



PRINCIPAL NEWS

Welcome to week 7 and our second week of Swim School. Students are working very hard and progressing beautifully in their lessons whether it be acquiring new skills or improving their 'swim fitness.' Thank you Yamba Community Pool swim teachers Sue-ellen and Linda for your work with our students as well as PIPS Staff for their efforts throughout the Swim Scheme.

To consolidate all we have learnt in the pool and prepare our students for the Summer months, K-6 students will participate in School Surfing, from Monday 27th to Thursday 30th. Shayno from Surf Camp Down Under will facilitate lessons. Families are welcome to attend to assist our students during water activities.

To complete the week a rewards day will be held at Yamba Cinema. Students will travel by bus to the cinema to watch the latest Trolls movie. Students who wish to will have a slushie and a bag of lollies for the movie. Upon completion, students will walk to the Lions Park to have their lunch and a quick play before returning to school.

Demountable Update - today water and waste were connected to our 2 new demountable buildings. The carpet has been laid and the furniture delivered. We are awaiting data and electrical works to be completed along with ramp and stair access. We had hoped that this may have happened for an early move for our K/1/2 students however this has not been the case. K/1/2 students will stay put for now. We will update families if this changes. We appreciate all the offers of support to assist with the move.

Pre-Kinder students have been attending full days each Friday this term. They are progressing very nicely and have begun to spend more time with their 2024 classmates. Thank you to Miss Webber who held a parent information session last week for these families. If you know of anyone looking to enrol for 2024/2025 please have them contact the office.

I was very proud of our Year 5 students who presented their leadership speeches last Friday. Each one of them showed us leadership qualities that they possess for leadership roles in 2024. Students will today vote for who they believe will best lead our school next year. We look forward to announcing our captains at the Presentation night. Thank you Miss Bonnie for helping these students refine their speeches.

Teachers are preparing for parent-teacher meetings. This is scheduled for week 9 with reports being sent home in the final week of school. We would like to be able to meet with all families ensuring a collaborative approach to 2024.

BEFORE AND AFTER SCHOOL CARE



NEWSLETTER ISSUE 3
13 NOVEMBER 2023

I would like to acknowledge the Yaegl people for sharing this land in which we meet, play, learn.
Pay my respects to Elders past and present.



Fun month, welcome to all new families and children.

We have been busy talking about danger in all ways, road safety, strangers, dangerous animals, floods, fires. Doing Springtime activities. Nice to see new children arriving at our service. Settling in so well. First week we made Halloween spiders, webs, ghosts, the children talked about their trick or treating. As we moved through the month we enjoyed outdoor games, which Eliana took control of a new game, was lots of fun, lines, walk around the oval to see what natural objects we could use for craft. Then finally came children for the ASC session, we enjoyed playing board games, cars and trucks, Magnet blocks. We made our first patch of pancakes.



TIMES

Before School: 7.00AM - 8.45AM
After School: 3.00PM - 6.00PM
Holidays: CLOSED

CONTACT HEAD OFFICE

1300 072 410
 info@theircare.com.au

CONTACT SERVICE

0400 800 922
 palmersisland@theircare.com.au



TheirCare
Where Kids love to be!

Amazing Before + After School Care Programs

Palmers Island Public School



About the program

TheirCare provides adventurous and stimulating Before & After School Care Programs in a safe environment for all children. During sessions children develop life skills, friendships, confidence and creativity through play.

Palmers Island Public School has partnered with **TheirCare** to provide this service to your school which includes quality care, booking flexibility, amazing programming for your children and commitment to deliver on our promise to your school community.

Operation Times	Monday-Friday	Fees*	Out of Pocket	Average^
Before School Care	7:00am – 8:45am	\$20.00	\$3.41- \$20.00	\$3.41
After School Care	3:00pm – 6:00pm	\$26.00	\$3.90 - \$26.00	\$3.90
Late Booking Cancellation Fee	Within 24 hours	\$4.00		
Cancellation Fee	Same Day	Full Fee		

Service Phone Number: 0400 800 922

Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

How to Enrol

Visit **TheirCare** website: www.theircare.com.au and click on 'Book Now' in the top right hand corner to register your child's details.

*Standard fees excluding incursion / excursion costs

^Based on ABS published average family income for the suburb the school is located

TERM 4	WEEK	MON	TUES	WED	THURS	FRI	SAT/SUN
OCT	1	9	10	11	12 Piano	13 Pre-Kinder	14/15
OCT	2	16	17	18	19 Piano	20 Pre-Kinder Assembly	21/22
OCT	3	23	24	25	26 Piano	27 Year 6 Fundraiser & Day for Daniel Wear Red Pre-Kinder	28/29
OCT/ NOV	4	30	31 High School Transition Tenpin Team travel to Sydney	1 Tenpin Sydney	2 Piano	3 HIPS Handball Assembly Pre-Kinder	4/5
NOV	5	6	7	8 K/1/2 Currumbin Excursion	9 High School Piano	10 Pre-Kinder	11/12
NOV	6	13	14	15	16 High School Piano	17 Assembly Pre-Kinder	18/19
NOV	7	20	21	22	23 High School Piano	24 Pre-Kinder	25/26
NOV/ DEC	8	27	28 Year 6 Graduation Dinner Bowling Club 5.30 - 7pm	29	30 Piano	1 Pre-Kinder Assembly End of Year Movie - Cinema	2/3
DEC	9	4 Parent/ Teacher meetings	5 Inclusion Day Grafton	6 Presentation Day - BBQ 5.30pm Presentation 6pm	7 Piano	8 Pre-Kinder	9/10
DEC	10	11	12 Palmers Idol	13	14 Piano	15 Pre-Kinder Students last day Colour Run	16/17

NEWS FROM MISS WEBBER



Hello from K/1/2

We have had a wonderful two weeks, filled with enriching experiences and valuable learning opportunities.

Byron Bay Wildlife Sanctuary Excursion

Our recent excursion to the Byron Bay Wildlife Sanctuary was nothing short of amazing! The students had a blast exploring the diverse world of animals and their habitats. From kangaroos to koalas, they learned about the importance of caring for the environments these creatures call home. A special shout-out to our incredible students for their outstanding behaviour and positive attitudes – your enthusiasm made the day enjoyable for everyone. The chance to pat and feed some of the animals was an unforgettable highlight!

In-Class Adventures and Learning Milestones

Back in the classroom, our young learners have been wrapping up their learning programs and consolidating the skills acquired throughout the semester. We've witnessed impressive growth, curiosity, and creativity among our K/1/2 students. It's heartwarming to see their eagerness to explore new concepts and apply their knowledge.

Dive into the School Swim Program

Our school swim program has officially kicked off, and what a fantastic first week it was! The kids are making a splash in the pool, demonstrating enthusiasm and dedication to mastering essential water skills. These newfound abilities will not only ensure a safe and enjoyable time in the pool but also prepare them for beach adventures this summer.

Homework

We are having a short break from homework while students are busy adjusting to swim school and carrying wet towels and clothes in their bags. If you have any school decodable reading books at home, please send them with your children as I will be asking each morning for students to hand them in. I'm hoping to have all books back by the end of week 8, ensuring we have the full sets ready to go for 2024.

Upcoming Events and Reminders

Thank you for your continued support in making Palmers Island Public School a wonderful place to learn and grow. We look forward to more exciting adventures in the weeks ahead!

Kind regards,
Alice Webber

NEWS FROM MRS ESSEX

If you have never heard of Dr Justin Coulson- please look him up at happyfamilies.com.au. I have an edited version of one of his resources below about what we can do as parents (and teachers) when your child doesn't want to go to school.

I know parenting can, at times be overwhelming and cause a lot of sleepless nights, but there are some great resources out there for you. Please remember that we, as a staff are always here to help too. We may not be able to offer up any magic solutions but we may be able to point you in the right direction.

Mrs Essex

How to Help When School Sucks By Dr Justin Coulson

"I don't want to go to school today."

"My tummy hurts."

"School is boring!"

"I have a headache."

"They tease me about how I look."

"I don't need to know this stuff, I'm going to be a YouTuber/Twitch Streamer."

"I already know everything."

A small percentage of children really, really like school. The rest experience it with everything ranging from mild indifference to deep disdain. And some kids are, frankly, terrified of it.

What if every day is a battle to get them out the door? What if school really, really, really sucks?

School sucks less when relationships are solid

Relationships are at the heart of education. In fact, they're at the heart of life. When our children complain that "I don't have any friends", or "I hate my teacher", the stage is set for school to suck.

Autistic kids, kids with ADHD, kids with social anxieties, or kids who are bullied (or just feel lonely) are particularly likely to struggle with relationships. But most children have some level of insecurity about their friendships and other relationships at school. And many of them look to their peers for assurance and security, which isn't usually going to cut it for them. Children have limited social skills, a generally low level of capacity for validating those around them, and a need to prove themselves in order to create a cultural cache.

School sucks less when kids feel they're making progress

As humans, we are designed to improve. We're collectively driven to make things smaller, build things higher, run faster, and go further. We have an innate curiosity that leads us to try new things, to progress, to grow. We want to master things.

Not everything. But something.

School is supposed to push children to explore learning, to make progress on understanding, and to simulate development and curiosity. Anyone who has spent

time at school (including teachers) knows, however, that for some children it *feels to them* like it was designed to stymie their progress.

As a parent, however, the best thing we can do to help school suck a little less other than helping our children feel that they belong is to help our children feel that they can learn, progress, and make tiny wins. Feeling connected at school is critical. Feeling competent at school is just as vital.

Learning with a purpose

While many children are content with learning for learning's sake, there will be some who complain that school is pointless because they just want to be a tennis player, actress, hairdresser, or tractor driver. Or they'll be upset because they're learning things that they'll never have to know at any point in the remainder of their lives. For these kids, it can be beneficial to work with them to identify their purpose in going to school. Maybe they do want to be a tennis player and travel the international circuit, so focusing on their chosen language of French would be useful. Maybe they do want to be an actress, so they need to go to school daily to be involved in rehearsals for the school production. Their purpose doesn't have to align with what you think the ideal purpose is for going to school, but if they have a reason for getting to school, they're more likely to find other things they also enjoy once they're there.

Learning is about attitude

Attitude is everything.

There are many people who believe that if you send out positive energy into the universe, good things come back to you. While it may sound a bit mystic and magical, it's supported by a well-understood scientific phenomenon called the Baader-Meinhof phenomenon or the frequency illusion. If you notice something once and ascribe meaning to it, suddenly that thing appears to pop up everywhere (like a song that suddenly seems to be playing on every radio). The actual frequency of the event hasn't changed but our brain is primed to notice it now. Consequently, if your child has noticed something negative about school, their attention is now subconsciously biased to keep noticing similar negative things.

On the flip side, having a positive outlook or optimistic attitude has been linked with better health outcomes and improved quality of life. Fortunately, science has a few ideas on how to increase positivity in our lives:

- **Smile.** Even fake smiling has been shown to reduce the stress response through a process called biofeedback. Help your child find things to smile or laugh about.
- **Visualisation.** Positive future thinking has been shown to increase optimism by boosting the expectancy of a good day. Try using the power of visualisation and positive future thinking with your child by describing and imagining their best possible day, one where everything has gone as well as it possibly could. What would that look like? How might that feel?
- **Gratitude.** Children and teens who participated in an intervention involving writing a letter of gratitude to someone in their lives experienced increased levels of positive affect. Encourage your child to express gratitude.

NEWS FROM MR RICHARDS



Welcome to Week 7!

It's a busy time of the year with plenty of engaging activities filling our school days. Water Sports Triumph: Our water sports program is making waves! We're witnessing a remarkable improvement in water confidence and swimming abilities among our students. The enthusiasm and progress have been great to witness. Water sports will continue until the end of this week, followed by surfing sessions.

"Through the Window" Program Success: Last week we concluded our final writing lesson with our sister school, Jasper Road. Over this term and the last, our students participated in the "Through the Window" program. This unique initiative involved students from both schools describing what their schools looked like, followed by each school bringing these descriptions to life through drawings. The program has been a tremendous success, fostering creativity and cross-school connections.

Year 5 School Captain Speeches: A big shoutout to our Year 5 students for their outstanding efforts in completing their school captain speeches. Each student delivered a great speech with not only great content but also impressive presentation skills.

Thank you for your continued support, that's all for now.

Mr Richards







8 Villiers Street (PO Box 350) GRAFTON NSW 2460

Phone: 02 6643 3555 • Email: cvcon@cvcon.nsw.edu.au • Web: www.cvcon.nsw.edu.au • ABN: 44 488 369 014

**Please make sure you read and complete both pages of this form before signing.
Enrolments will not be accepted without a signature.
The CVCon 2024 Student Handbook should be read along with this form.**

Student Name: _____ M ☐ F ☐ Date of Birth: ____/____/____

School: _____ School Year (*in 2024*) _____ Class _____

Parent/Caregiver's Name Mr / Mrs / Ms: _____ **Relationship:** _____
(to student)

Street Address: _____ **P/code:** _____

Postal Address: _____ **P/code:** _____
(If different)

Home phone: _____ **Mob. phone:** _____ **Work Ph.:** _____

Email:

Other Contact: _____ **Ph:** _____ **Relationship:** _____
(Emergency Contact) (to student)

Please indicate the type of lesson the student will be having:

FEES 2024 (All rates based on a 10 week term)

***Annual Registration Fee** (Per family -due in Term 1 or at enrolment) **\$ 25.00**

Schools Program


<input type="checkbox"/>	In School Tuition - Band instruments, Guitar	\$ 165.00 (each student)
	<i>(Groups of 2-5 each week in school time and at school)</i>	

Other programs at the Conservatorium

<input type="checkbox"/> Single Studies Tuition (30min lesson per week)	\$ 340.00
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<input type="checkbox"/> Single Studies Tuition (20min lesson per week)	\$ 240.00
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Early Childhood Music (for children 2 - 8 years old)

 Kidzjam	Groups of pre-school children (2 - 5 years old) accompanied by adult	\$ 90.00
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☐ **Pre-Instrumental Classes** (*General, Keyboard, Guitar, Drums, Recorder*) **\$ 80.00**
Groups of 3-6 students (5 - 8 years old) for 30min lesson each week

<input type="checkbox"/>	All Music and Vocal Ensembles (@ Conservatorium)	\$ 80.00
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Student Lesson Details

Instrument/Group/Ensemble	Teacher
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Location of Lesson	Day/Time of Lesson
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Office use only:	Added to MM	Added to MCh	SA sent
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STUDENT DETAILS *continued*

Do you identify as being Aboriginal / Torres Strait Islander?

☐ Yes ☐ No

Are you from a Culturally and Linguistically Diverse (CALD) background?

☐ Yes ☐ No

1. STUDENT HEALTH INFORMATION

1. Serious allergies the staff should be aware of, eg. Penicillin, food, bee stings etc. _____

2. Medical information that could benefit the staff, eg. Asthma, epilepsy etc. _____

3. Do you have a diagnosed disability? ☐ Yes ☐ No

If yes, please provide more information _____

4. In the event of an accident or sudden illness, I hereby give permission for the Tutor/Clarence Valley Conservatorium to seek medical assistance as required. ☐ Yes ☐ No

2. AUTHORITY TO PUBLISH

The Clarence Valley Conservatorium would like to be able to use photographs or video images of students for use in their promotion and publicity. The use of the student's images may include, but is not limited to, electronic and print promotional material, the Clarence Valley Conservatorium website and in local media promotion activities such as the local newspapers.

If you sign this release form, it means that you agree to the following:

1. The Clarence Valley Conservatorium is able to use your image(s) as many times and in as many ways as it requires.
2. Your image(s) may be reproduced in colour or black and white and may be altered, distorted or blurred for design purposes.
3. You will not be consulted about the specific context in which your image(s) appear.
4. You may be interviewed for promotional purposes.
5. Your agreement to permit the use of your image(s) is greatly appreciated. Any enquiries may be directed to the Director of the Clarence Valley Conservatorium on 6643 3555.

3. CONDITIONS OF ENROLMENT

Fees for all lessons are charged on a 'per term' basis, unless the student starts late in the term. Invoices are issued prior to the commencement of term (where possible) and are payable by the due date on the invoice. Fees may be paid via cash, cheque, credit card (by phone and in person), or by direct deposit to our bank account. Please DO NOT give money to the tutor or leave it at the school office. ***Lessons may be cancelled by the Conservatorium if fees are in arrears with an administrative charge of \$10 (minimum) being applied to outstanding accounts.***

NO REFUNDS will be given for **missed lessons**. Lessons missed by the tutor will be made up or credited to your account.

The Conservatorium's tutors reserve the right to **discontinue lessons** where a student's behaviour or attitude is deemed inappropriate. In this situation, the tutor will contact the student's parent or guardian.

Terms are generally the same as those of the public schools. Lessons are not held on public or school holidays.

All students are encouraged to **perform** at in-house concerts, or at public functions. Many tutors encourage their students to undertake exams and enter eisteddfods but this is always in consultation between the tutors, parents and student.

Parents are encouraged to discuss their child's progress with his/her tutor, but this should be during their child's lesson. Lessons begin and end promptly at the designated time, so your punctuality would be appreciated.

Parents are reminded that students are expected to **purchase their own music books** as needed as our staff will not contravene the Copyright Act NSW with regard to photocopying. Our staff have been trained in **child protection** issues and will always endeavour to provide a safe and happy environment for your child. For more details of Terms and Conditions see student diaries.

I have read, understand and agree to abide by the

1. Health Information	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Authority to Publish	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Conditions of Enrolment	<input type="checkbox"/> Yes <input type="checkbox"/> No

Signature: _____ Date: _____

Please tell us where you heard about Clarence Valley Conservatorium?

Social Media ☐ Email ☐ Internet ☐ Cinema Advertising ☐ Friend ☐ At School ☐

COMMUNITY NEWS

angourie Dance*



22-25 JANUARY

Ages 8-18 | 9:30-3:30pm
At Raymond Laurie Sports Centre, Yamba

Free participation Register under
<http://forms.gle/SbVdDSZ6z4K8G3g86>
via QR code closing date for EOI 1/12/23
angouriedance@gmail.com
instagram @angouriedance



Youth Project Summer Dance Program 2024
HOSTED BY WORLD CLASS DANCE ARTISTS
JANESSA DUFTY & JADE DEWI TYAS TUNGGA

COMMUNITY NEWS

Angourie Dance Youth Project Summer Program 2024 – CALL OUT

Angourie Dance Youth Project is a new initiative of world class dance artists Janessa Dufty and Jade Dewi Tyas Tunggal. Having needed to travel nationally and internationally for most of their dance training and careers, Janessa and Jade aspire to support Clarence Valley youth dance by sharing their extensive experience and knowledge with the next generation of local young dancers and contribute to the dynamic arts and cultural landscape in NSW.

An official announcement was made by the Minister for the Arts that Angourie Dance has been successful in receiving a Holiday Break grant to deliver free creative workshops for young people in regional NSW. All applications were carefully assessed by a panel of external experts, including NSW Government Create NSW and the Office for Regional Youth.

Taking place at Raymond Laurie Sports Centre, Yamba and Green Point Reserve, Angourie this 4-day program, from 22 - 25 January 2024 during 9.30am - 3.30pm for Ages 8 -18 years

Young dancers will be guided by Jade and Janessa to explore their own creativity through contemporary dance techniques, experiential anatomy, creative movement, composition tasks, choreographic process and dancing for the camera. The program will culminate with an informal 'outdoors in nature' performance outcome on the Thursday for family, friends and broader community.

Inviting a diversity of young dancers with inclusion of First Nations, CALD and people with disability or who are d/Deaf. Dedicated participation is FREE but completing an Expression of Interest Form is required. Identifying some learning goals and their reasons/expectations for attending.

This is the link

<https://forms.gle/SbVdDSZ6z4K8G3g86>

Closing date for EOI - 1 December 2023

Young dancers will gain skills to develop their confidence and artistry in a supportive and collaborative environment. Dancing is a great way to express emotions, communicating physically, allowing those feelings to move through our bodies, out of our bodies, and in doing so, to move others.

COMMUNITY NEWS

Nutrition Snippet

FESTIVE FUN

Get the kids in the kitchen decorating their own healthy and tasty Christmas pizza.



Perfect for the lunch box, after school snack, party pleaser or dinner!

Our Christmas tree pizza recipe is a healthy and tasty lunch box item that the kids will love!

For this recipe and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

VEGETABLE CHOW MEIN

Serves: 6 Prep time: 10 mins Cooking time: 20 mins



Ingredients

450g shelf-fresh Hokkien noodles or fresh noodles of choice
50ml salt reduced soy sauce
1 tbsp oyster sauce
2 tsp honey
1 tbsp sunflower oil
1 brown onion, cut into wedges
2 tsp garlic
500g frozen stir-fry vegetable mix, without sauce
Sesame seeds (optional)

Method

Step 1: Place noodles in a large heatproof bowl and cover with boiling water for 5 minutes. Separate with a fork. Drain well and set aside.

Step 2: Combine the soy sauce, oyster sauce and honey in a bowl. Set aside.

Step 3: Heat the sunflower oil in a large frypan over medium-high heat. Add the onion and cook for 1 minute. Add the frozen vegetables and garlic. Stir fry for another 3-4 minutes until the vegetables are cooked through.

Step 4: Add the noodles and sauce mixture and toss to combine. Sprinkle with sesame seeds if desired.

For this recipe and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

FOOD SAFETY

As the weather warms up, it's important to keep food in the lunch box cold and safe to eat.



Use a cooler bag and ice brick or a frozen water bottle to keep the lunch box cold.

For more info and tips read our blog at:

healthylunchbox.com.au/blog/make-your-lunch-box-safe.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

SENSATIONAL SUMMER SALADS



Try these recipes using seasonal vegies:

- Festive couscous salad
- Coleslaw
- Roast vegie and chickpea salad

For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box