Dear Parents,

Welcome back for Term 2. We hope you all had a great Easter and that the Easter Bunny was kind to you. The weather was beautiful but it has certainly cooled down. With this in mind, please send your child in a school jumper on these cooler days. It is important to make sure that all jumpers are clearly labelled with your child’s name.

The staff attended a combined training day in Maclean yesterday to join with many other schools in the Clarence to listen to Ian Luscombe who was the principal at Redbank School in Sydney. This school is one of the only ones that is a combined initiative of the NSW DEC and the Department of Health. He gave a very entertaining and useful address on student behaviour and the fact that with all students we want to move them to the point where they own their behaviour and accept responsibility for it, rather than deny the behaviour or blame others. His wife, Dr Alison Knight then spoke on the issue of food and how it affects children’s behaviour. She gave some startling statistics on the rise of ADD and its strong links to dietary factors. We have printed some of this information and attached it to the newsletter, outlining some of the additives to avoid and we would like all parents to take this opportunity to have a fresh look at the food which is placed in your child’s lunchbox. We understand how busy parents are but healthy food not only assists children physically but also with their mental health.

This Saturday is ANZAC day and once again our school will be participating in the town march. Those children who wish to march should meet me, across the road from what was the Star of the Sea Convent at 9.00 a.m., for the march to commence at 9.15 a.m. Students need to wear correct school uniform and our captains will be reading the prologue. On Friday 24th April we are very pleased to have some of the members of the Yamba RSL joining us for our school ANZAC assembly. This will be at 9.15 a.m., in the hall.

Don’t forget tomorrow is Maclean Show Day and it has been gazetted as a public holiday by Clarence Valley Council. As such, school will only operate until midday and there will be NO buses running to drop children home. If your child comes to school, you will need to make arrangements to have them picked up at midday.

Enjoy Show Day.
Debbie Woods
Relieving Principal

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**P&C NEWS**

Welcome back to Term 2. Our Easter Raffle was a huge success! Thank you to everyone that supported our raffle. Coming up is the Mother’s Day Stall with gifts available at $5 each.

Hats are available from the school at a cost of $17 until the end of Term 2. Term 3 the hats will increase in price to $20.

Lou Johnson
President

---

**CANTEEN ROSTER**

**Week 1**

**Wed 22nd** - CLOSED

**Thurs 26th** - HELP NEEDED

**Fri 27th** - Lisa Redman

**Mon 30th** - Wendy

**Tues 31st** - HELP NEEDED

---

**PLEASE NOTE**

The canteen will be CLOSED on Wednesday 22nd April (MACLEAN SHOW DAY).
SCHOOL BANKER'S

DON’T FORGET TO BRING YOUR BANK BOOKS ON WEDNESDAY.
WE WILL RETURN THEM TO YOU ON THURSDAY.

Making Connections Dance-a-thon

Come and celebrate World Dance Day by participating in the School Dance Workshops and/or Community Dance-a-thon.

A variety of dance styles/genres from around the world will be on offer -
African, Bollywood/Indian Fusion, Bellydance, Indonesian, Salsa, Hip Hop, Jazz, SwingFit, Zumba, Disco & Fad Dances.

Dance-a-thon
For All Ages
Friday 1 May, 2015
4pm – 8pm
Raymond Lakes
Sports Centre, Yamba
Entry Fee: $5

Dance Workshop
Year 7 - 12
Thursday 30 April 2015
8am – 1pm
South Grafton High School
Cost: $31

Register NOW

Dance Workshop
Kindergarten – Year 5
Friday 1 May 2015
8am – 3pm
Raymond Lakes
Sports Centre, Yamba
Cost: $10

Register NOW

World Dance Day 2015

Opening Hours

Wednesday 3.15 - 5.30pm
Thursday 3.30 - 6.00pm
Friday 3.30 - 5.00pm

2a/4 Mooli Place YAMBA
Ph:-
0401 182 287
Email:-
thedancingtutu@outlook.com

- A program to promote and celebrate World Dance Day (International Dance Day) which is held on 29 April each year. The program aims to promote, connect, and introduce dance to education and increase the awareness of the importance of dance among the community.

TO REGISTER: EMAIL - Amanda.Pateli@det.nsw.edu.au OR PHONE 0405 603 947

World Dance Day - 29 April 2015
Locate a dance event near you - search 'World Dance Day' on the internet for more information.

EcoSmart Solar
Your local Solar specialists
ECOSMART NORTHERN RIVERS
133 326 2/4 Moongi Pl, Yamba
eosmart.com.au
ONLINE PAYMENTS NOW AVAILABLE AT
YAMBA PUBLIC SCHOOL

We have launched a new online payment portal linked to the school’s website to make it easier for you to pay for school related expenses. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

- Voluntary School Contributions
- Excursions
- Sport (excluding PSSA)
- Creative and Practical Arts
- Sales to Students

When?

This payment method will go live on 2nd February, 2015.

How?

Log onto the school site at www.yamba-p.schools.nsw.edu.au. Click on “Make a Payment” and follow the prompts to make a payment via Visa or Mastercard.

Sacramental Program - St Mary’s Parish

The Sacramental Program for Confirmation will begin in the first week of May. If you would like your child to participate, please complete the Sacramental application available from St. James school office or contact the parish office on Monday, Wednesday Friday, 66 451188. Children wishing to make their first Communion on 14th September this year, are invited to complete an application. Details of program will be available closer to the date.
EASTER HAT PARADE
The Clarence Valley Anglican School at Clarenza (southern outskirts of Grafton) are offering scholarships in Years 5, 7, 9 and 11 in 2016. Information about our different scholarships and application forms can be found on our website at


Applications open on Tuesday, 21 April. Closing date for applications is Wednesday, 27 May and testing is on Saturday, 30 May.

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**CANBERRA EXCURSION PAYMENT INSTALMENT**

**22 - 27 NOVEMBER**

COST $515 PER STUDENT

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**CASCADE EXCURSION PAYMENT INSTALMENT**

**21 - 23 OCTOBER**

COST $130 PER STUDENT

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**LAKE AINSWORTH EXCURSION PAYMENT INSTALMENT**

**19 - 23 OCTOBER**

COST $380 PER STUDENT

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RED MUFTI DAY FOR CYSTIC FIBROSIS
Last term YPS raised $322 towards this cause. Cystic Fibrosis is the most common life threatening genetic condition in Australia. CF affects many of the body’s systems, including lungs and digestion. Improved medication and treatments have seen life expectancy extend considerably.

Congratulations to Thomas Redman, Brody Soden-Cavanagh and Navrin Redman for their great efforts in the South Pacific Jiu Jitsu Championships in Brisbane in the recent holidays. WELL DONE BOYS!!
Food additives associated with learning and behaviour issues.

In Europe and the UK food additives are prefixed with the letter E. In Australia they are listed by the number alone.

- **Artificial Colours**
  Hyperactivity is strongly associated with these additives
  AVOID 102* 104* 110** 122** 123** 124** 129** 132** 133** 142* 151* 155**
  (102 the yellow dye tartrazine is arguably the worst!)

- **Artificial Preservatives**
  These are known to contribute to learning and behavior problems in sensitive children. Reactions are often delayed.
  AVOID   Benzoates   210 - 213 211
          Sulphites   220 - 228
          Propionates 280 - 283 282
          Antioxidants 310 - 312
                    TBHQ 319* BHA 320* BHT 321*

- **Flavour Enhancers**
  Glutamates are implicated in learning disorders, hyperactivity, sleep disturbance, irritability and depression.
  AVOID   Glutamates   621 - 626
          627
          631, 635*
  NB: MSG is 621, many manufacturers now call it flavor enhancer 621 in order to disguise this fact!

- **Aspartame and artificial sweeteners**
  Aspartame accounts for over 75% of the adverse reactions reported to the US Food and Drug Administration each year!
  AVOID   Aspartane   951*
          Saccharin   954*
          Nutrasweet, Equal, Splenda, Sweet and Low

All of these additives are widely used in Australia
Numbers in red are particularly important to avoid.
* additives linked to carcinogenic risk.
* additives banned in other countries in the world but not in Australia.

Dr Alison Knight
BehaveAbility
Yamba Public School
School and Community Newsletter

RELIEVING PRINCIPAL
Debbie Woods

ASSISTANT PRINCIPALS
Ian Clifford
Mark White
Belinda Vidler
Mikylla Cook

SCHOOL CAPTAINS
Zahri Berry
Jay Adams

PARENTS & CITIZENS’ ASSOCIATION

Meets—Second Tuesday of each month.

PRESIDENT
Lou Johnson

CANTEEN SUPERVISOR
Julie Coulter

Angourie Road YAMBA NSW 2464
Telephone (02) 66462420 * Fax (02) 66461578
Email: yamba-p.school@det.nsw.edu.au
Website: www.yamba-p.schools.nsw.edu.au

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Kids Club
Wednesday 3pm-5pm

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Gavin & Kylie Austin

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Fax: (02) 6646 0258
Mobile: 0419 757 436
Email: gavin@gkcabinets.com
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