

Our motto: Pride and Achievement

Our values: Kindness, Achievement, Respect and Responsibility

Dear Parents

So Hot!

The hot weather has certainly brought some challenges and we have had several days where it has just been too hot to play outside. On these days, we have kept students indoors in the air conditioning and they have enjoyed drawing, board games and cards. Hopefully, we can now get back to outdoor play with the cool change!

Student Progress Meetings

On Wednesday 6th March we will be closing early (12.00) so that teachers can hold meetings with parents. Meetings will be regarding how your child is going in English, Maths and their behaviour and/or work habits. Meetings are 10 minutes and the link to book has also gone out on Connect.

<https://signup.zone/5z8mukPqotaFFFNQy>

If your child has an Individual Education Plan, the teacher will book you in for a longer meeting either before or after that date. Children do not attend these meetings.

Parent Representatives

One parent from each class is appointed as a Parent Rep. They meet with me once a term to get updates, ask questions and get more detailed information about the school. They also act as a conduit between the parents in the class and the school. If you would like to be the parent rep for your child's class, please contact the classroom teacher and let them know.

Long Service Leave

I will be absent from school at meetings next week on Monday and Tuesday and on Long Service Leave from 29th Feb to 8th March. Richard Barr will be acting Principal during this time and Toni Brimage will be acting deputy.

Andrea Macfarlane
Principal



Has your email or phone numbers changed at all. If so, can you please let the office know by emailing yangebup.ps@education.wa.edu.au



Dates to Remember

Wed 28th Feb

Room 4 Assembly

Monday 4th March

Labour Day Public
Holiday

Wed 6th March

Early Close 12 noon

Student Progress
Meetings

Mon 11th –29th March

YR 6 ONLY

SWIMMING

LESSONS

Wed 13th-22nd March

Naplan Yrs 3 & 5

Wed 27th March

Room 12 Assembly

Thursday 28th March

Summer Lightning
Carnival

Thurs 28th March

End of Term 1



Dress Up Day Gold Coin Donation TUESDAY 5TH MARCH



Come dressed as your **favourite sporting team** and help raise money towards our Year 6 Camp.



CANTEEN NEWS

Our new lunches are proving to be a big hit with the children. So much variety.
Why not check the menu out by visiting <https://locavora.com.au>
Available every **Tuesday** and **Thursday**.

BREAKFAST CLUB REQUEST

If anyone is able to donate some MILO to Breakfast Club that would be very much appreciated. Donations can be left in the front office.
Thank you.



Birthday Greetings



The following children celebrate birthdays in January and February. We all hope your special day was/is lots of fun.

January—Amarnii, Sienna, Harlee, Margot, Janray, Caitlyn, Iris, Alenna, Larose, River, Jack, Hunter, Luke, Parker, Cooper, Robbie, Joel, Kayla, Roma, Marley, Keanu, Sophia, Pyper, Jean-Paul, Harvey, Elias, Lavana, Cooper and Melaluca.

February—Zachary, Ruby, Jayden, Charlotte, Frankie, Ava C, Conor, Ava G, Leyton, Mitchell, Lukas, Amelia, Liam, Blair, Riley, Patrick, Jasmine, Tiah, Tisahni, Jordana, Zach, Sofie, Jacob, Kaihautu and Amity.

P & C NEWS

Uniform Shop

Our Uniform Shop will be open on the following WEDNESDAYS in Term 1.

6th and 20th March

Time: 8.15-8.35am

Alternatively you can order online via the P&C facebook page, or email yangebupbandc@gmail.com

Easter Raffle

Our famous Easter Raffle will be back on!!
Raffle tickets and letters will be sent home in the next few weeks.
Any donations of Easter eggs, cellophane,
Easter bags/baskets etc can be dropped off to the office
or to your child's classroom teacher.
Thank you.



Icy Poles on Sale this Friday the 23rd of February

After school.

***You can find us outside of the art room, on the
basketball courts.***

Please support our Year 6 Graduation class.



COMMUNITY NEWS

College Tour

MARCH 13, 2024 | 9.30AM

Please register your attendance via www.seton.wa.edu.au/college-tours

Our tour takes approximately 40 minutes and will be followed by an informal morning tea where you can ask questions in a relaxed setting. Children are most welcome to attend.



A Marchant Rd Samson WA 6163
P (08) 9314 1816
W seton.wa.edu.au
every interaction matters



Seton Catholic College Term 1 Tour

We warmly welcome you to Seton Catholic College for a tour of our campus and an opportunity to meet our staff and students. Our Term 1 tour is on Wednesday 13 March at 9.30am. Please be aware that Year 7 placements for 2025 and 2026 are at capacity; however, we are still accepting Expressions of Interest, which will allow us to add children from these cohorts to our waitpool. We are currently inviting and processing students intending to enrol in Year 7 in 2027. Please note Year 4 is the ideal year to start exploring secondary education options.

CHARLES WORTH
BALLET SCHOOL

OPEN DAY WEEK
Ballet, Jazz, Contemporary & more

Call 9475 0320
for a free trial today

Kids Are Kids!

Quiz Night Fundraiser

Raffles!
Auction!
Games!

6.30pm - 10pm
22nd February, 2024
South Perth Community Hall

For more information
(08) 9313 6566
info@kidsarekids.org.au

Ticket \$25
Bar will be open (no byo), bring nibbles.

This is an accessible event.
Eftpos facilities available, cash accepted.

KIDS ARE KIDS!
THERAPY & EDUCATION CENTRE INC.

Community News continued.....



melvillehockey.com



YOUR LOCAL HOCKEY CLUB

We are looking for local families to join us this season.

Why Hockey?

Hockey is an Olympic sport that is very popular in WA. It offers lots of action, but also relies on team work.

Equality

Hockey is played equally by both genders, which makes it a popular family sport. At MCHC we have 50/50 membership with our male and female teams.

Clubrooms | Bar | Kitchen | Cafe | Grass Fields | Floodlit Turf



melvillehockey.com



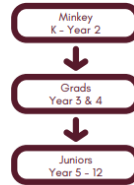
YOUR LOCAL HOCKEY CLUB

What is Minkey?

Minkey is a modified version of hockey for mixed teams of kids from Kindy to Year 2. It is played on a smaller field with up to 7 per side at Morris Buzzacott Reserve on Saturday mornings.

What is 3/4s?

Year 3 and 4's transition to larger fields with 9 per side, these games are more like hockey, and are preparing the player for hockey games in Year 5.



Clubrooms | Bar | Kitchen | Cafe | Grass Fields | Floodlit Turf

DISCOVER SAILING DAY

WHEN:
SUNDAY
25TH FEB
9AM - 12PM

All are welcome! No experience required!

Contact us to register on 9339-8111 or email activities@efyc.com.au



ENJOY A FUN DAY OF SAILING WITH FRIENDS & FAMILY!

- Come down and try:
- Dinghy sailing
 - Keelboat sailing
 - Meet our coaches
 - Explore the club
 - Stay for lunch

All you need to bring are change of clothes, shoes and hat.



Packed with Goodness.

- Looking for some new ideas to make lunchbox packing easy?
- Need some easy and healthy snack ideas?
- Want to understand food labels a little better?

We are running a free, fun and engaging nutrition session for our parents. Come along and find out how to be a lunchbox packing pro and you could walk away with a Crunch&Sip draw prize!

When: 10am - 11am Monday 25th March

Where: Treeby Community Centre
1 Torwood Avenue, Treeby WA 6164

Registration: email healthycockburn@cockburn.wa.gov.au

Supported by



Dietary guidelines: children 4-8 years

Daily dietary guidelines for children 4-8 years



Children need a **wide variety of healthy foods** from each of the 5 food groups. How much food children need depends on body size and activity levels.



Children aged 4-8 years should aim for 1½ serves of fruit; 4½ serves of vegies; 1½-2 serves of dairy; 4 serves of grains; and 1½ serves of lean meats, eggs, nuts, seeds or legumes.



Children need plenty of **water** – the cheapest, healthiest and most thirst-quenching drink. They need more water on hot or humid days, or if they sweat a lot. Avoid soft drinks, fruit juices, flavoured milk or water, sports drinks and energy drinks.

Food groups: daily serves of fruit, vegetables, cereals and grains



Fruit: 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit (no added sugar). Offer 1½ serves a day.



Vegetables: 1 serve = ½ medium potato (or sweet potato or corn); or ½ cup cooked vegies (like broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad vegies; or ½ cup cooked, dried or canned beans or lentils. Offer 4½ serves a day.



Cereal and grains: 1 serve = 1 slice of bread; or ½ cup cooked rice, pasta, noodles, quinoa or polenta; or ½ cup porridge; or ¾ cup wheat cereal flakes; or ¼ cup muesli; or 1 crumpet or small English muffin. Wholegrain is best. Offer 4 serves a day.

Food groups: daily serves of dairy, protein and healthy fats



Dairy: 1 serve = 1 cup (250 ml) pasteurised cow's milk; or 1 cup dairy alternative like soy or rice milk with at least 100 mg of added calcium per 100 ml; or 2 slices of cheese; or ¾ cup (200 gm) yoghurt; or ½ cup ricotta cheese. Choose mostly reduced-fat dairy. Offer 1½-2 serves a day.



Meat, fish, poultry, eggs, nuts, seeds, legumes: 1 serve = 65 gm cooked lean beef, lamb, veal or pork; or 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 30 gm (1½ tablespoons) peanuts, almonds, sunflower seeds or sesame seeds. Offer 1½ serves a day.



Healthy fats: you can include 1 serve of unsaturated fat per day in cooking, baking, pastes or dressings. 1 serve = 1-2 teaspoons (5-10 gm) of olive, canola and rice bran oil or margarine made from these oils; or 1-2 teaspoons (5-10 gm) of nut or seed pastes; or 1 tablespoon (20 gm) of avocado.

Avoid foods like cakes, biscuits, chips, lollies, processed meats, and fried or takeaway foods. They're high in saturated fat, sugar and salt.