

## The simplest way

...to reduce your cancer risk.

Latest evidence shows that 1 in 3 cancer cases are preventable through a number of lifestyle changes. Cancer Council NSW has launched a new campaign which is addressing for the first time all the ways in which people can reduce their cancer risk through healthy lifestyle choices – which will directly help to reduce the number of cancer cases diagnosed in the future.



There are clear things that people can do to stack the odds of preventing cancer in their favour:

- don't smoke;
- protect themselves from the sun;
- achieve a healthy weight;
- cut down on alcohol;
- cut down on red and processed meats;
- eat more fruit and vegetables;
- be physically active.

For more information visit: [www.1in3cancers.com.au](http://www.1in3cancers.com.au).

For more information visit [www.eatitbeatit.com.au](http://www.eatitbeatit.com.au) or join us at [facebook.com/eatitbeatit](https://facebook.com/eatitbeatit)



## Community News

### Veggie Burgers

Summer means BBQs. Veggie burgers are a fabulously versatile sausage alternative. They have been used successfully in groups of 15 and in mammoth events of 1300 children! The key is to highlight the variety, colour and fun of veggie alternatives. (You can also add lean beef, chicken or turkey mince)

Makes 15 small burger patties

- 2 carrots grated
- 1 small zucchini grated
- 1 x 130g can corn niblets drained
- medium potato grated
- 2 sticks of celery finely chopped
- 1 small onion finely chopped
- 2 eggs
- $\frac{1}{2}$  cup self raising flour
- 1 tsp salt
- Small amount of oil for frying



In a bowl mix all the ingredients except the oil. Form mixture into patties or scoop out spoonfuls straight onto BBQ or hot plate. Place a patty onto a wholemeal roll with salad and sauce such as sweet chilli, tomato or BBQ if desired. Salad fillings might include: lettuce, sliced tomato, beetroot, onion, avocado, sliced capsicum, grated zucchini etc

**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

**Pool Party & Movie Night**

At Maclean Olympic Pool

Saturday 29th October

Party starts at 3pm  
Movie starts at 7pm

Cost: \$10 + pool entry

Further information call 6645 2521

Aqua Splash, Aqua Challenge, Slip 'n' Splash, Water Slide & Rolling Log all included!

**Outdoor Cinema and Twilight Market**

Markets & Entertainment from 4pm  
Film from 6pm

**FREE**

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

For more information contact Vicki 0438052102 or Jason 0428007581

TRICKS AND TREATS FOR KIDS OF ALL AGES

**SPOOKY SUNDAY PARTY**

RAYMOND LAURIE SPORT CENTRE, YAMBA

SUNDAY 30th OCTOBER - 11AM TO 3PM

Costume Competition - Games & Activities - Face Painting - Monster Battle - Craft Area - Movie Theatre - Sarsaparilla Social

\$5 entry - includes a hot dog and game tokens

Portion of all money to be donated to the Raymond Laurie Foundation

**Spanish for Kids!!**

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

\$15 per child per class (1hr)

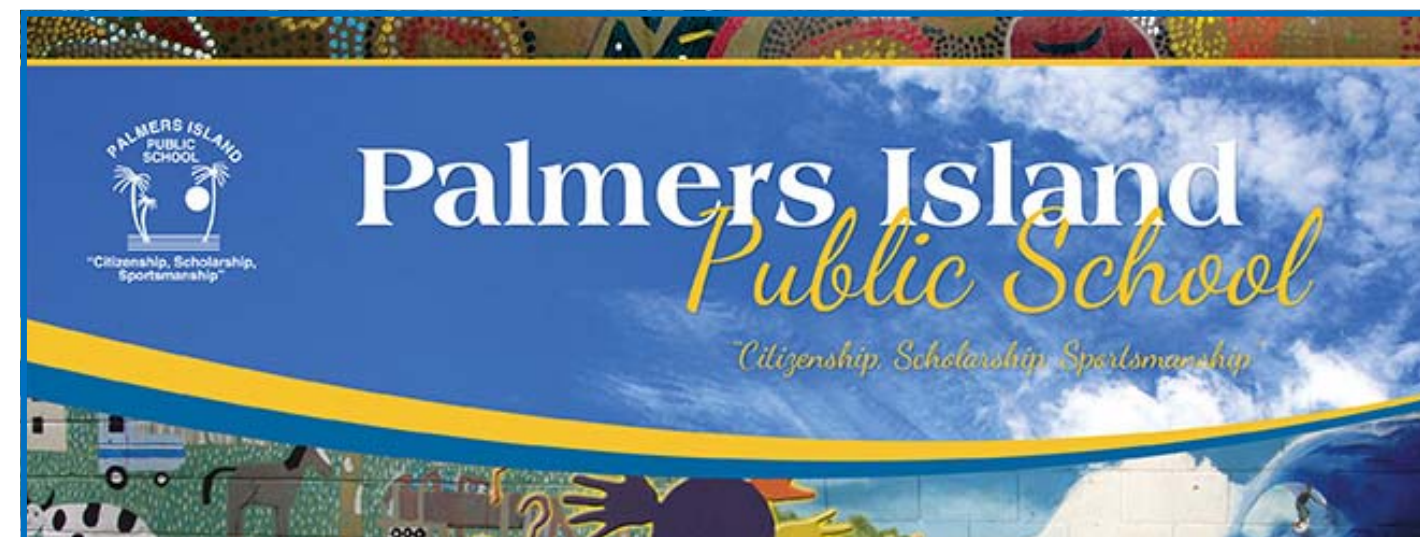
Includes audio CD, workbook and class materials

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



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Palmer's Island Public School Newsletter 24th October, 2016

## Awards of the week



## Principal News

### Kids in the Kitchen

Thank you to the parent helpers who were able to volunteer their time last Wednesday for Kids in the Kitchen. The Chefs of 2/3 cooked up a delicious storm. It was a great day.

### State Athletics Representative

Congratulations to Jaylan Morris who travelled to Sydney to compete in the State Athletics Carnival held at Homebush stadium last Thursday. Jaylan threw his personal best distance in the shot put event of 9.38m

which was an increase of a huge 1m and placed 9th. An amazing achievement for any student, a wonderful experience for Jaylan and a great result for Palmer's Island Public School.

### MHS Workshop

Year 6 will enjoy their last transition to Maclean High School on Wednesday. They have had great experiences over the past 3 Terms of what High School life will be like. Representatives from Maclean High will visit Palmer's Island to showcase their Google Crome class and talk about other opportunities that the school offers later this week.

### A Day for Daniel

This Friday we are Participating in a "Day for Daniel". Students are asked to wear red and bring a gold coin donation to support this cause. The students will participate in activities focused on keeping safe. These activities focus on both online and physical safety. Students will bring home worksheets and good discussion points to talk about with their families. Check out the link for cyber safety information.

[http://www.recognisereactreport.com.au/videos\\_cs\\_for\\_parents.html](http://www.recognisereactreport.com.au/videos_cs_for_parents.html)

### 2016 Reflections - Visible Learning

As I open my 2017 calendar, I have begun to reflect on the great things that have happened in 2016. Throughout this year staff have been working with Instructional Leaders and collaborating with staff within





24th October 2016

- **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
31 Oct	Bo McDonald Anjanette Warburton	Val Lacey Bo McDonald
7 Nov	Melissa Swift	Kylie McIntyre Belinda Skelton

and outside of our school looking at "Futures Learning". This has involved some changes in staffing arrangements, use of supportive technology and changes in how learning is delivered and accessed in the classrooms. "Individual visible learning goals" has been one of the strategies introduced to assist with student engagement and learning that is targeted at individuals across the areas of English and Maths. Students are involved in the setting, tracking and of course, achievement of their individual goals. This strategy has produced wonderful academic results of which we are very proud. It has also given students the opportunity to take ownership of their learning, becoming more self-motivated and proud of their achievements.

Kind Regards, *Ellie Wiseman*

School News

K/1 Class News

Welcome to Week 3 of Term 4. This term for science K/1 will be completing the unit Schoolyard Safari. Last week saw us venture out into the school yard with clip board and magnifying glasses in hand to discover the types of small creatures we share our school yard with. For homework this week K/1 will be following this through to investigate and record information about the small animals that dwell in their own backyard. The children will have a recording sheet to fill out and bring in on their news day to tell us about what they find.

Last week we enjoyed inviting 2/3 into our classroom to 'do some shopping'. K/1 have been learning about money for Maths and turned the classroom into a shopping centre to experience some hands on learning about the value of money. Thanks 2/3 for joining us in this fun activity. We have some entrepreneurs in the making!

Have a great week everyone.

Kind regards,  
*Ms Davies*

2/3 Class News

Hello again and welcome to week 3. I hope you all enjoyed your weekends. First, a big thank you to Ms Martin who took the class for me last Friday. Another thank you to our parent helpers from our Kids in the Kitchen day last



Wednesday. We could not have done it without you. The students surprised me with their culinary expertise. In spelling we are focusing on the phoneme ch as in chicken, and rhyming poetry in writing. In math, year 3 are continuing working hard on consolidating their knowledge of angles. Ask them to show you examples of where we see the different angles in your homes. Year 2 are working towards becoming expert time tellers.

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.

Congratulations, we almost had all homework handed in! Homework this week is Unit 30 for maths mental activities. (My apologies for confusing the unit number previously, if your child has completed Unit 30 then they may need to go back and do another unit which they missed.) Look, Cover, Write, Check your spelling words, our grapheme this week is ou, ow. Please update "Home Reading" journals. (I know that many children read but do not complete their journals!)

On Wednesday, Year 6 will go to their final transition day at Maclean High School. It will be a great day with lots of information and a BBQ lunch.

On Friday, we will dress in **RED** to support the "Day for Daniel". We also have our second last "Peer Support" lesson for the year.

**Excursion:** we leave in three weeks! please return notes and money for the Lake Ainsworth excursion. A note with the "code" for parents to complete the online information package has been sent home. This note also contained information about Lake Ainsworth and what children will need to bring. Please contact me if you are having difficulty completing the form online.

Kind regards,

*Kathy Hardaker*

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.

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

*All Welcome!!*

