

WHAT'S ON @ Wytaliba Public School

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Wytaliba Public School
Old Grafton Rd
Glen Innes
NSW 2370

Relieving Principal: Kelly Murphy
E-mail: kelly.j.murphy@det.nsw.edu.au

Phone: 02 6733 5353

Fax: 02 6733 5358

E-mail: wytaliba-p.school@det.nsw.edu.au

Student of the Week

Aiyanna

For:
Excellent attendance
and great application
to her school work.



Allara, Nina, Aiyanna,
Samuel, Lewis, Jarrahky,
Daisy, Loki &
Zeph

are

Super Spellers



2022 Term 3 Week 7: Students please bring a water bottle every day.

Please return the notes for the North West Athletics Carnival.

Monday 29th August: English, maths and creative arts.

Tuesday 30th August: English, maths and wellbeing. Director of Educational Leadership visiting WPS. CSUS team visiting in the afternoon.

Wednesday 31st August: Library Day. Playgroup 10am - 12pm. Hot shared lunch.

Thursday 1st September: Michelle Toft Silk Painting Workshop for students - wear older uniforms please.

Friday 2nd September: Assembly. PDHPE. Please wear sports shoes. Michelle Toft Silk Painting Workshop for parents and staff - wear older clothes please.

Good luck at the North West Athletics Carnival Daisy!

Important Dates (subject to health advice)

- 1-2 /9/22 - Parent and staff silk painting workshop at WPS (Please contact school for details and to save a spot.)
- 2/9/22 - North West Athletics carnival in Tamworth
- 4/9/22 - Fathers Day
- 14/9/22 - NAIDOC Week excursion to The Willows
- 19 - 23/9/22 - Bike Week
- 23/9/22 - Class Party

Reminders to parents & caregivers-

- This newsletter can be found on our school web site at- www.wytaliba-p.schools.nsw.edu.au
- Students and parents please remember: **we are a sun smart school. No Hat = No Play**
- Any further information please contact the school.
- If you would like to have this newsletter emailed to you please provide the school with your email address.





Congratulations
Allara, Nina, Aiyanna,
Lewis, Samuel, Zeph
Jarrahky & Loki for 100%
attendance this week!



**Congratulations to Nina for achieving 50 nights of home reading,
Lewis for achieving 75 nights of home reading and Loki for
achieving 175 nights of home reading!**



Wyaliba Public School
will start a Transition to
Kindergarten program
soon.

Some information about
kindergarten :



- Children can start kindergarten in 2023 if they are 5 years old, or if they turn 5 before 31st July 2023.
 - Children should start school at the beginning of the school year.
 - Children must be in a school system by their 6th birthday.
 - When enrolling a child, a birth certificate is required for identification.
 - A good start in kindergarten helps a child feel confident in the classroom and allows them to practise important social skills. If you would like an enrolment form, please contact the school.
- Our regular Wednesday playgroup is a great way to get to know our lovely school prior to the transition program starting.

Bike Week at WPS

In preparation for Bike Week, please check that your child's bike, tyres, and helmet is suitable in preparation for bike week.



ABC TIGHT Bike Safety Check List



A

A = AIR

- ✓ Is there air in the tyres?
- ✓ Are the tyres in good condition?

B = BRAKES

- ✓ Are the brakes in good working order?

Note: Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes

B

C

C = CHAIN

- ✓ Is the chain clean, oiled and firm?
- ✓ Does the drive train and derailleur (if applicable) spin freely?



TIGHT

- ✓ Are the handlebars tight?
- ✓ Are the handlebars straight?
- ✓ Do the wheels and cranks move from side to side?
- ✓ Does everything stay in place with the 10cm drop test?

✗ If a bike does not pass this checklist it is not safe to ride.

Mandatory equipment for cycling activities



Australian approved cycling helmet (Australian standard sticker should be on the inside of the helmet AS/NZS 2063)



Bike that passes the ABC TIGHT test



Fully covered footwear (no thongs, sandals)

✗ If a student does not have the mandatory equipment they cannot ride.



The Cancer Council's SunSmart Schools Program does not recommend wearing hats under helmets. Hats under helmets may interfere with peripheral vision and reduce external noise, two important elements to riding safely. To reduce the risk of over-exposure to harmful UV rays when riding, school bike riding activities and events should be minimised, when possible, between 11am and 3pm during Terms 1 and 4. Always use shade if it is available, wear sensible clothing that covers skin and apply sunscreen to reduce the risk of sun damage when riding. Riders may also consider fitting a UV protective cover to their helmet.

The Three 2s Helmet Check

1

2 fingers
above eyebrow



2

2 ear clips
snug under ears



3

2 fingers
under chin strap



- Check helmet for physical damage eg cracks in shell, worn straps, broken buckles
- A helmet needs to be secure, but not uncomfortable and should fit as follows:
 - Helmet sits flat on head, not tilted back.
 - The rim should sit about '2 finger' widths above your eyebrow.
 - The straps should not be twisted and should form a V just under the ears with the '2 ear clips' snug under the ears.
- The strap should fasten securely under the chin and not hang loose, snugly fit '2 fingers' under strap
- Wobble Wobble Check – place hands on top of helmet and wobble it, shake head. If the helmet moves out of position easily it is not correctly fitted (likely straps are loose or helmet is too big).
- Partner Check – students check each others' helmets.



RIDE or WALK to school

Good for kids

good for life



Serving up veggies!



Vegetables have nutrients, minerals, vitamins and fibre essential for kids growth, development, health and wellbeing.

Tips to get kids eating 5 x serves of veggies daily

- 🥕 Eat as a family. Offer kids a variety of cooked and raw vegetables daily
- 🥕 Be a role model! Fill your plate with a vegetable rainbow. Talk about what veggies you like to eat and why
- 🥕 Add raw or cooked veggies to lunchboxes e.g. veggie pikelets or muffins, carrot & cucumber sticks with salsa
- 🥕 Veggies are a great snack! Keep sliced veggies in a container in the fridge e.g. capsicum, celery, carrot
- 🥕 Ask your kids what veggies they'd like to eat. Involve them in shopping for, choosing and cooking veggies