



Hydrate with H2O

Did you know your body is made up of 50-70% water?

Water is essential in a healthy diet. It helps transport nutrients through our bodies, digest food, remove waste, regulate body temperature, and also keeps our teeth and mouth healthy.

As we come into summer, it's important to keep our bodies hydrated.

Encourage your child to choose water as a drink by:

- Packing a water bottle in their school bag everyday
- Packing a frozen water bottle in their lunchbox during summer
- Encouraging your child to drink water when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen



Source: Hydration tips for children (www.healthdirect.gov.au)



Hunter New England
Local Health District

@HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Please be reminding your children to bring a water bottle daily as we come into summer it is important to keep our bodies hydrated by drinking plenty of water!

'Water is essential in a healthy diet'



Yarrowitch Public School Newsletter

Term 4 Week 4 - 8th November 2024

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Welcome Back - Term 4 Week 4

Welcome back to Term 4!!!

We have had a very busy start since returning to school for term 4. Firstly we would like to welcome Modista and her family to Yarrowitch. Modista has started at Yarrowitch public school in year 2. We hope you enjoying Yarrowitch as much as we all do!

They students went to Woolbrook school at the end of last term, we can't wait for you to see inside out news about our trip.

The students have started of the year busy with learning, cooking, playing and introducing our new student to Yarrowitch PS.

Yarrowitch Public School School Photo Day

Wednesday 20th November

Students are required to wear Full School Uniform
Girls - School Dress
Boys - School Shorts and Yarrowitch Polo Shirt



Families will be given a copy of their child's school photo at the end of the year

Don't forget
Photo Day
Wednesday 20th
November

School Activities

Calendar

Term 4

14th October - School Returns (Term 4)

22nd October - CSUS Visit

1st November - Emergency Evacuation Drill

5th/6th November - Belinda Denning visiting

11th November - Grace's Birthday

15th November - Mrs Wellings Birthday

12th November - Matt Hobbs visiting (10:30am-12:00pm)

19th November - Walcha Central School Literary Festival (9:00am-11:00am)

19th November - McCrossin's Mill Uralla (12:00pm-2:00pm)

20th November - School Photo Day

24th/25th November - WPS Taster Day (Year 6 students only)

9th December/17th December - Swimming Lessons Walcha Pool

December - End of year celebration (Date to be confirmed)

18th December - Last day of School

25th December - CHRISTMAS!!!!

- Scripture will continue fortnightly on Thursday commencing the 31st October.
- Transition has now started and will continue Tuesday each week during term 4.

Summer Vegetables

The students have planted their summer vegetable garden for our community and have been taking fantastic care of it, watering and keeping weeds out each day. We can't wait to share our delicious school grown vegetables.

Massive thank you Sienna's Seedlings for the donated vegetables!



In the Classroom

Our students have had a busy start to Term 4, learning many new and exciting lessons.

This term's Literacy Unit is based on the book '*Ned Kelly and the Green Sash*'. The students have been very engaged learning about the history of Ned Kelly and other bushrangers in general. We have continued to join Upper Landsdown and Mrs Denning in online literacy lessons each day.

The students have been busy alongside Mrs Carter learning the importance of cooking healthy meals in our kitchen.

Miss Hannah has been working alongside the students each Tuesday afternoon teaching them the importance of physical activity during PDHPE.

They have also been very busy continuing to learn dance routines, poems and much more for our presentation day.

Welcome Modista to Yarrowitch Public School

We are very excited to have you to join us!!

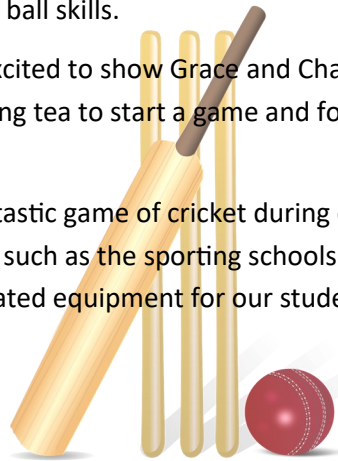


Our New Cricket Gear

The students at Yarrowitch Public School have received some new cricket gear, thank you to our Sporting School Grant. Harley and Modista unboxed our new cricket equipment together before quickly making use of it alongside our teachers. Modista and Harley were practising their bat and ball skills.

The next day Modista and Harley were ever so excited to show Grace and Charlotte our new gear! They quickly pulled it out at morning tea to start a game and follow on at lunch.

Mrs Welling, Miss Bri and the students had a fantastic game of cricket during our breaks together. We are very thankful for Grants such as the sporting schools where we can purchase some much needed updated equipment for our students.



Cooking

The students at Yarrowitch Public school have been busy in the kitchen cooking up some delicious food!

Together the students have cooked Spaghetti-Bol and Quiche. The students worked closely together in following the recipes and creating their meals. Once cooked they sat down together outside and enjoyed the delicious food.



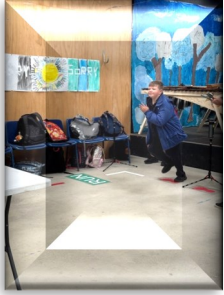
Show and Tell Photos



WOOLBROOK UNE SCIENCE DAY

On the last day of Term 3 our students alongside Mrs Wellings and Miss Bri travelled to Woolbrook Public School for a UNE Science Discovery Day and what a great day it was!

They students participated in four activities each, rotating roughly each hour. They had to make use of their minds to crack codes, physically activity to race each other and jump as high as they can, and detectives to crack the stolen koala case!



During the excursion the students were lucky enough to work alongside students from Woolbrook, Bendemeer and Niangala School. We would like to thank Woolbrook School for a fantastic day of activities and food! They students all had a blast while on the excursion... the car ride home was very quiet as each of them were nearly asleep in the back! Thank you everyone for a Great Day!!!

Science—Volcano

During science lessons students have been investigating chemical science, through our natural disasters unit. Students learnt about Volcano's in science - their formation, structure and locations. The topic concluded with a science experiment using coke and mentos.

Harley has to quickly drop the mentos into the coke while we all stood far away and watched the chemical reaction between the two! This was fun.



★HAPPY★ BIRTHDAY!

Happy 8th Birthday Grace! We hope you have a wonderful day.

