



Dear Parents and Caregivers

We are all currently experiencing a lot of upheaval with constant change and the anticipation of what is to come. Our job here at Yangebup PS is to ensure that students feel a sense of normalcy and security despite some obvious changes. From what I have witnessed, students are enjoying school and being with their friends and our aim is to keep that going as much as is possible. However, the landscape has changed once again and I need to let you know what we have to do to minimise risk.

COVID Procedures:

- Parents may come onto school grounds, wearing a mask and/or socially distancing
- Parents may not enter classrooms (send an email if you need to talk to the teacher, or if it is more complex, make an appointment for a phone interview)
- Assemblies are cancelled
- Meetings such as P&C, Parent Rep and School Council will all be done via video conference

New Values:

The staff have been working on reviewing our Values and we will be designing our behaviour curriculum under these value headings:

Values: Kindness, Achievement, Respect and Responsibility
Our School Motto continues to be: Pride and Achievement

Behaviour Expectations for the next two weeks:

We were extremely proud to see students were wearing their Yangebup Primary School uniform with pride for the last two weeks. Our next behaviour expectation is keep your hands, feet and mouth to yourself. This is part of our Respect Value.

Class Parent Meetings:

Next week classes will open up Connect and place their first message which is a letter explaining routines and other important information you need for the year. Please make sure you can access Connect. There may be some lessons already on Connect. Please **save these** for times when your child is required to isolate at home.

Communication and Learning From Home:

All older students will be shown how to access Connect in class so they will be familiar with it if they need to do learning from home. Students in Year 1 and up have been given log on details, however parents can access through their parent account. PP and Kindy parents should log on using parent accounts.

From next week, no group emails will be sent so you will need to be on Connect to get both school and classroom information. There are still a large number of Kindy parents who have not yet accessed Connect.

Maths Books:

Thank you to parents who ordered and paid for their child's maths book through Ziggies. If you didn't order through Ziggies, you need to pay for the book at the school office. Book cost is Year 1-3 \$14.95 and Year 4-6 is \$15.95. At this stage, cash is easier for us but you can always do a bank transfer. Banking details are Yangebup Primary School, BSB 016016 Account 492 139 294. Please enter child's name and reason for deposit. **Please note the P&C have a different account to us—please take care not to mix us up when doing transfers.**

School Council 2022

The School Council's first meeting is Tuesday 15th February at 3.30pm over video conference. We do need new members so if you are interested, please let me know.

Parent Representatives for 2022:

If you are interested in being your classes parent rep, please let me or your child's teacher know. We meet once a term for updates and discussion. I currently still need reps for Kindy B, both Pre Primary classes, Rooms 2, 4, 6, 12 and 14.

Healthy Eating Ideas:

Please check out the healthy eating articles we are including in the newsletter this term. Thanks also to Celia Paull for supplying the fabulous healthy recipes too! In the words of someone wise: When kids eat well this in turn creates better behaviour and concentration in school. As well as setting good eating habits now, it can set the tone for great health in years to come.

Andrea Macfarlane

Housekeeping

- **Absentees**

Please advise the school office by one of the following methods if your child is/will be away from school

- ◆ email Yangebup.ps@education.wa.edu.au
- ◆ phone 9395 3200

- **Late Arrivals** – Students arriving after 8.40 must report to the office for a Late Pass
- **Early Release** – We ask parents to complete a **Student Leave Pass** in the office to collect their child early. (If your child is to be collected by a person other than yourself – please make sure that person's details have been added to your child's computer records in the school office.)
- **Hats/Drink Bottles**— all students to bring a hat and drink bottle to school each day.
- **Student Mobile Phones** etc – please hand all mobile phones etc. into the school office during the day for safe keeping.
- **Breakfast Club** – Monday / Wednesday / Friday
- **Newsletters** – Issued every second Thursday
- **Canteen** – Available every Monday and Thursday in the Undercover Area – please place all orders before 8.40am. Late orders may be dropped off at the office.
- **Book Club** – Please order and pay by LOOP (Loop Linked Online Ordering and Payment) (no cash orders accepted).
- **Parking** – the following car parks are available to parents-
 - Car park at the shopping centre (school access via gates near Community Hall)
 - Off road parking Moorhen Drive
 - Kindy car park off Osprey Drive
 - Car park near the tennis courts on Osprey Drive.

(Under no circumstances are parents to park in the staff car park or use it as a drive through.)
- **No smoking** within 10 meters of the school grounds
- **No dogs** allowed on the school grounds
- **All visitors** outside normal drop off and pick up times must report to the school office upon arrival.
- Proof of any **mask exemptions** must be provided to the School Office.

A note from the Community Health Nurse

Welcome to the new school year. My name is Jill Drummond and I am the Community Health Nurse who visits your school. Community Health Nurses work in partnership with schools to promote healthy development and wellbeing so students may reach their full potential. A major part of our work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses can also serve as a health contact point for children and their families, providing information, assessment, health counselling and referral if needed. The services provided are free and confidential. You may contact me via your school office or at my Community Health Base on 9314 0100.

BIRTHDAY GREETINGS

We wish the following students a wonderful birthday for the month of February.



Cruz, Mitchell, Sofie, Mylee, Alexander, Zachary A, Liam L, Amelia K, Frankie, Jasmine M. Ava, Charlotte B, Levi B, Ivy, Ava and Riley M

LOTE NEWS

The Japanese classes got off to a flying start with re-opening of the Japanese room and new furniture in a traditional Japanese style.

Desks are very low and instead of chairs the students sit on cushions. Students seem to enjoy the novelty of the new set up and have worked wonderfully this first week.

Without chairs we can make more space for games if needed. Each desk can fit up to 4 students.



Kardinya Netball Club

Registrations for the 2022 season are now open. Tuesday night training and Saturday competition: SET, GO & Junior Teams available (players turning 7 in 2022 and above) Tuesday night NET Program (players turning 5 or 6 in 2022). For further information please visit: www.kardinyanetballclub.com.au or email kardinyanetballclub@gmail.com

EX STUDENT NEWS - TIA MORGAN

Tia started playing basketball at eight years old, following in her sister Kahlia's footsteps when she was still at Yangebup Primary School and from there she never looked back.

Playing for Cockburn Cougars WABL under 12's team when she was only 10, she quickly began to excel at the game she loved.

Tia's hard work and dedication was noted when she was selected in many state basketball teams, from under 12 to under 20's (captaining the Under 16 and under 18 teams) and has played in most states across Australia. She was even awarded a position in the National Performance Programme where she was provided national elite level guidance and coaching at the highest possible level. She attended Willetton Senior High School on a basketball scholarship and again excelled in her basketball studies. She worked hard not only on the court but off and was rewarded with the highest honour possible, The Robyn Mahler Award for Basketball and Educational excellence at the conclusion of her year 12 studies.



As a 17 year old, Tia went on to play in the State Basketball League for Perry Lakes Hawks and then headed back to Cockburn Cougars as an 18 year old to play for the club where she first started her basketball career. Playing in the new NBL1 West competition (with her sister), for Cockburn Cougars, she is cementing her place as one of the young up and coming basketball players in the National elite adult league. Now Tia is taking the next exciting step in her basketball journey having been offered a basketball scholarship and signing with **Menlo College** in **California USA** in the NAIA competition. This new chapter will begin in August this year when she leaves Australia for what is hoped to be a challenging but rewarding new phase in her basketball life.

Tia's dream is becoming a reality and shows that hard work and dedication do pay off, if only you try. We look forward to hearing about more Yangebup students in the future reaching to fulfil their dreams.

Packing a school lunchbox



When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.



Steps to planning a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Remember to involve your children in preparing and packing their own lunchbox.



What makes a healthy lunchbox?

Food group	Nutrients	Examples
Grain foods 	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> - All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf - Rice, pasta, crispbreads, rice crackers
Fruit 	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> - Fresh whole fruits or cut up and placed in a container - Dried fruit mix, canned fruit
Vegetables 	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> - Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears - Carrot, celery and cucumber sticks - Salad vegetables or coleslaw in a sandwich
Milk, yoghurt & cheese 	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> - Milk poppers - Cheese slices, cubes or sticks - Tub of yogurt
Lean meats, fish, poultry, egg, nuts and legumes 	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> - Cold lean meats or chicken - Tinned fish such as salmon, tuna or sardines - Boiled eggs, baked beans, hommus

Muesli slice

Makes 24

Can be stored in an air tight container for up to 5 days

Ingredients

- 2 cups rolled oats
- 1 cup wholemeal flour
- ½ cup desiccated coconut
- 2 teaspoons ground cinnamon
- ¾ cup sultanas or other mixed dried fruit
- ½ cup canola oil
- ½ cup honey
- 2 mashed bananas



Method

1. Preheat oven to 180°C. Line a slice tray with non-stick baking paper.
2. In a mixing bowl, add the dry ingredients and mix through.
3. Add the remaining ingredients and mix with a wooden spoon until fully combined.
4. Place mixture into a lined slice tray and press down firmly.
5. Cook for 30 minutes until golden.
6. Allow to cool before cutting into squares

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Dates to remember

Tues 15th Feb—School Council Meeting

Monday 7th March—Labour Day Public Holiday

Friday 8th April—End of Term One

Wednesday 27th April—Commencement of Term 2 for students

YANGEBUP PRIMARY SCHOOL - CANTEEN MENU

THESE FOODS ARE APPROVED BY THE WACSSO

TRAFFIC LIGHT SYSTEM

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

Summer Menu

<u>Pizza Single</u>		\$3.60	Sandwiches & Rolls - Can be toasted		
Snack Pie		\$3.00		S'Wich	Roll
G.E Sausage Roll		\$3.80	Ham/ Ham & cheese	\$3.50	\$3.90
Cheeseburger		\$4.80	Ham, Cheese Tomato	\$3.50	\$3.90
Chicken Cheeseburger		\$4.80	Chicken & Mayo	\$3.50	\$3.90
Hot Chicken Roll		\$5.30	Vegemite	\$3.00	\$3.50
Chicken Chilli Wrap - Half		\$3.80	Egg & Lettuce	\$3.50	\$3.90
Chicken Chilli Wrap - Whole		\$5.30	Tuna	\$3.50	\$3.90
Hot dog		\$4.80	Salad with above ADD		\$1.00
Nachos		\$4.80	½ Pita – chicken, ham, tuna		\$3.80
Served WITH Salad or Wedges or Fried Rice			or cheese & salad		
			(lettuce, carrot, tomato & cucumber)		
Chicken Nuggets	(4)	\$4.40	Fruit Salad Tub		\$3.00
Chicken Crackles			DRINKS		
Chicken Fingers					
<u>Fish fingers</u>					
Spring Rolls	(1)	\$2.00	Flavoured Milks 300ml		\$3.10
Mini Quiche			Chocolate, Mocha,		
On their own			Strawberry, Spearmint		\$3.00
			Water 600ml		
Chicken nuggets	(4)	\$2.40	Yogo – Chocolate		\$3.10
Chicken crackles			Up-N-Go		\$3.10
Chicken fingers			Strawberry, Chocolate, Vanilla, Banana		
Fish fingers			100% Golden Circle Juice Box 250ml		
Spring Rolls			Apple and Blackcurrant		
MISCELLANEOUS ITEMS			Orange, Apple		\$2.60
Popcorn Bag	\$1.00				
Sauce portion	.60				

Available Monday & Thursday Term 4 2021 and Term 1 2022

LUNCH BAGS MUST CONTAIN CORRECT MONEY**NO CREDIT GIVEN NO MONEY = NO LUNCH**