

# YANCO PUBLIC SCHOOL NEWSLETTER



Term 3 – Week 1 21<sup>rd</sup> July, 2022



#### Dear families.

Welcome back to Term 3. We hope you have all had a great break and are ready for the second half of the year. Tomorrow is the last day of the Book Fair, so if you have not yet had the chance to come and look round and purchase some fantastic books, please take the time to do so.

Next Thursday, 28<sup>th</sup> July is the Small Schools Athletics Carnival, thank you to all the families who have already returned their notes. There is the choice of students coming to school and catching the bus or meeting us at the carnival site with their parents. We want to say thank you to Wamoon for organising the day for all the small schools. Students have been practicing their skills over this week and we have had some preliminary events this week for field events.

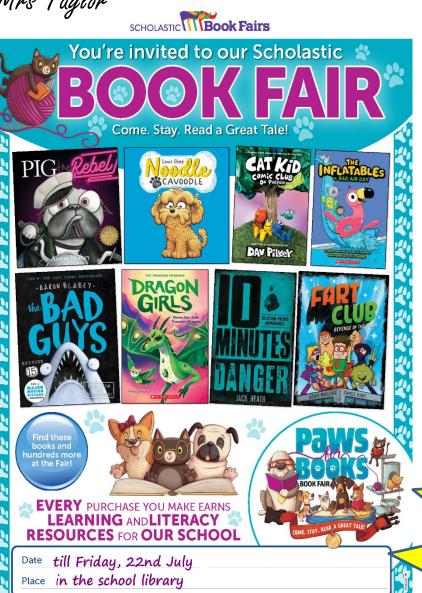
Attached to the newsletter are the latest updates for COVID safety measures in schools. Please take the time to read them, we will be handing out more testing kits to families this week.

Also attached to this newsletter is an updated menu for lunch orders from the Yanco Shop. Please pop it on your fridge and remember that only items on this list are to be ordered for school lunches. We thank you for your cooperation.

Term 3 is already shaping up to be a busy one. We have the carnival and the KROP performances in weeks 2 and 3 and are looking forward to having a Book Character Parade in Book Week later in the term. We will have more information about this in next week's newsletter.

Please remember to contact the school if you have any questions or concerns.

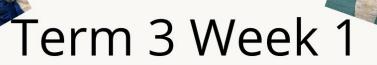




**₩**SCHOLASTIC



Congratulations to Indie on being selected as a member of the Riverina Girls Rugby 7's. She will be heading to Maitland in September.



# LIBRARY NEWS

Some great borrowers in the Library this week - so many returns!!

## **KEEP UP THE GOOD WORK EVERYONE**



# **BOOK REPORT BY BAILEY**



Book Title: The detectives guide to ocean travel

Written by: Nicki Greenberg

My favorite character was:

Pepper

Four words to describe this character -

- 1. Brave
- 2. Smart
- 3. Adventurous
- 4. A little bit annoying

One place where the story happened was:

Pastry room

Three words to describe the setting:

- 1. Clean
- 2.A lot more cheese
- 3.**On fire!!**



THE STORY:

BEGINNING - Leopold goes in a swimming race, the diamond is stolen

MIDDLE - They interrogate everyone

END - The ship catches fire and they find the culprit

My favourite part of the story is: When the pastry room caught fire and exploded

This book was:

AWESOME! \*\*\*\*\*\*

PRETTY GOOD!!

OK

NOT MY FAVOURITE ONE I DID NOT LIKE

This book made me feel:

LIKE I WANTED TO READ

MORE!













Welcome back to Term 3.
In the Kitchen Garden we will still be using all the beautiful produce from the veggie garden to make some yummy healthy food for students to enjoy.



## Top Nutrition = Top Marks

Welcome to SWAP IT! SWAP IT supports you to make informed choices about your child's health and wellbeing. Good nutrition leads to greater wellbeing for your child and can even have a positive impact on how well they do in class.

One swap from a sometimes food to an everyday food can make a big difference.



Here are some great ideas you can swap today:

- Piece of cake to a scone.
- Chips to popcorn.
- Juice to plain milk.

You will receive weekly tips and ideas about healthy swaps you can make!

















# Nutrition Snippet

### **BLUEBERRY MUFFINS**



#### Serves: 12 **Ingredients**

2 cups plain flour

1 cup oats (quick ortraditional)

¾ cup brown sugar

1 tsp baking powder

1 tsp baking soda

1½ cups reduced-fat Greek yoghurt

2 eggs, lightly beaten

50g margarine, melted, slightly cooled

Healthy Lunch Box

1 tsp vanilla extract

1 cup fresh or frozen blueberries

- 1) Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.
- 2) Combine flour, oats, sugar, baking powder and baking soda in a bowl.
- 3) Combine yogurt, eggs, margarine and vanilla in a second bowl.
- 4) Fold the yoghurt mixture into the dry mixture and stir to combine. Gently fold in blueberries.
- 5) Spoon into muffin tins and bake for 20-25 minutes or until the top is golden and springs back when touched. Cancer Council

healthylunchbox.com.au

# DOCKET PROMOTION

Don't forget Yanco Public School participates in the Golden Apple shopping docket promotion.

Simply collect all your dockets and drop them in to the school office at any time.

We would really appreciate your support!



# YANCO SHOP LUNCH ORDER LIST FOR YANCO PUBLIC SCHOOL

### **AVAILABLE EVERY DAY**

### TO ORDER CALL THE SHOP ON 6955 7228

AS PART OF OUR HEALTHY EATING INITIATIVE ONLY ITEMS ON THIS LIST MAY BE ORDERED AND DELIVERED TO SCHOOL.

SALAD TOBS	
Salad Tubs - lettuce, carrott, cucumber, tomato, beetroot, pineapple	\$5.00
Salad Tub with chicken or ham	\$6.00
FRESH FUIT SALAD TUB	\$4.50

All hot food is now cooked in the oven NOT FRIED		SANDWICHES / WRAPS / ROLLS	
		Vegemite / Honey / Cheese	\$3.00
Chicken Burger	\$5.00	Salad	\$4.50
Cheese Burger	\$6.00	Chicken	\$4.00
Beef Burger	\$4.00	Chicken & Salad	\$4.50
Warm Chicken Wrap (cheese & sauce)	\$4.00	Chicken & Lettuce	\$4.50
Chicken Caesar Wrap	\$4.00	Ham	\$4.00
Chicken Tenders	\$1.50	Ham & Salad	\$4.50
Fish Fingers	\$1.50	Ham, Cheese & Tomato	\$4.50
Lasagne	\$5.00	Egg	\$4.00
Spaghetti Bolognese	\$5.00	Egg & Lettuce	\$4.50
		Toasties - add \$0.20	
SAUCES			
Tomato / BBQ	\$0.50	Chicken or Ham & Salad wrap	\$6.00
Mayo/ Gravy / Aioli	\$0.50	Chicken or Ham Salad Roll	\$6.00

DRINKS				
Fruit Box	\$2.20	Chocolate or Strawberry Milk	\$2.50	
Pop Top - Apple, Apple & Blackcurrant	\$2.20	Plain Milk	\$2.00	
500ml Juice - Orange / Orange & Mango Orange & Passionfruit	\$4.00	Water	\$4.00	

