YANCO PUBLIC SCHOOL NEWSLETTER

“THE IBIS”

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Yanco Public School..........Towards a better world
Next Week’s Calendar

**Term 2, Week 8** (16th – 20th June)

- **Wednesday, 18th June**: Year 6 Transition - LHS
- **Thursday, 19th June**: Primary Assembly – 10.30
  - **-CRAZY HAIR DAY-**
  - World’s Greatest Shave

**Term 2, Week 9** (23rd – 27th June)

- **Monday, 23rd June**: Riverina Athletics
  - Eat It to Beat It Workshop – 3.30
- **24th to 26th June**: Operation Art
- **Wednesday, 11th June**: Year 6 Transition - LHS
- **Friday, 27th June**: Last Day of Term 2

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**Principal’s News**
- Music Program
- World’s Greatest Shave/Crazy Hair Day
- SHINE
- Lost Property
- Eat It to Beat It
- Work Experience
- ZUMBA
- National Consistent Collection of Data on School Students with Disability

**School Reports**

**School Graffiti**

**Operation Art**

**Primary Assembly**

**News from the Office**

**Sports Report**
- Ian Lucas Memorial Trophy
- Riverina Cross Country Carnival

**School Uniform**

**Assembly Dates**

**Eat It to Beat It Workshop Info**

**Health Tips**

**Canteen Winter Menu**

**World’s Greatest Shave Silent Auction note**

**Term 2 Calendar**

**Community Page**

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**Feature Photo**

*Learning about healthy eating is fun and delicious!*

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**Please come along to our “Eat It to Beat It” session, Monday, 23rd June.**

The school is focusing on healthy eating and habits at the moment and it would be fantastic if parents could come along and get involved too!
Welcome back to Week 7 of Term 2. Only two weeks of Term 2 left, with the term ending on Friday, 27 June 2014! I will be out of school next Friday, 20 June 2014 attending a meeting of the Primary Principal’s Association here in Leeton.

Music Program
Last week a Music program commenced at Yanco Public School. Mrs Dorothy Sgroi will be coming to school one day per week for Term 2 and Term 3. Mrs Sgroi will be working with students in creating a recorder group and a guitar group, as well as the School Choir. The recorder group and the School Choir will perform at this year’s Leeton Eisteddfod.

World’s Greatest Shave/Crazy Hair Day
As many of you would be aware Mrs McClymont will be having her head shaved for the World’s Greatest Shave Leukaemia Foundation at next week’s Primary Assembly. On the day students can support Mrs McClymont by coming to school in the silliest and wackiest hairstyle possible, for the cost of a gold coin donation. Students can also enter the silent auction to be the student who has the chance to shave Mrs McClymont’s head! See the newsletter for more details.

SHINE
This year students will participate in the bi-annual LCOPS production of SHINE, which will be held in Term 3. This year’s theme is ‘Broadway’, with Yanco PS students performing an item from The Boy From Oz, made famous by Hugh Jackman. Rehearsals will take place with Mrs Binns during the same days as the music program and also every Friday.

Lost Property
We are once again collecting a large number of jumpers in lost property as students commence wearing them in the cooler weather. Could I please ask parents to ensure that all clothing is labelled with your child’s name, as this will assist staff in returning items.

Eat it To Beat It
The Cancer Council will present a parent workshop on healthy eating and nutrition during the last week of this term. Details are in the newsletter.

Work Experience
Leeton High School Year 10 student Samantha McDonald is currently completing a Work Experience Placement at Yanco Public School. Each Wednesday Samantha will undertake duties in the K/1/2 classroom under the guidance of Mrs McClymont, fulfilling duties similar to a School Learning Support Officer.

ZUMBA
Put on your exercise shoes, Zumba is coming to Yanco Public School! Zumba is a dance fitness program which involves dance and aerobic elements, incorporating hip-hop, samba, salsa and mambo. Commencing this Friday, Zumba will take place each Friday afternoon during sport for the remainder of Term 2. Students will participate in a 30 minute lesson in their class groups and Zumba will be funded by the school utilising additional schools funding.

School Reports
Staff are currently completing Semester One student reports. These will be sent home with students in the last week of this term on Wednesday, 25 June 2014. This year sees the first year of the implementation of the new NSW English Syllabus, and there are changes to how English will be reported as we move into the new English curriculum. Further information will be sent with school reports.

School Graffiti
Unfortunately the school was the target for a graffiti attack at some time between the end of school on Tuesday afternoon and Wednesday morning, with a school noticeboard defaced with obscene language and comments. The bus shelter was also targeted. This is extremely sad to see after a lot of work has been done on raising expectations and improving the image of the school. A report to the police has been made.

Operation Art
Operation Art will take place in Griffith at the Griffith Regional Art Gallery on the last week of this term. Operation Art is a fantastic opportunity for students to attend professional visual arts workshops organised by talented artists and presenters and complete a piece of art. Staff nominated a number of students to attend these workshops and parent transport will be required in order for students to attend. Permission notes for nominated students were attached to last week’s newsletter.

Primary Assembly
A quick reminder that the next primary Assembly will be held next Thursday, 19 June 2014 commencing at 10.30 am under the school COLA. Students who are eligible for a Merit Award or Bronze Award should hand them to Mr Allen next Tuesday, 17 June 2014 in order for them to be published.

Permission Notes & items to be returned.
- Nationally Consistent Data Collection Opt Out Slip
- Shine Permission Note (if highlighted)
- Ongoing Permission Note (if highlighted)

Terms 1 & 2 Voluntary School Contributions are now due.
$10 per term per child
$40 for the full year.

Principal’s News

School Contributions
Nationally Consistent Data Collection Opt Out Slip
Shine Permission Note (if highlighted)
Ongoing Permission Note (if highlighted)

TERMS 1 & 2 VOLUNTARY SCHOOL CONTRIBUTIONS are now due.
$10 per term per child
$40 for the full year.

Yanco Public School…….Towards a better world
Sports Report

As we move towards the end of Term 2, sporting commitments are beginning to be completed. Mrs Binns travelled to Albury next Thursday, 12 June 2014 as manager of the Leeton Narrandera PSSA Boys Touch Team after doing a great job convening the LNPSSA Boys Touch Gala Day.

Ian Lucas Trophy

At last week’s Leeton Narrandera PSSA Athletics Carnival, the Small Schools Team was successful in winning the Ian Lucas Memorial Trophy for Aggregate Handicap Champion School. The trophy will take pride of place in the Yanco PS trophy cabinet until it is passed to another of the Leeton Small Schools at the end of Term 3.

Riverina Cross Country Carnival

On Tuesday Talee Warren, Brittany Dolan and Miriam Dolan travelled to Deniliquin to participate in the Riverina Cross Country as part of the Leeton Narrandera PSSA Cross Country Team. It was a very challenging course running through the Deniliquin Forest, with Miriam stating, “It was hard!”

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.

EAT IT TO BEAT IT

The Cancer Council will visit Yanco Public School to present a parent workshop on healthy eating and nutrition on Monday, 23 June 2014. The workshop will take place in the K/1/2 room and will commence at 3.30 pm.

All parents and carers are invited to attend. Light refreshments provided. Supervision will be provided during the workshop for those students whose parents attend.

Primary Assembly Schedule

Term 2
Thursday, 19 June
followed by World’s Greatest Shave

Term 3
Thursday, 31 July,
Thursday, 4 September

Term 4
Thursday, 30 October,
Thursday, 27 November

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.

STUDIO 9 CHEER SQUAD

Want the kids to have some fun moving, dancing, cheering & exercising, while building confidence & self esteem? Then bring them along to cheerleading!! We make Dance, movement & exercise a really fun & positive experience for every participant.

FRIDAYS - Cost $12 per child
4pm to 5pm “Dazzler’s” for 5 to 10 year olds
5pm to 6pm “All Stars” for 11yrs & over

FITKIDZ for Primary School Children
Tuesdays 4 To 4:30pm - Cost $5 Per Child

TEENFIT for High School Students
Tuesdays 4:30 To 5:15pm - Cost $8 Per Child

Studio 9 Fitness Leeton, Centre Point Arcade, Leeton 6953 8133 or 0412 975 905 - leetonfitness@hotmail.com
Parents: Sign Up for *Eat It To Beat It* (limited spots)

Fruit & Veg Made Easy

Eating more fruit and vegetables could be the simplest change you can make to improve your family’s health!

*Eat It To Beat It* is a new program for parents of primary aged children provided at your Primary School by Cancer Council NSW for FREE. We can show you:

- The latest nutrition recommendations for a healthy life for your family
- How small changes can make a big difference
- How many serves of fruit & vegetables are recommended to maintain a healthy balanced diet and how much is a ‘serve’
- Assessing your families intake of fruit & vegetable and tips for including more fruit & vegetables into meals and snacks
- Tips on how to save money while eating healthy food
- Strategies to get children to eat more fruit and vegetables
- Fast & easy, family-friendly recipes and snack ideas and much more!

Yanco Public School is holding a Fruit & Veg Sense Session on Monday 23rd June from 3.30 – 5pm. Light Refreshments provided.

Bring along your favourite healthy recipe from home to share with other parents from your school!

You can find more information at [www.cancercouncil.com.au/eatitobeatit](http://www.cancercouncil.com.au/eatitobeatit) or by contacting Melissa at melissan@nswcc.org.au

Fill in your details and return this form to your school to register your interest in attending an *Eat It To Beat It* Fruit & Veg Sense Session. Spaces for the workshops are limited.

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Yes please register my interest in attending a FREE Fruit & Veg Sense session at my school (sessions are for parents) on:

- [ ] Monday 23rd June 2014 from 3.30pm.

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number (Mobile no. for text message reminder)</th>
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</thead>
<tbody>
<tr>
<td>Name of School</td>
<td>Yanco Public School</td>
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</table>
YANCO PUBLIC SCHOOL CANTEEN WINTER MENU
Open Monday & Thursday

**Lunch Food**

<table>
<thead>
<tr>
<th>Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wedges</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$2.50</td>
</tr>
<tr>
<td>Large</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Dogs</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cocktail Frankfurts</td>
<td>$2.00 for 6</td>
</tr>
<tr>
<td>Nuggets</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pies</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$1.50</td>
</tr>
<tr>
<td>Large</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sausage Rolls</td>
<td>$1.00</td>
</tr>
<tr>
<td>Small</td>
<td>$0.50</td>
</tr>
<tr>
<td>Large</td>
<td>$1.00</td>
</tr>
<tr>
<td>Mini Pizza</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lasagne</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cup of Soup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cup of Noodles</td>
<td>$1.00</td>
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<tr>
<td>Toasted Sandwich</td>
<td>$2.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese or Chicken &amp; Cheese</td>
<td>$1.00</td>
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<tr>
<td>Sandwich</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vegemite or Peanut Butter</td>
<td>$1.00</td>
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**Snacks**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>JJ’s or Chips</td>
<td>80c each</td>
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<tr>
<td>Yoghurt Sticks</td>
<td>10c each</td>
</tr>
<tr>
<td>Shapes or Tiny Teddies</td>
<td>20c a bag</td>
</tr>
<tr>
<td>Fruit Slabs</td>
<td>15c each</td>
</tr>
<tr>
<td>Fruit Faces</td>
<td>10c each</td>
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**Drinks**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
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<tbody>
<tr>
<td>Fruit Box</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chocolate or Strawberry Milk</td>
<td>$1.50 each</td>
</tr>
<tr>
<td>Hot Milo</td>
<td>$1.00</td>
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**Ice Blocks**

<table>
<thead>
<tr>
<th>Block</th>
<th>Price</th>
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<tbody>
<tr>
<td>Billabongs</td>
<td>$1.30</td>
</tr>
<tr>
<td>Milo Cups or Frozen Yoghurt</td>
<td>$1.80 each</td>
</tr>
<tr>
<td>Lemonade Icy Pole</td>
<td>$1.00</td>
</tr>
<tr>
<td>Quelch Icy Pole</td>
<td>50c each</td>
</tr>
<tr>
<td>Tomato or Sweet &amp; Sour Sauce</td>
<td>20c each</td>
</tr>
<tr>
<td>Lunch Bags</td>
<td>5c each</td>
</tr>
</tbody>
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Great reasons to be active for children and parents

- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teaches you new skills
- develops better motor skills
- makes a person happier with their body
- lower risk of disease including heart disease and cancer later in life.

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Need a dinner meal that is also great for lunch boxes? Try our potato frittata recipe. This family favourite can be eaten hot or cold the next day as leftovers.

**Ingredients**

- 250g sweet potato, sliced
- 250g potato, sliced
- 1 tsp olive oil
- 1 onion, thinly sliced
- 1 bunch baby spinach, washed and drained
- 3 eggs, lightly beaten
- 2 tbsp grated Parmesan cheese
- ¼ tsp nutmeg

**Method**

Preheat grill. Boil potato and sweet potato for 45 minutes until tender, or microwave on HIGH (100%) in a covered dish with 1 tablespoon water for 4-6 minutes, stirring after 3 minutes. Drain well. Heat oil in a non-stick frypan, add onion and cook for 2 minutes until golden. Add potato and sweet potato, toss to combine and brown. Stir in spinach and stir-fry until wilted and moisture has evaporated. Mix eggs, cheese and nutmeg in a small bowl and pour into pan. Cook over low heat until set. Place under hot grill for 2 minutes to brown the top. Enjoy!!
As you would be aware Yanco Public is holding a World's Greatest Shave at the formal assembly on Thursday, 19th June starting at 10:30 a.m. To help raise as much money as possible, we are holding a silent auction to shave the heads of Belinda O'Connell, Sandra McDougall, Kim Evans or Rachael McClymont. The person or people that bid the highest amount will be notified on Tuesday, 17th June and all money will need to be paid by Wednesday, 18th June. Bids can be made by students or members of the community. If a student is making a bid, it will need to be signed by a parent or guardian to be considered.

On the day of the shave all students are asked to come to school with crazy hair and a gold coin donation.

If you wish to make a more significant donation please see either the office or Rachael McClymont before or on the day.

I/ We ________________________________ would like to make a bid of

$________________ to shave (please tick)

☐ Belinda O'Connell
☐ Sandra McDougall
☐ Kim Evans
☐ Rachael McClymont

I understand that by making this bid I am required to pay my nominated amount by Wednesday 18th June. If I do not pay by the Wednesday 18th June at 3:30pm my bid will not be considered and the next person on the list will be contacted.

______________________________ Date: / /  

Phone: ____________________________
## COMMUNITY CALENDAR

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time/Details</th>
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<tbody>
<tr>
<td>Yanco Village Markets</td>
<td>Sunday, 20th July</td>
<td>Yanco Community Hall</td>
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<tr>
<td>Powerhouse Museum Open Day</td>
<td>Sunday, 20th July</td>
<td></td>
</tr>
<tr>
<td>Yanco Lions Club Meeting</td>
<td>2nd &amp; 4th Wednesday of the month @ 7pm</td>
<td>Yanco All-Servicemen’s Club</td>
</tr>
</tbody>
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## BOB’S RE-USE CENTRE
Leeton Landfill & Recycling Centre
Thursday to Sunday
9am to 5pm
Enquiries: 0416 109 676

## 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

## YANCO ALL-SERVICEMEN’S CLUB
P.O. BOX 23,
YANCO
PH: 02 6955 7106
FAX: 02 6955 7290

## LEETON OUT OF SCHOOL CARE
Afterschool and Holiday Care for children K - 6
Ring Alison Wallace,