



The simplest way

...to protect your skin.

Did you know?

Wearing sun protective clothing is one of five ways to protect your skin from ultraviolet (UV) radiation.



To optimise your Sun Protection, choose sun-safe clothing:

- Shirts with collars or high necks, and sleeves;
- Longer length pants, shorts or skirts which reach below the knees;
- Loose fitting clothing of a dense weave;
- Dark coloured clothing, which absorb UV rays and prevent them from reaching the skin, more so than lighter colours;
- A sun safe hat (broad-brimmed, bucket or legionnaire style) to protect the face, neck and ears.

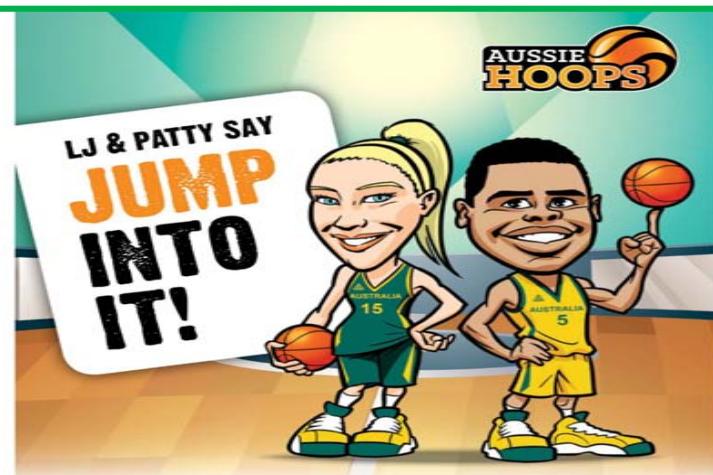
Protecting your skin in spring:

UV rays are high enough to damage your skin, even on cooler days in spring. So don't rely on temperature to work out whether to protect your skin. **Slip, slop, slap, seek and slide** when UV levels are 3 or higher.

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Community News



REGISTER NOW AT AUSSIEHOOPS.COM.AU

Do you have a child you want to enrol in the Aussie Hoops program. It's simple go to the above address and put in the Yamba 2464 post code in the box provided then click on the Raymond Laurie Centre follow the prompts to register. We welcome all people who would like to play basketball. Our games will be on Fridays and our Training sessions are on Mondays. It's a great way to keep fit while having lots of fun.

Commencing next term- Monday the 17th October- You can sign on early
Kinder to Year 2 at 3:30 pm-4:00 pm Monday & Friday
Year 3 & Year 4 at 4:00 pm- 4:40 pm Monday & Friday
Year 5 & Year 6 at 4:40 pm- 5:20 pm Monday & Friday
Any enquiries phone: 66468822

Piano Lessons

Private piano lessons for children through to adults, from beginner to advanced level; conveniently taught at your home.

Call Casey on: 0432342347

Bachelor of Music, University of Melbourne

outdoor CINEMA
and Twilight Market

Markets & Entertainment from 4pm
Film from Dusk

Disney-PIXAR
INSIDE OUT

FREE KIDS ACTIVITIES INCLUDING LASER TAG, JUMPING CASTLE, FACE PAINTING & SANDWIZARD

FREE

Friday 25th November 2016 from 4pm
Grafton Showground, Prince St.

For more information contact Vicki 0438052132 or Jason 0428067581

TRICKS AND TREATS FOR KIDS OF ALL AGES

SPOOKY SUNDAY PARTY

RAYMOND LAURIE SPORT CENTRE, YAMBA
SUNDAY 30TH OCTOBER - 11AM TO 3PM

COSTUME COMPETITION - DISCO - GAMES & ACTIVITIES - FACE PAINTING - MONSTER RAFFLE
CRAFT AREA - MOVIE THEATRE - SARGASSO SIZZLE

\$5 entry - includes a jelly bag and game tokens

Portions of all money to be donated to the Ronald Maclellan Foundation

JOIN A TEAM SPORT TODAY

JUNIOR COMP

MONDAY

Basketball Training:
Infants (ages 4-7) 3:30pm-4:00pm
Primary (Year3/4) 4:00pm-4:40pm
Primary (Year5/6) 4:40pm-5:20pm

TUESDAY

Futsal:
Primary School: 4:00pm-4:50pm

THURSDAY

Netball:
Primary School: 3:30pm-4:30pm
with Leah Essex- 0405209593
(need to book sports for Term 4)

FRIDAY

Basketball Comp:
Infants (ages 4-7) 3:30pm-4:00pm
Primary (Year3/4) 4:00pm-4:40pm
Primary (Year5/6) 4:40pm-5:20pm
High School 5:20-6:00pm

SENIOR COMP

Monday- Senior Basketball:
Daytime mothers basketball 9:30am (\$5 ONLY)
High School: 5:20pm-6:00pm
Mixed/Woman/Men senior comp: 6:00pm

Tuesday- Futsal:
High School: 5:00pm-5:50pm
Mixed Senior Comp: 6:00pm

Wednesday- Table tennis:
5:00pm-7:00pm

Thursday- Netball:
9:30am-10:30 am (\$5 ONLY)
Mixed/Woman/Men senior comp: 6:00pm

YAMBA - 78 Angourie Rd
Phone - 02 6646 8822
Email - rlsc@clarence.nsw.gov.au

Macleans Manta Rays Swimming Club

Meets Friday nights from October to March (excluding school holidays) at Macleans Olympic Pool

First night in the pool for this season is 14th October.

Sign on at 5.30pm for a 6pm start.

Contact Jenni on 0427 779 109
macleansswimmingclub.weebly.com

macmantarays@gmail.com

Macleans Manta Rays Swimming Club

Spanish for Kids!!

Now your child has the opportunity to learn Spanish as a second language!

\$15 per child per class (1hr)
Includes audio CD, workbook and class materials

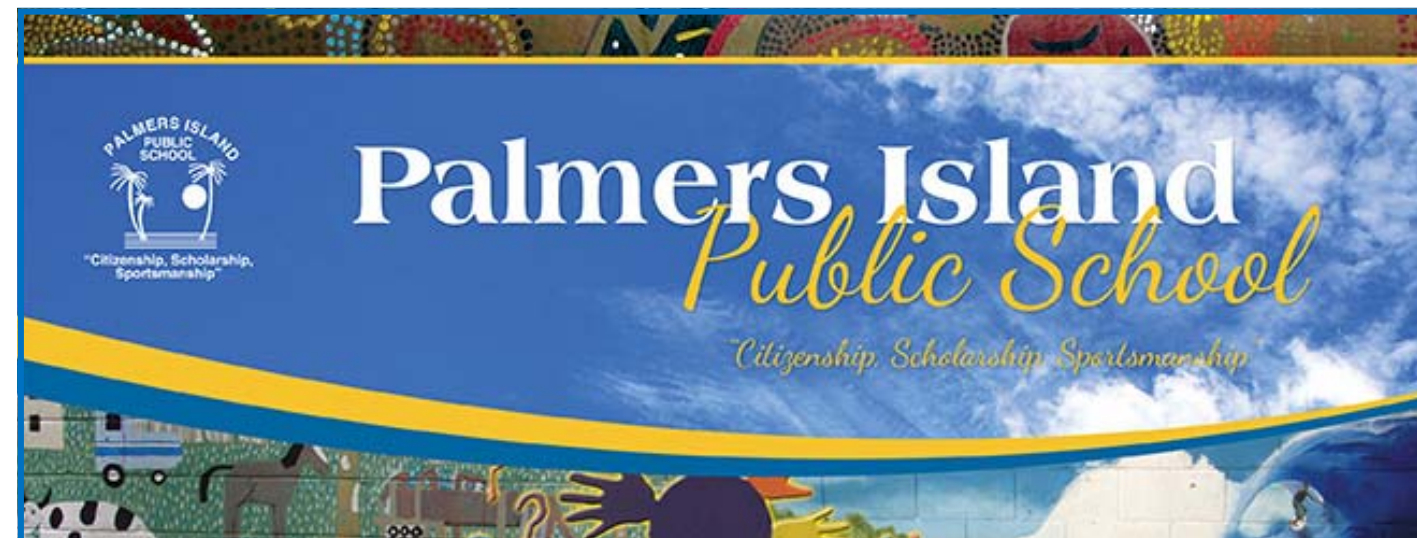
Original teaching method incorporates song, movement, drawing, theatre and story-telling activities. Children learn basic Spanish vocabulary and grammar creating a solid foundation.

Fun and dynamic group environment!

hola!

For further information please contact Casey:

0432 342 347
caseywelsh@gmail.com



Yamba Road, Palmers Island NSW 2463 Phone: 02 6646 0114 Fax: 02 6646 0328 Email: palmersisl-p.school@det.nsw.edu.au

Palmers Island Public School Newsletter 17th October, 2016

Awards of the week



Principal News

Welcome 150 Years

I continue to receive wonderful feedback about the students of our school. Today I had more phone calls and members of the public visit to acknowledge all those who contributed to the running of the 150 year celebrations and congratulate the students of Palmers Island on their representation of our school during this event.

Palmers Island also got a very special mention by Kevin Hogan in parliament last week. You can watch his address by

following this link. <https://www.facebook.com/KevinHoganMP/videos/vb.356113427813761/1159314697493626/?type=3&theater>

Security

As you may or may not be aware our school has had a number of break-ins and damage escalating over the past 12 months. Some damage obvious and others not. As a precautionary deterrent at the beginning of Term 2 a bike lock was secured to the back double-gate. This gate is opened and supervised by staff at 3pm, home-time and remains locked at all other times. Students, parents, caregivers, families, visitors and members of the public can enter through the pedestrian front entrance at any time. This change also allows for supervision of children arriving via one entrance over varied times in the morning and allows for those running late. Since the installation of locked gates our break-ins have stopped. Fingers cross this continues.

Kids in the Kitchen

2/3 are very excited about their time in the kitchen this Wednesday. I look forward to seeing what they cook up. YUM!

17th October 2016

- **2/3 Kids in the kitchen**
Wednesday 19th October
- **High School Workshop**
Wednesday 26th October
- **Day for Daniel**
WEAR RED (gold coin donation)
Friday 28th October
- **P&C Meeting**
Wednesday 2nd November @ 3pm
- **5/6 Lake Ainsworth Excursion**
Monday 14th— Friday 18th November
- **K/1/2 Dolphin Marine Magic Excursion**
Tuesday 15th November
- **2/3 Cascade Excursion**
Monday 21st— Wednesday 23rd November

School Banking day is: **Tuesday**



TUCK SHOP

| Date | Canteen Duty | Cooking Duty |
|--------|------------------------------------|---------------------------------|
| 24 Oct | Gail Campbell Sue McLeod | Gail Campbell Kylie McIntyre |
| 31 Oct | Bo McDonald Anjanette Warburton | Val Lacey Bo McDonald |

Pre Kinder

Our Pre-Kinder students completed their first full day on Friday and Mr Mathews reports that they are now "ready for BIG school"0... It won't be long. We look forward to seeing them over the next 9 weeks.

Cyber Safety

As the students will tell you, this is something that I talk to them about regularly. This is a complex issue and it is not something that I feel confident that the students have a full understanding of. On that note, I read a wonderful picture book to Years 2-6, titled "The Fabulous Friend Machine" by Nick Bland. I saw the light-bulbs flash on one by one as students "got-it" that maybe her new friends (online) are not so friendly after all. To continue this theme of online safety, the Police Liaison Officer will be visiting the school to talk about online safety in the coming weeks. The saying "...it takes a village..." certainly applies to this topic (home, school, media, authorities).

Kind Regards, *Ellie Wiseman*

School News

K/1 Class News

Welcome to Week 2 of our very busy term 4. This weeks NEWS topic is Australian animals. Tell/draw us your favourite Australian animal. Tell us some things about it and why it is your favourite. Library day this term will remain as Friday. Please remember to fill out your reading journal each night when you do your home reader. Have a great week everyone.

Kind regards,

Ms Davies

2/3 Class News

Hello everyone and welcome to week 2! Congratulations to those students who performed at the Surfing the Coldstream Festival on Saturday in the drumming performances. I was a very proud audience member watching the students perform exceptionally well with students from other schools in front of a very large audience. Thank you to the parents who joined them. What an exciting week 2/3 has this week! I know the student's are very excited about Kids in the Kitchen on Wednesday. Thank you to the parent helpers who have contacted me to offer their assistance. Greatly appreciated. We are revising our 4 x tables this week in maths, and also revising interpreting time concepts. In spelling, we are focusing on the 'ou' sound. A reminder that library day will remain on Wednesday of this term. Have a great week,

Have a great week,

Miss Smith

4/5/6 Class News

This term we will be completing the unit "Desert Survivors" in science. The children will be exploring some of the structural features and adaptations of desert plants and animals.

Homework this week is Unit 29 for maths mental activities. Look, Cover, Write, Check your spelling words. Children have been given a new spelling choice board this week. Please update "Home Reading" journals. (I know that many children read but do not complete their journals!)

Excursion: please return notes for the Lake Ainsworth excursion. A note with the "code" for parents to complete the online information package was sent home last Friday. This note also contained information about Lake Ainsworth and what children will need to bring. Ms Bo Wright will be attending the excursion as support for Chevy.

Kind regards,

Kathy Hardaker



The **Next P&C Meeting** is on,
WED 2nd, NOVEMBER @ 3:00pm.
All Welcome!!

The P&C are providing fruit platters to each classroom at fruit break on Mondays to coincide with canteen day. Students are welcome to eat from the platter or bring their own fruit on these days.

P&C News

Memorabilia: Pavers are available for \$30, tea towels \$15 and a book with photos, stories and memories from the last 150 years costing \$30. If you would like any of these items then please contact the office or the Facebook page.

P&C meeting is on Wednesday, 2nd November at 3pm. If you would like to know more about what is going on at school or have things to share, please come along.

Five Ways to Eat More Healthily

- Try these 5 ways to eat more healthily every day. It is easier than you may think.
- Swap your snack. Many people reach for a snack or two in between meals. Snacking is fine, just be sure to choose healthy options. The key is to have some healthy snacks ready when hunger hits.
 - Cut one unhealthy treat. Try to nix one unhealthy food item each day. Whether it is a donut in the morning, bag of chips at lunch, or chocolate cake after dinner.
 - DO NOT drink sweetened drinks.
 - Skip seconds. Taking a second helping can add up to unwanted calories. If you still do not feel satisfied after a meal, add a second helping of vegetables, fruit, or salad.
 - Just say "no" to fried food. Frying food adds lots of unhealthy calories and saturated fat to any dish. Instead of fried chicken or fish, choose grilled, or poached instead. And skip the French fries. Instead, see if you can substitute for the vegetable of the day or a side salad.

