Japanese Drumming

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Yanco Public School ……… Towards a better world
Yesterday the school was visited by Kiyomi Calwell, who presented the Taiko Experience to students.

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Term 1, Week 11 (7th-11th April)
Monday, 7th April
Riverina Debating Day
Netball/League Gala Day
Wednesday, 9th April
GRUNT Performance
Thursday, 10th April
Bikeathon
Friday, 11th April
Last day of term

Term 2, Week 1 (28th April – 2nd May)
Monday, 28th April
Staff return
Tuesday, 29th April
Students return
Welcome back to Week 10 of Term 1. What a fantastic experience for our school captains, travelling to Sydney to participate in National Young Leader’s Day. Many adults question today’s youth, but if you could see the qualities that were demonstrated at Sydney, you would be sure that the future is safe in the hands of our future leaders. A full report on the trip will be published in next week’s newsletter.

Taiko Experience
Yesterday the school was visited by Kiyomi Calwell, who presented the Taiko Experience to students. The performance was an introduction to taiko, or Japanese drumming. Taiko was performed and students were invited to participate. Students also learned about taiko, Japanese greetings, counting and culture more throughout the show, which proved to be an excellent introduction to Japanese culture.

Bike Day
Next week our annual Bike Day will take place, on Thursday, 10 April 2014. The Bike-a-thon is a major fundraiser for the school community and I encourage all students to attract as much sponsorship as possible. Students have received their sponsorship forms and these should be returned to school, with any sponsorship raised, as soon as possible. We would also appreciate some parent assistance on the day, particularly in transporting students and their bikes to the start of the course.

GRUNT
The popular musical production ‘Grunt’ will make a welcome return in 2014. Next Wednesday, students will travel to Narrandera to watch a matinee performance of the musical and to meet cast and crew. After the matinee students will have lunch in the park before returning to Yanco. Permission notes were sent home with last week’s newsletter and should be returned as soon as possible.

Riverina Debating Day
Next Monday, 7 April 2014, Elliane Boulton and Callum Dunn will travel to Griffith East Public School to participate in a Riverina Region Debating Day as part of the Premier’s Debating Challenge. The workshops will cover all aspects of debating including rebuttal, arguments and examples, definition and speaker’s roles, as well as a few games and activities. The day will be an excellent opportunity for them to learn more about debating and hear from the people who will be adjudicating the finals of the Premier’s Debating Challenge in 2014.

Until next week
Tim Allen

News from the Office
Now Due:
- GRUNT Permission Note
- P & C Bulb Fundraiser
- Yrs 5/6 Netball/League Gala Day permission notes
- Excursion Planning Survey
- Voluntary Contributions
- Ongoing permission notes

TERM 1 VOLUNTARY SCHOOL CONTRIBUTIONS are now due.
$10 per term per child or $40 for the full year.

News from the Classrooms

K/1/2
K/1/2 had an excellent time yesterday at the school’s first video conference. We had a great time learning about bilby’s and their environment. We were very excited to make and decorate the Easter baskets. The most exciting part was when Billy Bilby magiced our tattoos to the classroom. It was a fantastic opportunity for K/1/2 to extend their learning with a school near Armidale, a school near Sydney and a presenter in Sydney. Due to the enthusiasm I have booked another Video Conference for Week 3, Term 2.

3/4/5/6
3-6 students had fun practising for the Athletics Carnival and are looking forward to participating in all the events. We are busy making papier mache babooshka dolls in art for our Russia unit of learning. Only a week till the holidays and I’m sure everyone is looking forward to a break.
Sports Report

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 next Monday, 7 April 2014. All students in Years 5 and 6 received permission notes yesterday. Please note that if a student wishes to play in the Classic Shield Rugby League they will be required to have parental consent to participate in a full contact sport. Permission notes were sent home with students last week and need to be returned to the front office as soon as possible.

Athletics Carnival
The Yanco Public School Athletics Carnival was to be held at the school today. More in next week’s newsletter.

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 us.

Primary Assembly Schedule

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<tr>
<th>Term</th>
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<tr>
<td>Term 2</td>
<td>Thursday 22 May,</td>
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<td>Thursday, 19 June</td>
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<td>Term 3</td>
<td>Thursday, 7 August,</td>
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<td>Thursday, 4 September</td>
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<td>Term 4</td>
<td>Thursday, 30 October,</td>
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<td>Thursday, 27 November</td>
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Parents, carers and community members are invited and encouraged to attend. The assembly will commence at 10.30 am and will be followed by a community morning tea during recess.

Parent-Carer Tips
Kik, Vine, Instagram – are they safe?
It’s no contest – kids discover and understand new social media long before we adults do. If your child is thinking about creating a new social media account – or complains that “everyone else is doing it”, you can get the facts a glance from School A to Z’s technology glossary. You’ll also find information about age restrictions and things to watch out for: http://bit.ly/188OerY

Books to boost brains
Literacy skills often progress suddenly in leaps and bounds. The secret is to keep kids of all ages reading over the weekends and school holidays. Even 20 minutes a night can make a huge difference to their reading, comprehension and general knowledge. It’s also a great way to settle their minds down before sleep (for adults too!). If your child hasn’t found a book that grabs their imagination, why not try them on a series book from the Premier’s Reading Challenge list? Here are top suggestions for all ages, including young adult: http://bit.ly/1dLSGC0

Canteen News

CANTEEN CAKES ROSTER
Monday, April 7 – Nyree Dunn
If you have any questions please ring Kim Evans—0416 591 200

P. and C. News
PARENT HELPERS REQUIRED
This year Yanco P & C will be running the canteen at the Small Schools Athletics Carnival on Tuesday, 20 May 2014, as well as sharing the canteen with Leeton Public School at the LNPSSA Touch Gala Day and Knockout on Friday, 20 May 2014, with both events being held at the Leeton High School Ovals. Parent helpers will be needed for both days. Parent helpers will also be needed to run both the school Athletics carnival and Bike Day. Please consider helping out on these days, as ‘many hands make light work’

IGA Shopping Dockets
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.

Thank you
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
- Tomato or Sweet & Sour Sauce – 20c
- Lunch Bag – 5c

**Something cold**
- Salad Sandwich- $2.50
- Salad Roll - $3.00
  - Chicken or ham with lettuce, cheese, carrot, tomato & mayonnaise
- 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
- Cold Drinks
  - Fruit Box - $1.00
  - Chocolate or Strawberry Milk - $1.50
- Iceblocks
  - Billabongs - $1.30
  - Milo Cups or Frozen Yoghurt - $1.80
  - Lemonade Icy Poles - $1.00
  - Quelch Icy Poles - $ - 50c

- Turn off the TV or computer and get active
  - Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
  - On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear “I’m bored” - think of something active to do.
  - During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Nutrition Snippet

**The simplest way**
to work out what 2 fruit & 5 veg looks like.

Eating 2 serves of fruit and 5 serves of vegetables every day will help keep you and your children healthy. But what does a serve look like?

A serve of fruit is 150 grams or:
- 1 medium fruit (e.g. apple) or
- 2 small fruit (e.g. apricots)
- or 1 cup of chopped or canned fruit

A serve of veg is 75 grams or:
- ½ cup of cooked veg or
- ½ medium potato or
- 1 cup of salad

So as an adult, eating just 2½ cups of cooked vegetables will give you your daily recommended intake. Try spreading it across different meals to make it easier to reach your daily target.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
COMMUNITY CALENDAR

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Yanco Village Markets</td>
<td>Sunday, 20th April</td>
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<td>Yanco Community Hall Open Day</td>
<td>Sunday, 20th April</td>
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<tr>
<td>Powerhouse Museum Open Day</td>
<td>Sunday, 20th April</td>
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<td>Yanco Lions Club Meeting</td>
<td>2nd &amp; 4th Wednesday</td>
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<td>Yanco All-Servicemen’s Club Memoing</td>
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BOB’S RE-USE CENTRE
Leeton Landfill & Recycling Centre
Thursday to Sunday
9am to 5pm
Enquiries: 0416 109 676

Golden Apple Super Store
P.O. Box 750, Leeton
Yanco Road, Leeton
Phone: 6953 2000
Fax: 6953 2772

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 - 0411 846649

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

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

LEETON UNITED FOOTBALL CLUB (SOCCER)
JUNIOR REGISTRATION DAY FOR LOCAL COMPETITION
Saturday April 5, 2014
Leeton No 1 Oval kiosk
10am to noon Ages: Boys 4-15, Girls 4-16
Details for online registration
Enquiries: Rod Harrison 0417 450 546
Shane Dunn 0428 649 481
Lena Porcu 0418 652 075
leetonunitedfc.org.au

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

YANCO LIONS CLUB
“WE SERVE”
How emptying the dishwasher can build independence

You can learn a lot about a family by knowing who clears their dishwasher. Who empties yours?

The choice of who empties the dishwasher in your family tells a great deal about your parenting philosophy.

If you or your partner usually do it then I humbly suggest that you maybe working too hard. You’re letting your kids off the hook.

On the other hand, if one or all of your kids (over the age of three) have this job then congratulations. You’re travelling down the road toward redundancy, and your children are heading toward independence.

Many parents would love their kids to do this task but pragmatism (“It’s easier to do it myself”), lack of faith (“They’re sure to break something!”) and unwillingness to let go (“It’s my job after all”) get in the way.

Why the dishwaher?

Good question. Here are seven good reasons:

1. These days almost every house has one, and it’s a job that just has to be done!

2. It’s fiddly and tedious, and it needs to be done right, which is a great lesson for kids to learn.

3. Kids learn that everything has a place in the kitchen, which is a great lesson for those who are organisationally challenged. Knowing their way around the kitchen is also an important first step toward children making their own snacks and preparing meals – a worthy aim!

4. It’s emptied every morning/day, second morning/day so kids learn about routine.

5. As it needs to be emptied whether they feel like it or not, kids learn about grit (the ability to stick at a task even though it’s boring) and self-control (through delaying gratification) – two important character strengths that contribute to kids’ success.

6. If they don’t do it then who will? It teaches kids that others rely on them, as well as the other way around. Believe me, I see many young people who’ve never learned this lesson at home!

7. Kids are hard-wired to help but they need the opportunity to do their bit at home. The dishwasher is the perfect opportunity that never goes away!

There are plenty of other reasons for putting the dishwasher on the kids’ chores list, but that should be enough to get you thinking.

Okay, but does it have to be the dishwasher?

Smart parents put principles into practice to suit their circumstances.

So, if you buy into the notion that kids should routinely help at home without being paid, and that your aim is to make yourself redundant – but getting them to empty the dishwasher just doesn’t cut it in your world – find a similarly regular, laborious task that they can do that will also benefit others.

No dishwasher? You have an advantage

Of course, families without a dishwasher have a great communication mechanism at their disposal. That is, one person washing (a parent) and the other drying (a child/teenager) provides a fabulous shoulder-to-shoulder parenting opportunity.

As many parents have discovered, when a child or young person’s hands are busy their tongue suddenly loosens up and the chat happens naturally.

Gradually, then suddenly

If getting kids to help is an uphill battle then I suggest you don’t let up. Keep expecting them to help. Keep working on a chores roster and keep at your kids to do the right thing. One day it will all click and helping out will become habitual, hardwired into their brains so that helping out becomes neurological as well as psychological.

That’s why ‘gradually, then suddenly’ is a really useful parenting mantra. The Australian cricket team’s recent success can be attributed to this approach. They’d been gradually improving by doing all the right things throughout 2013 without success and then suddenly it all clicked in the Australian summer. But that’s another story...

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parenting ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.