

Good for kids
good for life



Get set for healthy snacks!

Healthy snacks are important to keep kid's energy levels up and meet their nutritional needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt, wholegrain breads, crackers and cereals.

Some tips to make choosing healthy snacks easy:

- 1 Include a vegetable and fruit snack each day.
- 1 Keep a range of healthy snacks in the fridge and pantry e.g. vegetables, fruit, pikelets, popcorn, yoghurt and cheese.
- 1 Cut up vegetables and fruit so they are easier to grab for snacks during the week.
- 1 Get your kids to help prepare snacks.
- 1 Add vegetables into homemade snacks (muffins, scones and slices).
- 1 Show your kids you enjoy eating healthy snacks.



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.



Yarrowitch Public School Newsletter

Term 1 Week4 - 19th February 2025

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Term 1 - Welcome Back!!!

Welcome back to YPS 2025! We hope you all had a fantastic Summer holiday break.

During the first few days of Term 1 our staff at YPS participated in our annual CPR and Anaphylaxis straining at Niangala Public School.

The students of Yarrowitch have got straight into it starting their year off, learning many new and exciting things.

Grace, Modista and Charlotte participated in our Small School Swimming Carnival on Friday 7th February.

Finishing up at the swimming carnival the students enjoying Walcha's 1/2 day public holiday for the annual *Walcha Race Day*. Our students have put their focus into birds this term, ready to create our spectacular Walcha Show Entry! We can't wait for our families to see the finished products.

Scripture will commence on Thursday 20th with Graham Barnes.

School Activities

Calendar

Term 1

31st January/5th February - Staff Development Days

6th February - Students Return (Term 1 2025)

7th February - Swimming Carnival (Walcha Swimming Pool)

21st February - Back up day for Swimming Carnival

13th February - Water Testing

17th February - Bird watching excursion

19th February - Evacuation Drills

5th March - Daniel Goodall visiting YPS (WHS Advisor)

12th March - Show Entry

15th/16th March - Walcha Show

11th April - Last Day Term 1

Term 2

28th/29th April - Staff Development Days

30th April - Students Return

Scripture will commence fortnightly starting on the 20th February 2025.

Bird Watching

On Monday 17th February, the students of YPS travelled with Mrs Carter and Miss Bri to Kangaroo Flat Road and went bird watching together.

To expand on the birds and knowledge the students have already observed we travelled up the road to see what else we might be able to find in the Yarrowitch community. Mrs Carter was busy with the camera taking photos while the children were busy looking through their binoculars finding birds!

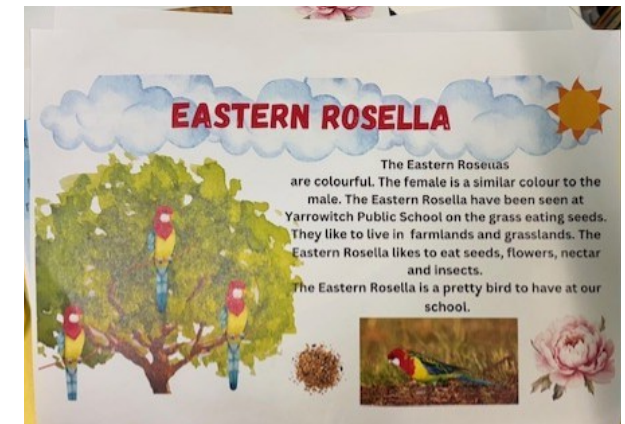
We saw:

Kookaburra	II
Magpie	IIII
Eastern Rosella	III
Galah	HEAPS!!!
Swallow	III
King Parrot	II
Silver Eye	I
Willy Wag Tail	II



The children did a fantastic job at quietly walking around observing the birds and recording their data. We have now gathered enough information to start the next section of our learning and creating our magnificent display for the Walcha Show. We can't wait for our families and friends to see the end product!

Charlotte Stolzenhein's Eastern Rosella poster she made using Canva



Small Schools Swimming Carnival

Walcha Pool

The students of Yarrowitch Public School participated in our Small Schools Swimming Carnival 2025 at Walcha Swimming Pool, alongside Niangala and Woolbrook Public Schools.

Grace, Modista and Charlotte participated in various activities during the day. They participated in Noodle races across the big pool, hoop games and sinker games in the smaller pool.

The girls had a fantastic day at the carnival with their friends from the other schools.



Evacuation Drill Procedures

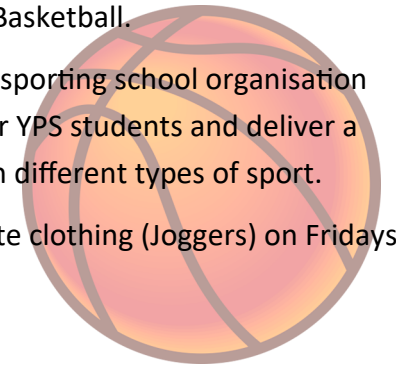
Students and Staff at YPS will be participating in our evacuation drills & Lockdowns in the coming days.

Sporting Schools Grant

For Term 1 2025 the students will be participating in sport Friday weekly. They will be focusing on learning skills for Basketball.

Each term we receive funding through the sporting school organisation allowing us to purchase new equipment for YPS students and deliver a program on developing and participating in different types of sport.

Please make sure students have appropriate clothing (Joggers) on Fridays for sports!



Staff 2025

Our staffing arrangements for YPS during 2025 will be as follows:

Relieving Principals:

Laura McNaughton – Monday, Tuesday and Wednesday.

Michelle Wellings – Wednesday Thursday and Friday.

School Administration Manager:

Brianna Coghlan – Monday (fortnightly), Wednesday, Thursday and Friday

SLSO:

Kate Connors – Tuesday

General Assistant:

Robyn Whalen – Casual

Sean Stolzenhein – Casual

Cleaner:

Berna Zammit – Monday, Wednesday and Friday.



Valentine's Day Cupcakes

Roses are red, Violets are blue, we made some delicious cupcakes just for you!

Grace and Charlotte cooked some delicious cupcakes on Friday!

The two girls took it in turns to measure, mix and spoon out the mixture of our cupcakes, before cooking and decorating them..

Grace did an excellent job reading out the ingredients and method, while Charlotte did a fantastic job listening.

The girls bake and decorated many cupcakes before sharing them with their teachers and taking the others home for their family members!

Our students & visitors have been soaking up the last few days of summer outdoors having fun!

YPS recently purchased new outdoor games for the student to enjoy during playtime. The girls are absolutely loving the Totem Tennis at the moment, playing together daily. They also enjoy riding their bikes around the school yard, sharing many happy smiles and laughs along the way!

