

YANDOIT PRIMARY SCHOOL



74 HIGH STREET, YANDOIT,
VICTORIA. 3461

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7/6/2018

LEARNING AND GROWING TOGETHER

We are Respectful
We are Responsible Learners
We are Honest and Trustworthy
We are Caring and Compassionate
We are Good Citizens

DIARY DATES

JUNE

Fri 8th Curriculum Day
Pupil Free Day

Mon 11th Queen's Birthday Holiday

Tues 12th School starts at 9.30am.
Teachers will be attending
DPS prior to the start of day

Wed 13th Yandoit School Council
meeting at 6pm

Tues 26th Winter Raffle Drawn at DPS

Fri 29th End of School Term.
School finishes at 2.30pm

JULY

Wed 18th Yandoit Primary School
Photos commencing at
9.00am

2018 TERM DATES

Term 2: 16 April to 29 June
Term 3: 16 July to 21 September
Term 4: 8 October to 21 December

10 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELL-BEING IN KIDS

- 1 MODEL GOOD **MENTAL HEALTH HABITS**
- 2 MAKE SURE THEY GET **ENOUGH SLEEP**
- 3 **ENCOURAGE** KIDS TO EXERCISE
- 4 GIVE THEM **CREATIVE** OUTLETS
- 5 PROVIDE A **SPACE** OF THEIR OWN
- 6 **TALK** ABOUT THEIR TROUBLES
- 7 HELP THEM TO **RELAX**
- 8 HAVE TWO **ROUTINES** -
WEEKDAY AND WEEKEND
- 9 FOSTER **VOLUNTEERING** AND
HELPFULNESS
- 10 BRING **FUN AND PLAYFULNESS**
INTO THEIR LIVES

For information from Michael Grose about raising exceptional kids...

1 Subscribe to **Happy Kids** newsletter
on parentingideas.com.au
and receive latest parenting ideas
and information.

2 Visit parentingideas.com.au
to find ready-to-go resources
and books.

3 For the best parenting ideas and
great advice join the Michael Grose
parenting community on
Facebook: [facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting)

phone. 1800 004 484

parentingideas.com.au

Current Focus

Honesty and Trust



WE ARE A RESPECTFUL RELATIONSHIP SCHOOL

Sometimes talking about what has been happening in
your life can bring up concerns, where you may need
to seek extra support.

KIDS HELPLINE: 1800 551 800 (Primary School Aged)

HEADSPACE FOR TEENS: 1800 650 890

ATTENDANCE

Could all parents please notify the school when their child is absent during the week. This can be in the form of a phone call before 9.00am or in person at the office.

Doing this enables us to keep track of where students are during the week.

It is a requirement of the Education Department and we are endeavouring to improve our unexplained absences throughout all schools.

Thank you for your assistance

Lateness = Lost Learning

(figures below are calculated over a school year)

5 minutes late each day = 3 days lost!

10 minutes late each day = 6 days lost!

15 minutes late each day = 9 days lost!

20 minutes late each day = 12 days lost!

30 minutes late each day = 18 days lost!

PRINCIPAL'S REPORT

BOOK FAIR NEWS

Well done to all volunteers who helped with the Book sort on Sunday. As we now have a confirmed date, (Saturday 1st and Sunday 2nd of September) I encourage everyone to check if they have any books that they no longer require, or books that may be of interest that are taking up room in the household and donate them to this year's Book Fair. The next Book sort is on Sunday the 24th of June at the school gymnasium from 10am until 4pm. You are most welcome to bring them along on this date. You are also most welcome to bring them to school at any time and we'll ensure that the books are prepared appropriately for sale. Thank you in anticipation and well done to our Book Fair committee.

GREATER WESTERN REGION CROSS COUNTRY

WARRNAMBOOL

Well done to all participants and families who participated in these championships last Friday. Congratulations to Charlotte Streat, Erin Childs and Zach Koleski who made it to the next stage. Also well done to Frey Pelham, Jessica Santurini, Scout Kinnear & Mia Hardy who ran so well and achieved at an elite level. We look forward to the next event, the Victorian Primary Schools Cross Country championships, which will be hosted at Bundoora on the 19th July.

PUPIL FREE DAY TOMORROW

As advertised in previous newsletters tomorrow is a pupil free day. No child is to be at school. Likewise no child is to be at school on Monday the 11th of June as this is the Queen's Birthday public holiday.

SCHOOL PHOTOS

Please remember to send your school photo envelope with the correct money in it on Tuesday with your child/children.

Enjoy your weekend

Trevor Edwards

Principal

"WINTER" RAFFLE FUNDRAISER

Tickets for the "Winter" Raffle have been sent home with this week's Newsletter. Please support this fundraiser as there are many fabulous prizes to be won, and it is a great opportunity to raise funds for our school. Please return all sold/ unsold tickets by Friday 22nd June. Raffle will be drawn at the final Assembly for Term 2, Tuesday 26th June.

We will be selling raffle tickets near Coles on various dates in May from 9am-3pm. We are looking for volunteers to spare an hour or two to help sell tickets to the community. If you are able to help please leave your name and number at the school office. (53482480)

Please note: Information has been sent home with this newsletter requesting you to review all contact information. In addition, outstanding school fees and absences are also enclosed.

We would appreciate your reviewing all this information and returning it to us as soon as possible.

Thank you

YANDOIT NEWS – A MESSAGE FROM KERRY

Just a few reminders this week it has been so busy!

BENJI

Julie Rodgers (Bella's mum) will be bringing in "Benji" on Weds mornings in June to read with us. He is trained as an assistance dog for schools and age care.

This is a wonderful opportunity for the children and we will be using this time to enrich our subject matter for writing speaking and Listening. If you have any enquiries please contact the school.

SCHOOL PHOTOS – 18th JULY at 9.00am

We will get our photos taken here on the 18th of July. Please mark the date in your calendars.

HEALTHY TIPS

Some handy tips for including protein foods in the diet

- Choose lean meat and skinless poultry trimmed of visible fat, and aim to include fish or seafood 2–3 times a week.
- Avoid processed meats like sausages and deli meats like salami where possible.
- Eggs make great lunchbox fillers for children and are very portable when hard boiled.
- Add legumes to soups, salads and meat sauces to extend the meal and add extra texture and flavour.

- Include a handful (30g) of nuts every day.
Include as a snack or add to your favourite stir-fry or breakfast cereal.

Below is a recipe from the **GREEN** category of the traffic light system. This recipe provides an excellent source of protein and can be used for a healthy snack or even a delicious lunch anytime of the year.

Pea and ham frittata

Ingredients

- 6 serves
- Potato, peeled 1 large (185g)
- Onion 1 small
- Reduced salt lean ham 200g
- Olive or canola oil ½ tablespoon
- Peas (fresh or frozen) 1 cup
- Grated cheese ½ cup Eggs 4
- Whole meal pita bread 3 medium
- Lettuce 3 leaves
- Tomato 1 medium



Method

1. Boil potatoes until just cooked. Remove from water and allow to cool.
2. Preheat oven to 160°C.
3. Peel and chop onions.
4. Slice cooked potatoes and finely slice the ham.
5. Heat oil in a pan and add onions. Sauté onions until soft but not brown.
6. Add ham, peas and sliced potato, and gently stir through.
7. Place vegetables and ham into an ovenproof dish.
8. Sprinkle grated cheese over vegetables.
9. Whisk eggs in a separate bowl, and pour evenly over vegetables and cheese.
10. Bake in oven for 30 minutes, or until cooked through.
11. Serve with half a medium pita bread per child, and lettuce and sliced tomato.

FINANCIAL ASSISTANCE – INFORMATION FOR PARENTS

DO YOU HAVE A VALID MEANS-TESTED CONCESSION CARD?

Then you may be eligible to apply for the CSEF (**CAMPS, SPORTS & EXCURSION FUND**)

Eligibility will be subject to the parent/carer's concession card being successfully validated with Centrelink on the first day of either term one (29 January 2018) or term two (16 April 2018).

The annual CSEF amount per primary student will be \$125, which will be paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

Please contact the front office for an application form (or download from the CSEF website www.education.vic.gov.au/csef)
The CSEF Program closes on 30th June, 2018

EARLY DISMISSAL

WEDNESDAYS 3PM

STUDENT / COMMUNITY ACTIVITIES

Face Painting Techniques
Tuesdays 4pm
Starting 29th May
Daylesford Library



Sun Catchers
Wednesday 4th July
11am
Daylesford Library
Free but bookings are required ph 5348 2800



WORDS IN WINTER FUNDRAISER

Help is needed to sell raffle tickets at the Farmers' Arms Hotel every Friday night during May from 6pm.

Please contact Maia on 0438 484 558 if you can help in any way. Thank you.

Ron Murray

Didgeridoo and Indigenous storytelling
for Children of all ages

The Warehouse - Clunes	Creswick Hub	Daylesford Library	Trentham Library
Wednesday 11 th July 3.30pm	Thursday 12 th July 1.30pm	Thursday 12 th July 3.30pm	Friday 13 th July 3pm

“...the place became alive with stories and songlines that spoke of Australia's history in the making.”
<http://www.kinja.com.au>

BECAUSE OF HER, WE CAN! 2-12 JULY 2018



TWO WEEKS FREE TRIAL FOR ALL STUDENTS
AGED 9 AND UP

field trip

THE FIELD TRIP DAYLESFORD SUNDAYS 3-5PM
WWW.THEFIELDTRIP.CO

Are you between ages 9 and 17? Are you free on Sunday afternoons? Would you like to make new friends, meet awesome people and do amazing things like get on radio and lead your community? The Field Trip would like to offer you a two week free trial to come along and try it out. It's every Sunday 3-5pm at the Guide Hall - 5 Duke Street, Daylesford. Please call 0400 344 746 to express your interest or you can register via the website: www.thefieldtrip.co We hope you will give it a go. You will love it.

Rebecca Faulkner

Animal trainer for Film, Television and Theatre will talk to us about her career and introduce us to some of her biggest stars!



Tuesday 3rd July

11am

Trentham Library

2pm

Daylesford Library

Free event but space is limited so please phone 5348 2800 to book



Hepburn Libraries
Rethink > Reconnect > Relax

Read
Literacy

Read
Literacy

Smart
Libraries

Hepburn
SHIRE COUNCIL

**STAND WITH ME
AT THE 'G**

Breast Cancer
Network Australia's
Field of Women

Sunday 12 August 2018
Melbourne Cricket Ground
Before the Melbourne vs Sydney Swans AFL match

TICKETS ON SALE NOW
Adults \$59 | Children under 15 free

One day, 18,000 people.
Join us to make history and support Australians affected by breast cancer

Purchase tickets at bcna.org.au/fieldofwomen

All proceeds from tickets go to Breast Cancer Network Australia



WELCOME TO
TOONWORLD

CARTOONING WORKSHOPS
@ Hepburn Libraries
Daylesford Library
Tuesday 10th July 2018
9.30 - 11.30 am
All materials provided
Suitable for ages 5+

For bookings or more information please call 5348 2800

Hepburn Libraries
Partners > Reconnect > Relax

Read
Literacy

Smart
Libraries

Hepburn
SHIRE COUNCIL

Words
in Winter
2018

CHILDREN'S WRITING AWARD

Theme 'Chance and Change'

Kids, it's time to get writing!
Talk to your school about how
you can enter
the Children's Writing Award
as part of Words in Winter 2018.
Your story about 'Chance and Change'
or the 2018 Book Week topic 'Find Your Treasure'
must be handed into the school office by
4pm Thursday 16th of August 2018.

ANNOUNCEMENT OF WIW
CHILDREN'S WRITING AWARD
AT DAYLESFORD TOWN HALL
11AM SATURDAY AUGUST 25TH
PRIOR TO PERFORMANCE OF
CHILDREN'S THEATRE PRODUCTION
FLIPSIDE FAIRIES (11.30AM)