



Our motto: Pride and Achievement

Our values: Kindness, Achievement, Respect and Responsibility

Dear Parents

Welcome Back!

Welcome to our new families and welcome back to everyone. It was a delight to see the students come eagerly back to school. A few tears here and there but those cleared up quickly!

Lunch Orders

Lunch orders from our new partner, Locavora, started this week. If you would like to order on Tuesdays or Thursdays, please go to our website under Parent Information/Canteen and you can register to begin ordering.

Student Progress Meetings

On **Wednesday 6th March** we will be **closing early (12.00)** so that teachers can hold meetings with parents. Meeting will be regarding how your child is going in English, Maths and behaviour. Meetings are 10 minutes and there will be more information on how to book your appointment closer to the date. 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.

Introduction Letter and Connect

Connect is the way that classroom teachers will communicate with the whole class. At the beginning of each term, teachers will post a newsletter outlining what is happening and what will be taught. There will be an introduction letter posted by the end of next week (Week 3).

Medical

Please ensure that any updates to medical information is made at the front office asap. If you have medicine stored with us, please check the expiry date. Any new medical issues or diagnoses must be reported to the front office.

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.

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 7th Feb

P&C Meeting

Thursday 15th Feb

P&C AGM Meeting

Tuesday 20th Feb

School Board Meeting

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

Fri 29th March

End of Term 1

YANGEBUP PRIMARY SCHOOL YEAR SIX PARLIAMENT

We would like to introduce you to our Year 6 Parliament for 2024.

Prime Minister—**Lucia P**

Deputy Prime Minister—**Hanna B**

Environment & Arts Minister—**Ivy E**

Deputy Environment & Arts Minister—**Isabella C**

Communications Minister—**Bentley C**

Deputy Communications Minister—**Mitchell G**

Finance Minister—**Tiana O’C**

Deputy Finance Minister—**Sara S**

Justice Minister—**Alex V**

Deputy Justice Minister—**Sophie S**

Sports Minister—**Kayleigh D**

Deputy Sports Minister—**Markuz R**

Sports Captains

Koort: Kayleigh D and Louise M

Ngangk: Markuz R and Zac A

Boodjera: Matthew H and Ruby W

DID YOU KNOW OUR CANTEEN SERVICES HAVE CHANGED!

Lunch orders can now be ordered two days a week

TUESDAY and **THURSDAY**.

Details are on our YPS website—or you can visit www.locavora.com.au

The menus are more extensive. Today’s delivery included Fried Rice, Stir Fry Noodles, Spaghetti Carbonara and Chicken Avocado Sushi Rolls, and they all looked really yummy!!

Check the menu out for yourself!

P & C NEWS

P&C AGM

Next P&C Meeting will be our **Annual General Meeting (AGM) Thursday 15th February at 7pm**. This is where all roles are declared vacant and will be filled by committee members via a voting system. We will hold another P&C General Committee Meeting (GCM) immediately following the AGM. During this meeting the main topics on the agenda will be to discuss fundraising ideas for the year ahead.

Our P&C cannot function without members and so new members are ALWAYS welcome! (there's no such thing as too many cooks in this P&C!). Please feel free to come along to one of our meetings.

Uniform Shop

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

7th and 21st, February
6th and 20th March
Time: 8.15-8.35am

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

COMMUNITY NEWS



Beginners programs starting now.

Four weeks free!

**New beginners classes near you.
For children and adults.**

All classes run after school.
Classes are grouped according to age and experience.

Sensei Johnny Moran has a wealth of knowledge and experience teaching karate to children and adults.

Perth Goju Karate classes build self-confidence, karate skill, respect and self-defense with an emphasis on fun and friendship.

info@perthgojukarate.com 0402 830 402



Daily dietary guidelines for children 9-11 years



Pre-teens need a **wide variety of healthy foods** from the 5 food groups. How much food pre-teens need depends on body size and activity levels.



Children aged 9-11 years should aim for 2 serves of fruit; 5 serves of veges; 2½-3 serves of dairy; 4-5 serves of grains; and 2½ 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 2 serves a day.



Vegetables: 1 serve = ½ a medium potato (or sweet potato or corn); or ½ cup cooked veges (like broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad veges; or ½ cup cooked, dried or canned beans or lentils. Offer 5 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 4-5 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 cheese; or ¾ cup (200 gm) yoghurt; or ½ cup ricotta cheese. Choose mostly reduced-fat dairy. Offer 2½-3 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 peanuts, cashews, sunflower seeds or sesame seeds. Offer 2½ 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.