014, commencing at 10.30 am under the COLA. During the assembly students will be presented with Merit Awards and there will be a fantastic performance by K/1/2. After the assembly parents, carers and school community members are invited to stay and enjoy morning tea, which will take place after the assembly during recess, commencing at approximately 11.10 am.

Merit Awards

This year saw a change to the school’s Merit Award system, with students being awarded with a blue Achievement Award for achieving set criteria, such as reaching home reading targets. Once students have obtained three Achievement Awards they are eligible for a Merit Award. If your child is eligible for a Merit Award they should hand their Achievement Awards into the front office by next Tuesday, 18 March 2014, so that Merit Awards can be published and presented at Primary Assembly.

Language, Learning and Literacy (L3)

Parents visiting the K/1/2 classroom over the next few weeks will see physical changes in the classroom environment, to support L3 as Mrs McClymont implements it into daily literacy activities. The piano has been moved to the Music Room to make room for the new ‘jellybean’ table, with additional refurbishing to take place as time permits. L3 is an effective Kindergarten classroom intervention, targeting text reading and writing. Students receive explicit instruction in reading and writing strategies in small groups of three to four selected students, which occurs in the daily Literacy session.

Girl Guides and Air League Visits

Yesterday, students in Year 3-6 were visited by representatives from the Girl Guides and the Australian Air League. Mrs Shelley Campbell has recently moved to the Leeton district and would like to re-establish a Girl Guides unit, while Mr Bob Manning visited the school promoting the Australian Air League Leeton/Narrandera Boy’s Cadet Squadron. Information on these activities was provided to the students on the day by these presenters.

Harmony Day

Harmony Day will be celebrated next Friday, 21 March 2014. It is planned for students to participate in a number of cultural activities on the day, with the possibility of other small schools joining the celebrations. There are lots of activities planned for the day including maple syrup pancakes (Canada). Students are asked to wear something orange on the day.

National Ride2School Day

Wednesday 19 March 2014 marks the eighth National Ride2School Day, when over 250,000 Australian students ride, walk, scoot or skate to school. National Ride2School Day is about celebrating active travel and encouraging those who haven’t started to give it a go. Attached to the newsletter is an information sheet outlining the positive effects of an active lifestyle. But please remember to WEAR A BIKE HELMET.

Live Life Well @ School

Live Life Well @ School is a joint initiative between the NSW Department of Education and Communities and NSW Ministry of Health that aims to get more students, more active, more often, as well as improving students’ eating habits. Mrs McClymont and Mrs Binns have completed Live Life Well @ School training and are developing the school’s action plan, which the school will receive $2,000 in funding to implement. Actions included in the plan include participation in programs such as Eat It To Beat It, Crunch & Sip, improvements to the school’s vegetable garden and the implementation of a fundamental movement skills program. Last week parents would have seen an insert on Eat It To Beat It in the school newsletter. This program is sponsored by the Cancer Council of NSW and aims to educate people on the positive effects of a healthy nutritious diet.

Bike Day

A quick reminder that the school’s annual Bike Day will take place on the second last day of Term 1, on Thursday, 10 April 2014. Students will participate in the usual activities, with sponsorship forms going out to students next Monday.

School Chook Pen

The chook yard organised for the vegetable garden has arrived! Thank you to Mr Stan Dunn (Callum, Georgie and Asha’s grandfather) who prefabricated the yard and delivered it to the school yesterday afternoon on his farm truck. Once installed, we will rebuild the old garden shed, attach it to the yard and the chooks can go in. Mrs McClymont is very excited!

Until next week

Tim Allen

Yanco Public School……..Towards a better world
News From the Office

Now Due:

- Excursion Planning Survey
- EOI – Year 7, 2015 – for current Year 6 students
- Book Club due – 18th March
- Ongoing permission notes

There are still a few families that have not yet returned their ongoing permission notes. Please complete and return as soon as possible to ensure your child is able to participate in all school activities.

Sports Report

**LNPSSA Rugby League Trials**
The Leeton Narrandera/Griffith PSSA Rugby League Trials for selection in Open’s and Under 11’s take place at Parkview PS tomorrow. Good luck to both Josh Fitzgerald and Josh Miners, who will be attending the trials.

**LNPSSA Netball/Rugby League Gala Day**
The LNPSSA Netball Knockout and Trials and Rugby League Knockout will be held at the Leeton Town Ovals and Leeton Stadium on Monday, 7 April 2014. All students in Years 5 and 6 will attend, with students eligible to represent the Small Schools teams participating in the events. Further details will be provided when information has been received from the organisers.

Athletics Carnival
A quick reminder that the Yanco Public School Athletics Carnival will be held at the school on Thursday, April 3, 2014. Please save the date and come to the school to cheer your child on!

School Uniform

The wearing of school uniform builds school pride and a sense of belonging in students. All items of clothing in the school uniform are available from the school office, which is open Monday, Tuesday and Thursdays. If any parents or carers are having difficulty purchasing items of school clothing, please contact the office.

News from the Classrooms

K/1/2
What an exciting week we are having in the K/1/2 room! Our jelly bean table arrived, we have two new storage trolleys, we made jelly and today we are making fairy floss.

The children are loving the new L3 structure of having a choice in which literacy activity they do. There are some budding authors in the class!

Today, I will be sending home some maths games for homework. These are games that are played in the classroom that the children are familiar with.

Stay tuned for fairy floss photos next week.

P. and C. News

Last week’s meeting of the P & C was postponed, as a number of the executive were unable to attend. The next meeting will now be on Tuesday, 18 March 2014, commencing at 3.30 pm in the school library. Please come along and support the small number of parents who enthusiastically support the school.

COMMONWEALTH BANK
STUDENT BANKING DAY IS TUESDAY
Please bring your banking to the school office on Tuesday morning.

LEETON SCHOOL DENTAL CLINIC
For all children aged from 0-18 yrs
For appointments phone: 1800 450 046
ALL TREATMENT IS FREE

Yanco Public School……Towards a better world
The Golden Apple is once again supporting Yanco Public School. Please collect your shopping docket from the Golden Apple and place in the box provided in the front office.

Yanco Public School

POSITIONS VACANT

Temporary School Learning Support Officers

Three SLSO positions are available at Yanco Public School, commencing Term 2, 2014 (Monday, 28 April 2014)

Two positions are until the end of Term 4, 2014, four days a week, from 9.30 am -1.30 pm, with some flexibility in the days required, assisting students in the classrooms and playground.

One position is until the end of Term 3, Thursday, 18th September, Monday to Thursday, from 9.15 – 11.15 am, assisting staff to implement individual education programs, including a speech program.

Interested persons should contact Yanco Public School on 02 6955 7162 or email yanco-p.school@det.nsw.edu.au to obtain an application package.

Applications close 5pm Wednesday, 19 March

Mrs McClymont has bravely volunteered to shave her head if her goal of $750 is reached.

Kim Evans, Sandra McDougall and Belinda O'Connell are on board, so have a chat to Mrs McClymont if you are interested in signing up too!

Go to:
http://my.leukaemiafoundation.org.au/ra
chaelmcclymont

Yanco Public School……..Towards a better world
YANCO PUBLIC SCHOOL CANTEEN SUMMER MENU
Open Monday and Thursday

### Something hot
- **Wedges**
  - Small: $2.50
  - Large: $3.00
- **Nuggets**
  - 40c each or 6 for $2.00
- **Pies**
  - Small: $1.50
  - Large: $3.00
- **Sausage Roll**
  - Small: 50c
  - Large: $2.00
- **Mini Pizza**
  - $2.00
- **Lasagne**
  - $3.00

### Something cold
- **Salad Sandwich**
  - $2.50
- **Salad Roll**
  - $3.00
- **Salad Tub**
  - $3.50
  - Chicken or ham with lettuce, cheese, carrot, tomato, beetroot, pineapple, cucumber & dinner roll.
- **Vegemite or Peanut Butter Sandwich**
  - $1.00

### Snacks, Drinks and Iceblocks
- **JJ’s or Chips**
  - 80c
- **Yoghurt Sticks**
  - 10c
- **Shapes or Tiny Teddies**
  - 20c a bag
- **Fruit Slabs**
  - 15c
- **Fruit Faces**
  - 10c

### Snacks
- **Fruit Box**
  - $1.00
- **Chocolate or Strawberry Milk**
  - $1.50
- **Billabongs**
  - $1.30
- **Milo Cups or Frozen Yoghurt**
  - $1.80
- **Lemonade Icy Poles**
  - $1.00
- **Quelch Icy Poles**
  - $0.50

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**Nutrition Snippet**

**The simplest way to eat more fruit and veg.**

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:

- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn’t contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don’t go overboard on dried fruit.
- **A little and often.** Children may eat more if you offer smaller serves more times a day.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](http://facebook.com/eatittobeatit)

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**Auskick Registration is now open.**

For Boys and Girls turning 4 to 11

All Registration need to be completed online at the following address


All players are to register as a new participant (new or old)

At the conclusion of your registration the following will be shown

This Auskick Centre offers online payment. If you wish to pay for this invoice now, please click the button below.

Invoice Number: 1450071854

Pay Now

Click the link and make your online payment of $70

Bag collection will be on April 5 from 12pm till 4pm at the Leeton showgrounds. (In the upstairs room) Please bring receipt of payment.

First Auskick night will be Friday April 11 at 5pm till 6pm.

Further information: auskickleeton@gmail.com or 0418684236

Registrations close April 5

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Yanco Public School…….Towards a better world
Community Events

Trivia Night
Saturday 15 March

Grab some friends, test your knowledge and have some fun!

MC for the evening:
Carl King

Leeton Soldiers Club
Main Lounge at 7pm
$10 per person
Bar snacks available!

Yanco Public School…….Towards a better world

CYSTIC FIBROSIS
DISCO
FOR JUNIORS & TEENS

DATE: FRIDAY 14th March
VENUE: Platform Lounge Racecourse Rd Leeton (Also know as the MIA Social Club)

TIMES:
Juniors - Kindergarten to yr 6
6.00pm - 8.00pm
Teens - yr 7 to yr 10
8.30pm - 10.30pm

ENTRY: $5.00 pp
MUSIC BY: DJ...ML...

Full lock in with supervision, no persons will be allowed outside the premises until collected by an adult.

Ian Lucas Memorial
Bike Ride and Hike
Sunday 23rd March
9.00am Grong Grong Sports club
Registration at Grong Grong and Matong from 8:00am

DON'T GIVE UP MATY!
YOU'RE ALMOST THERE!
- Ian Lucas

Primary school age children to be accompanied by an adult.

Riders can complete a course from Grong Grong to Matong and return or any part of the course they feel comfortable in tackling. Walk to be held concurrently to Bundeggery Channel and back.

Prices:
$20 per adult,
$10 per child,
$50 per family.

Mornign tea and lunch included in entrance fee.
Morning tea and lunch available for purchase on the day for non-riders and non-walkers.

More Information
Phone Brian Green 0427 487525
Dave Currie 0417729630

Yanco Public School......Towards a better world
COMMUNITY CALENDAR

Yanco Village Markets
Yanco Community Hall
Sunday, 23rd March

Powerhouse Museum
Open Day
Sunday, 23rd March

Yanco Lions Club Meeting
Yanco All-Servicemen’s Club
2nd and 4th Wednesday of
every month
7:00 pm

Please support the businesses that support our kids and our school!

IAN’S LAWN SERVICE
The best in the business! Perfect job every time!

- Edge and Hedge trimming
- Rubbish removal
- Tree Trimming
- Gardening

Extra charges will apply for removal [depending on how many trailer loads].
Rates: $20 per hour
Pensioners: $13 per hour
Contact Ian on 0411 846649

BOB’S RE-USE CENTRE
Leeton Landfill & Recycling Centre
Thursday to Sunday
9am to 5pm
Enquiries: 0416 109 676

GABLES FAMILY DAYCARE
Now Open
8.00am—5.00pm
Monday to Friday
4/10 Waratah Street, Leeton
0428 556286 b.h.
02 6953 5788 a.h.

YANCO ALL-SERVICEMEN’S CLUB
P.O. BOX 23, YANCO
Ph: 02 6955 7106    Fax: 02 6955 7290

YANCO LIONS CLUB
“WE SERVE”

LEETON OUT OF SCHOOL CARE
Afterschool and Holiday Care for children K - 6
Ring Alison Wallace.
Phone: 6953 5788

IAN’S LAWN SERVICE
The best in the business!
Perfect job every time!

- Contract Labour Hire
- Payroll and Administration Services

Suite 8, 42-52 Pine Avenue,
Leeton NSW 2705
Ph.: 6953 6002    Fax.: 6953 6048
Mobile: 0417 361 690
136 Torrens Street Canley Heights NSW
2166
Phone/Fax: 1800 996 611

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Golden Apple
Super Store
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Yanco Road, Leeton
Phone: 6953 2000    Fax: 6953 2772

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Active Transport can reduce congestion and parking problems, leading to healthier local environments and communities. Schools that participate in the Ride2School program achieve an average of 5 in 10 students who actively travel to school.

Activity trend:
Over the past 40 years, the number of children who are physically active everyday has significantly dropped.

Physical activity is ranked second to tobacco control as the most important factor in disease prevention in Australia.

Getting children out of cars and into active transport is believed to be the most effective way to improve levels of physical activity.

Students who actively travel arrive awake and alert, improving their concentration in class and ability to understand the curriculum.

Active Transport can reduce congestion and parking problems, leading to healthier local environments and communities.

60 minutes is the minimum daily requirement for physical activity for children under 18.

Physically active students are healthier, happier and more socially connected.

Today the levels of physical activity are significantly low when compared with statistics 40 years ago. The Ride2School Team are working to reverse this trend. This infographic is designed to show the benefits of increased physical activity with students and the school community.

Facts about students, health and active travel

Today 70% of students rode or walked to school. Today there are only 2 out of 10 students who actively travel to school.

About the Ride2School Program
The Ride2School Program is a behaviour change initiative that works to make active travel normal for students, while improving schools education outcomes. The program aims to tailor its assistance to suit the needs or overcome the barriers faced by each school.

Out of 10 students who actively travel:
- 50% arrive awake and alert, improving their concentration in class and understanding the curriculum.
- 75% are physically active.
- 100% are healthier, happier and more socially connected.

In the 1970s, 8 out of 10 students rode or walked to school. Today there are only 2 out of 10 students who actively travel to school.

Resources:
- Australian Bureau of Statistics
- American Society of Landscape Architects, 2011: News – Interview with Jan Gehl
- British Medical Association, 1992: Cycling towards health and safety
- Hendriksen, Ingrid (1996): The Effect of Commuter Cycling on Physical Performance and on Coronary Heart Disease Factors
- Victoria Transport Policy Institute: Transportation Cost and Benefit Analysis II – Congestion Costs; Sharp I, 1994: The National Forum for Coronary Heart Disease Prevention
- Baumann, A., & Rissel, C., 2009: Cycling and health: an opportunity for positive change?