YERONG CREEK PUBLIC SCHOOL

Newsletter

Cole Street Yerong Creek
Phone: 02 69 203 521
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Website: www.yerongck-p.schools.nsw.edu.au
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Term 1 Week 8 – 20th March 2025

Principal's Message

Dear Parents and Carers,

NAPLAN

Year 3 and 5 students finished their NAPLAN assessments today. Thank you to Barb for coordinating the smooth completion of the NAPLAN testing this year.

P&C News

P&C members worked in the kitchen at the last Yerong Creek Fish & Chip Night. This fundraiser raised $1000- for our school. The P&C have been asked to work in the kitchen again next month – Friday 4th April for Fish & Chip Night (We must have done a good job!). We are guaranteed another $1000- for this night. The P&C will also be selling Meat Raffle tickets each Friday night at the Yerong Creek Bowling Club for the months of April, May and June – a roster will be published to share this task! Thank you to the Yerong Creek Hall Committee and Yerong Creek Bowling Club for the opportunity to undertake these fundraising activities.

Assembly

The first Assembly of 2025 was held on Friday 7th March at 2.45pm. Please see the awards list in this newsletter. Students shared their creative art learning from this term. Thank you to the large parent contingent who supported our students learning through attendance at our assembly.

Harmony Day

We will be celebrating Harmony Day 2025 on Friday 21st March. Students from Pleasant Hill and Boree Creek PS will join us at Yerong Creek to experience some Harmony Day activities. Students are encouraged to wear orange as it is the chosen colour for Harmony Day. Traditional orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

Online Resources

Included in this newsletter is a handy list of online resources which may be of use. This list has been supplied by our Senior Psychologist Education – Simon Coyle.

Kind regards,
Kellie

Mrs Noske's Class News

Dear Families,

Literacy

This week we have been focusing on using Tier 2 and Tier 3 words in descriptive sentence writing. Ask your child to explain the difference between Tier 1, Tier 2 and Tier 3 words. We use Tier 2 and Tier 3 words in our writing to make our writing more engaging and descriptive. Our sentences need to 'build of picture' in our minds eye!

Maths

In maths we have been focusing on equivalent number sentences with a missing number. We have been focusing on the = sign meaning 'the same as' and working on strategies to solve these equations using hands on concrete MAB blocks to build our confidence to use different strategies. In maths it is important to be able to verbalise your strategy, so the students have been practising explaining how they got their answers.

Health

In Health we have looked at different Body Systems and this week we started to explore the nutrition our body need to keep these systems healthy, growing and strong.

Kellie Noske

3-6 Classroom Teacher

Miss Casley's Class News

Dear Families,

We have been doing some great learning in the K-2 room.

Literacy

Kindergarten have completed InitiaLit lessons for the letters m, s, t, a and p, and can now match a sound to the letter. We have been blending, segmenting and stretching the sounds in words and identifying the beginning and end sounds in words.
Year 1 have completed InitiaLit lessons for the digraphs: 'ff', 'll', 'ss', 'ck', 'sh', 'ch' and 'th'.
Year 2 have completed InitiaLit lessons for the digraphs: 'ai', 'ay', 'a_e', 'ee', 'ea', 'e_e', 'oa', 'ow', 'ue', 'ew' and the trigraph 'igh'.

Our writing learning goals in Term 1 are:

- We can use boundary punctuation every time we write a sentence, and
- We can learn and use Tier 2 vocabulary.

Our focus for reading is to improve 'fluency' and the students read the same book every day for a week. On Fridays the students record themselves reading this book to monitor their developing fluency.

Maths

In maths lessons we have been developing strategies to count on/back, combine groups, use the jump/split strategy, use ten frames and bridge to ten for solving addition and subtraction problems.

Science

The students continue to monitor the plants growing in our air garden at school, and we are hopeful for a good crop, eventually. Students are also learning about all the different gardens that exist and the different ways in

which we might choose to grow plants, such as soil-based gardens, hydroponic gardens, aeroponic gardens and aquaponic gardens.

Geography

The students have been learning about where Australia is located in the world. They have learned that the world is made up of 7 continents, 5 oceans and 2 hemispheres, and that Australia is its own continent.

Creative Arts

In creative arts lessons students have painted a fantastic artwork each which was inspired by Bronwyn Bancroft (Australian Indigenous Artist) using the technique of “layering”, these are now proudly displayed in our foyer. Our second famous artist is Andy Warhol who is renowned for his ‘pop art’ and the students have started creating their next masterpiece using the technique “graphite transfer’.

Best regards,

Mardi Casley - K-2 Classroom Teacher

Term 1 - Assembly 1 - Awards

Literacy Awards

K – 2 – *Hannah*

3 – 6 – Rachel

Mathematics Awards

K – 2 – *June*

3 – 6 – Hunter

Welcome to Our School

Hannah and Cody

Special Award

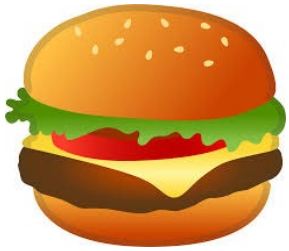
Tamara

Wednesday Lunch Orders

Our Lunches from Country Bumpkins Café remain popular each Wednesday

There is a menu and order form attached to this newsletter.

Please remember that all orders and money have to be at the school by Tuesday morning at the latest for Wednesday's lunch.


2025 Payments to the School

Please be advised that all payments to the school in 2025 other than for school lunches will need to be made through the School Bytes Parent Portal.

Please let us know if you need help to set this up.

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Yerong Creek P&C Fundraising Activities

We have several fundraising activities arranged to raise money to go towards helping pay for our Student's end of year excursions.

We need your help to make these fundraisers a success please.

Fish & Chips Night – Term 1 - 2025

The P&C hosted the Fish & Chip Night on 7th March 2025 with the Robinson, Ogle, Oliver, Wilis, Noske & Salter families assisting in the Kitchen.
We have been asked to host another Fish & Chip night on 4th April 2025.
If you are available to or able to make a salad or help in the kitchen on this night, please let us know.
We have the recipes, and ingredient lists for the salads that are needed for the night.

Athletics Carnival – Friday 23rd May 2025

The Yerong Creek P&C will be providing Lunch and Snacks at May's Athletics Carnival.
The profits from this event will go towards subsidising the major Excursions for the Students at the end of this year.

Please let us know on the School Phone number or send a message to Kellie & Barb on the School Mobile **0476 042 918** if these times are not suitable for you & you would like to change your allotted time slot.

We really appreciate the help as it also allows all parents to get to see their children participate in the day.

Start Time	**Finish Time**	**Name**
9:30 am	**11:00 am**	**Robinson, Haisell & Burman Families**
11:00 am	**12:30 pm**	**Willis, Ogle, & Oliver Families**
12:30 pm	**2:00 pm**	**Hearn, Bui & Robinson Families**

Friday Night Meat Raffles – April, May & June 2025

Each Friday night, The Yerong Creek Bowling Club hosts a meat raffle from 7.00 pm to 7.30 pm.

The Bowling Club invites Community organisations and Sporting Clubs to participate in these raffles to raise money for their individual clubs and organisations.

The Yerong Creek P&C has been allocated April, May & June this year for us to sell tickets for the raffle.

You collect the ticket sheet from the Bar, the Club provides a float for change (you give that back to the club after the tickets are sold), you draw the raffle, the winners select their preferred meat tray that has been delivered to the club and is in the cool-room to bring out for the draws, after the draws are finished, hand the raffle proceeds to the Bar Manager to keep in the safe for Barb to pick up and bank for the P&C.

We have made up a roster so that each family has at least one night per student in their family at school to sell tickets for us and include the roster below.

😊 **Thank you again for your help and support** 😊

Date	**Name**
4th April 2025	**Salter Family**
11th April 2025	**Ogle Family**
18th April 2025	**Willis Family**
25th April 2025	**Robinson Family**
2nd May 2025	**Oliver Family**
9th May 2025	**Hearn Family**
16th May 2025	**Burman Family**
23rd May 2025	**Bui Family**
30th May 2025	**Noske Family**
6th June 2025	**Haisell Family**
13th June 2025	**Hearn Family**
20th June 2025	**Bui Family**
27th June 2025	**Robinson Family**

Calendar - Term 1 2025 – Students - Yerong Creek PS

Term One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/ SUN
Week 1	27 January Kye Birthday 24th	28 January	29 January	30 January	31 January SDD #1	1 & 2 Feb
2	3 February SDD #2	4 February SDD #3	5 February SDD #4	6 February Students return to school	7 February Ice-creams	8 & 9 Feb Henty Show
3	10 February P&C Meeting	11 February	12 February Lunches	13 February	14 February Greater Kengal Swimming Carnival Hunter Birthday	15 & 16 Feb
4	17 February 2pm - Tennis Coaching	18 February	19 February Lunches	20 February	21 February Ice-creams	22 & 23 Feb
5	24 February Summer Birthday 2pm - Tennis Coaching	25 February	26 February Lunches	27 February	28 February SRPSSA Swimming Carnival Ice-creams	1 & 2 Mar
6	3 March 2pm - Tennis Coaching	4 March AFL Trials - BHS	5 March Lunches	6 March	7 March Assembly 2.45pm Ice-creams	8 & 0 Mar
7	10 March Riverina Swimming Carnival 2pm - Tennis Coaching	11 March	12 March NAPLAN Lunches	13 March NAPLAN	14 March NAPLAN Ice-creams	15 & 16 Mar
8	17 March NAPLAN P&C Meeting 2pm - Tennis Coaching	18 March NAPLAN	19 March NAPLAN Lunches	20 March NAPLAN	21 March NAPLAN Harmony Day Ice-creams	22 & 23 Mar
9	24 March NAPLAN 2pm - Tennis Coaching	25 March	26 March Lunches	27 March	28 March	29 & 30 Apr
10	31 March 2pm - Tennis Coaching	1 April	2 April Barbara Birthday Lunches	3 April	4 April Ice-creams	5 & 6 Apr
11	7 April 2pm - Tennis Coaching	8 April	9 April Lunches	10 April Assembly 2.45pm	11 April Greater Kengal Cross Country	12 & 13 Apr
Hols	14 April	15 April	16 April	17 April	18 April	19 & 20 Apr
Hols	21 April	22 April	23 April	24 April	25 April Anzac Day	26 & 27 Apr

Yerong Creek Public School - K-6 - Semester 1 – 2025 - Timetable

Time	Monday (Mrs Noske & Miss Casley)	Tuesday (Mrs Noske & Miss Casley)	Wednesday (Mrs Noske & Miss Casley)	Thursday (Mrs Noske & Miss Casley)	Friday (Mrs Noske & Miss Casley)
9.15-9.25	Morning Circle	Morning Circle	Morning Circle	Morning Circle	Morning Circle
9.25-10.30	English	English	English	English	English
10.30-10.50	FMS (Miss Casley)	FMS (Miss Casley)	FMS (Miss Casley)	FMS (Miss Casley)	FMS (Miss Casley)
10.50-11.00	Fruit break and exploring text	Fruit break and exploring text	Fruit break and exploring text	Fruit break and exploring text	Fruit break and exploring text
11.00-12.00	English	English	PDH (PDHPE)	English	English
12.00-12.40	Lunch				
12.40-1.40	Mathematics	Mathematics	Mathematics	Mathematics	Mathematics
1.40-2.00	Recess				
2.00-2.30	PE (PDHPE) (Mrs Noske)	Science	Library (Mrs Noske)	Geography/History	Creative Arts (Miss Casley)
2.30-3.10					

RESEARCH AND PROGRAMS	Link and Information
Sleep with Kip™	Does your child have trouble falling asleep, staying asleep or waking early? Kip can help with clinically validated, evidence-based picture books that kids love and understand. Simple sleep help that slides right into your bedtime routine. Resources include a free ebook and podcasts for Parents. https://sleepwithkip.com/ https://sleepwithkip.com/podcast/
Australian Sleep Health Foundation SleepHealth FOUNDATION	Sleep plays a critical role in the physical and emotional development of children and adolescents. Insufficient sleep in these age groups can impair cognitive function, academic performance and emotional regulation. It may also contribute to behavioural issues and an increased risk of obesity. For Parents, sleep can be disrupted due to caring for infants or children with sleep problems. This can lead to sleep deprivation affecting their mood, cognitive abilities and overall wellbeing. Adequate sleep is vital for the healthy growth and development of children and adolescents and it also impacts the wellbeing and parenting capability of Parents. https://www.sleephealthfoundation.org.au/ https://www.sleephealthfoundation.org.au/sleep- categories/children-adolescents-parents
Food and Mood FOOD & MOOD CENTRE	The Food & Mood Centre at Deakin University is a world-leading, multidisciplinary research centre that aims to understand the complex ways in which what we eat influences our brain, mood and mental health. Resources and Blogs include: https://foodandmoodcentre.com.au/ https://foodandmoodcentre.com.au/2021/04/looking-through- the-lens-at-how-food-can-improve-our-mood/ https://foodandmoodcentre.com.au/2016/07/diet-and-mental- health-in-children-and-adolescents/
Brave program for Children The Brave Program.	https://brave4you.psy.uq.edu.au/teen-program The Brave Program for teens is a free, interactive online program for the prevention and treatment of childhood and adolescent anxiety. The program is available for young children 3 to 7, children 8 to 12 and teens 12 to 17. There are also programs for Parents https://brave4you.psy.uq.edu.au/

Cool Kids MACQUARIE University SYDNEY·AUSTRALIA	*Cool Kids* is a structured 10 session program run over a minimum of 10 weeks that teaches children and their parents how to better manage anxiety. Medicare subsidies may be available to participate in this program via completion of a Mental Health Ca r e Plan through your family GP https://www.mq.edu.au/research/research-centres-groups-and-facilities/centres/lifespan-health-and-wellbeing/emotional-health- clinic/treatment-programs-for-children-and-teens/cool-kids

eatforhealth.gov.au	Infants, children and teenagers have special food needs because they are growing and developing. They also need extra energy for playing and being more active. • *Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.* https://www.eatforhealth.gov.au/eating-well/healthy-eating- throughout-all-life/healthy-eating-infants-children-and- teenagers
eSafety eSafetyCommissioner eSafetykids	Useful information to children stay safe online. Explore tips for being safe online, dealing with online images or cyberbullying, violent or inappropriate content, pressures from social media and managing your gaming habits. https://www.esafety.gov.au/kids

APPS – CHILDREN & YOUTH

Smiling Mind SMILING MIND	https://www.smilingmind.com.au/smiling-mind-app Research has shown that deep breathing can help to relieve stress in your body, helping you to cope more effectively. Observe your thoughts to stay focussed https://www.youtube.com/watch?v=ykDPtWdxOxs Sleep Meditation https://www.youtube.com/watch?v=VxYC_UcQ0PI
Mood Mission	**MoodMission** is a free app that allows users to learn effective methods of dealing with mood and anxiety problems they may be experiencing. By choosing your current mood – for example, 'low' or 'anxious' – the app will determine which 'missions' will help you improve your state of mind. https://moodmission.com/
Stay Strong App	The AIMhi Stay Strong App is an innovative tool that addresses the mental health and wellbeing concerns of First Nations Australians using a cross-cultural approach.

HELPLINES AND SUPPORTS

Kids Helpline	24/7 phone and online counselling for youth 5 to 25 years. Phone 1800 55 1800 and their parents https://kidshelpline.com.au/kids
	https://kidshelpline.com.au/parents
Youth Beyond Blue	24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live Phone 1300224636 https://www.beyondblue.org.au/who-does-it-affect/children
	1800 RESPECT A confidential information, counselling and 24/7 support service for people of all ages impacted by Sexual Assualt, domestic or family violence and abuse. Phone service or Online Chat Phone 1800 737 732 Interpreter Service 13 14 50 https://www.1800respect.org.au/ https://chat.1800respect.org.au/#/welcome
Family Relationship Advice Line	National telephone information and referral service that helps families affected by relationship or separation issues. Phone 1800 050 321 https://www.familyrelationships.gov.au/talk-someone/advice-line
Butterfly Foundation	Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. https://butterfly.org.au/ Phone 1800 33 4673
	The National Centre for Childhood Grief (NCCG) is an Australian not-for- profit organisation dedicated to caring for bereaved children and their families following the death of a parent, sibling or other close loved one. Phone: 1300 654 556 for further information about outreach support. Email: info@childhoodgrief.org.au https://childhoodgrief.org.au/
	The **Country Hope** Trust provides family centred support services to country children diagnosed with cancer and other life threatening illnesses. Phone 02 6971 8955 or 1800 007 880 https://www.countryhope.com.au/contact https://www.countryhope.com.au/refer-a-family-in-need
	Canteen is an Australian charity that has provided free and tailored support to young people impacted by cancer for almost 40 years. Canteen supports 12-25 year-olds dealing with their own diagnosis, a close family member's cancer or the death of a loved one.

PARENT RESOURCES

WellMob 	https://wellmob.org.au/ Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.
Parent Line NSW 	https://www.parentline.org.au/ Parentline is a free telephone counselling and support service for Parents and Carers with children aged 0 to 18 in NSW
	https://raisingchildren.net.au/school-age https://raisingchildren.net.au/school-age/school-learning/school- refusal/school-refusal https://raisingchildren.net.au/toddlers/health-daily-care/mental- health/anxiety-stepladder-approach#using-the-stepladder- approach-and-coping-in-difficult-situations-nav-title https://raisingchildren.net.au/autism https://raisingchildren.net.au/pre-teens
	Autism Connect is a free, national autism helpline supporting autistic people, their families, carers, health professionals, and the broader community. Autism Connect is not a counselling service however, they provide information and advice over phone, email and webchat. Autism Connect can be accessed online at https://www.amaze.org.au/autismconnect/ and over the phone by calling 1300 308 699.
	Kindred is an uplifting, supportive, and educational space for families with children with a developmental delay or disability and who are neurodivergent. Receiving a diagnosis for your child, exploring one, or waiting for the right diagnosis can be overwhelming. There's a lot to figure out—from understanding early intervention and therapies to navigating funding and disability services. But you're not alone. The 'Finding Your Way' guide is here to support you through these early days. https://kindred.org.au/resources/what-to-do-after-a-disability-diagnosis/
	Provides tips for managing online challenges, including family tech agreements, strategies for keeping kids safe online, building digital intelligence and acting responsibly online, determining the right age for accessing different technologies, taming the technology using parent tools and controls and supporting your child to maintain their privacy online. https://www.esafety.gov.au/parents https://www.esafety.gov.au/parents/skills-advice
Positive Parenting Program 	Triple P offers proven, positive tips that can help every family. The program is backed by 35 + years of research studies here in Australia and around the world. Triple P offers free, online Parenting courses on a range of topics, including Coping with fear, anger and sadness; Bedtime Routines; Temper Tantrums, Fear Less Triple P and Family Transitions; Adjusting through Separation and Divorce; Apart but Together – Co-Parenting After Separation and Divorce. https://www.triplep-parenting.net.au/au/triple-p/
Parent Works 	https://parentworks.org.au/#/ Parent Works is a free online program for Parents and caregivers, providing evidence-based parenting strategies. https://parentworks.org.au/#/

Head2Health website 	The Australian Government Department of Health Website that links all Australians to free digital mental health resources from trusted service providers. https://www.headtohealth.gov.au/
SAFETY AND WELLBEING 	If you are or someone you know is feeling mentally distressed and need to contact someone urgently, please call AccessLine on **1800 800 944**. If a life is in danger, **CALL 000 straight away.** Phone **02 5943 4400** for access to Wagga Wagga Community Health and Drug & Alcohol Services.

Country Bumpkins Cafe
School Lunch Menu

Pie (sauce optional) $5.00

Sausage Roll (sauce optional) $4.00

Toasted Sandwich $5.00
(Ham, cheese, tomato)

Fresh Sandwich $5.00
(Ham, cheese, tomato, lettuce, mayo)

Chicken/Salad Wrap $6.00
(Chicken tender, lettuce, cheese, mayo)

Cheese quesadilla $4.00

Plain Hamburger $10.00
(Beef patty, lettuce, tomato, bbq or tomato sauce)

Moo-Milk $2.00
(200ml, Chocolate or Strawberry)

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School Lunch Order – Wednesday's

If you would like to order lunch, please complete the section below and return it to school by Tuesday each week for Wednesday's Lunch

---

Lunch order for: _____

(Please select your choices)

☐	Pie	(Sauce Optional)	$5.00
☐	Sausage Roll	(Sauce Optional)	$4.00
☐	Toasted Sandwich	(Ham, Cheese, Tomato)	$5.00
☐	Salad Sandwich	(Ham, Cheese, Tomato, Lettuce, Mayo)	$5.00
☐	Chicken Salad Wrap	(Chicken Tender, Lettuce, Cheese & Mayo)	$6.00
☐	Cheese Quesadilla		$4.00
☐	Plain Hamburger	(Beef Patty, Lettuce, Tomato, BBQ, or Tomato Sauce)	$10.00
☐	Moo Milk		$2.00

☐ Chocolate

☐ Strawberry

Total Payment $ _____

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☐	Toasted Sandwich	(Ham, Cheese, Tomato)	$5.00
☐	Salad Sandwich	(Ham, Cheese, Tomato, Lettuce, Mayo)	$5.00
☐	Chicken Salad Wrap	(Chicken Tender, Lettuce, Cheese & Mayo)	$6.00
☐	Cheese Quesadilla		$4.00
☐	Plain Hamburger	(Beef Patty, Lettuce, Tomato, BBQ, or Tomato Sauce)	$10.00
☐	Moo Milk		$2.00

☐ Chocolate

☐ Strawberry

Total Payment $ _____