



Nutrition Snippet

## The simplest way

...to make overnight oats.

Make this simple recipe the night before, then rise and shine to a healthy breakfast.



Overnight oats

Preparation time: 5 minutes

Serves: 1

Ingredients:

- ½ cup oats (raw, unprocessed or toasted)
- 4-6 cubes of frozen mango
- ½ cup natural yoghurt
- ½ cup muesli
- ½ cup berries (whole or puréed)

Method:

Layer ingredients in to a clean jar (salsa dip or coffee jars are ideal or use a plastic jar if you want a portable breakfast on the go). Store in the fridge overnight. Add some milk in the morning to get the consistency you like. Enjoy straight from the jar.

For more information visit

[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)

or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## Community News

### Healthy Kids

### Body & Mind

### FREE workshop for parents

Grab a friend and come and enjoy this one day workshop promoting RESILIENCE in our children plus information on HEALTHY EATING and LIFESTYLE.

Guest speakers:

JO DUFFY & ANGELA ROCK

CRANES Community Support Programs

HAYLEY MATHERSON & KATE COLLINS

Maclean Community Health

DATE: Wednesday 30th November

TIME: 9am for a 9:30am start till 2:30pm

WHERE: Maclean Public School Library

Tea and coffee and a light lunch will be provided.

BOOKINGS ESSENTIAL FOR CATERING PURPOSES.

Contact: Jo Houghton or Jo Duffy 66427257 or email [FRSP@cranes.org.au](mailto:FRSP@cranes.org.au)



## ART WORKSHOPS

For Primary aged children

TERM 4. TUESDAYS 4 - 6pm

\$110 for 6 week program

Commencing 1<sup>st</sup> November, 2016

### Holiday Art Workshops

For Primary aged children

TUESDAY 2-5pm

3rd and 17<sup>th</sup> January 2017 - \$25 each

Art Educator & Artist Kerrie Howland

In collaboration LCACA Art Group

@ Old tea room MACLEAN SHOWGROUND

Materials supplied - Drawing techniques, mixed media, collage, frottage, watercolours, sculpting.

BOOKING ESSENTIAL PH: 0438934304

Jo Woody Picton  
feeling sad.

**PALMERS ISLAND**  
Have you heard sirens lately? When you have, did you notice the sound of a dog howling also? If so, it might just be the sound of my missing dog, Beau :-)

He went missing at about 9pm on the night of Thursday 20th October. Our family have not seen him since, which is unusual because if he gets out, he always comes back!  
He is a good looking black n tan male kelpie, he is microchipped and was wearing a whitish collar with little red paw prints on it with a touch of silver also. He is a very friendly dog that loves attention.  
Please contact me on 0419 497775 if you have seen or heard him asap.

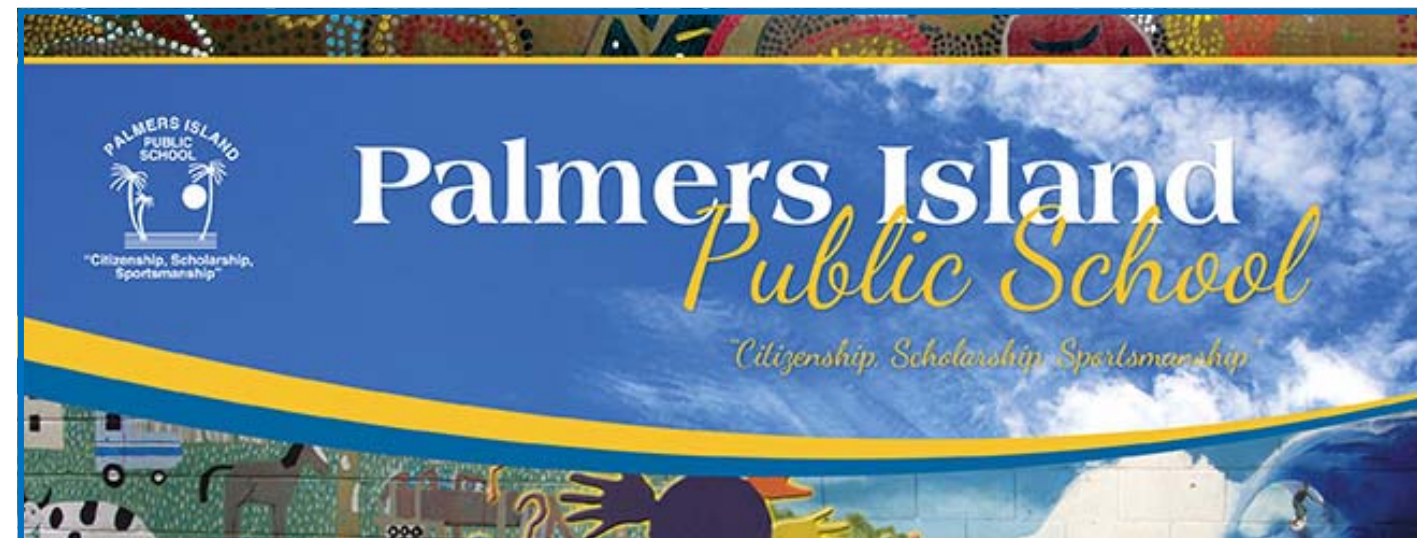
**MISSING**



**Yamba Pedal Boats**, will be operating out of Yamba Marina, located at 3 Yamba Rd, Yamba – come along and join us for our opening day on Saturday 10th December.

Our Pedal boats hold up to 4 people, come equipped with sun canopies, rod holders, drink holders & cooler compartments – great for food & drinks or even bait for those who would like to throw out a line - So come on down and take the family out for a safe, fun filled adventure or take the kids out for a different kind of fishing trip. Email -

[info@yambapedalboats.com.au](mailto:info@yambapedalboats.com.au) or  
Facebook – Yamba Pedal Boats



Yamba Road, Palmers Island NSW 2463

Phone: 02 6646 0114

Fax: 02 6646 0328

Email: [palmersisl-p.school@det.nsw.edu.au](mailto:palmersisl-p.school@det.nsw.edu.au)

Palmers Island Public School Newsletter 14th November, 2016

## Awards of the week



Please note that there will be **NO CANTEEN** NEXT WEEK, Monday, 21st November.



## Principal News

Today we waved good bye to Year 5/6 students and Ms Hardaker as they set off to Camp Lake Ainsworth. We can't wait to hear about their adventures. K-2 travel to Coffs Harbour tomorrow to enjoy some Dolphin Magic Fun. A reminder that students need to be at school for an early 7:00am departure.

### Remembrance Day

Thank you to the 4/5/6 students who conducted the Remembrance Day Service. I was very impressed and proud of their efforts.

### Swim School

Swim school is just around the corner—Week 8. Just a reminder for families to return notes as soon as they can.

### Volunteer Morning Tea

We are holding a Volunteer Morning Tea next Thursday 24th at 11:00am in the school Library, to thank all the people who have given their time to support our school. Our volunteers are very valuable to the running of our school. Invitations will go home tomorrow.

Kind Regards, *Ellie Wiseman*





14th November 2016

- 5/6 Lake Ainsworth Excursion Monday 14th— Friday 18th November
- K/1/2 Dolphin Marine Magic Excursion Tuesday 15th November
- 3/4 Cascade Excursion Monday 21st— Wednesday 23rd November
- Volunteer Morning Tea 11am, Thursday 24th November
- Year 6 Art plus Carly Grayson Photos Friday 25th November
- 2 Week Intensive Swimming starts 10-11am Monday 28th November
- Reports home Friday 9th December
- Palmers Idol Thursday 15th December, 12pm
- Year 5 Captains Speeches 9.15am Monday 12th December
- Presentation Night Tuesday 13th December
- End of Year Party—Big 4 Wednesday 14th December
- Year 6 Dinner Thursday 15th December

School Banking day is:

Tuesday



## School News

### K/1 Class News

Welcome to week 6. We are all looking forward to our K/1/2 excursion to Dolphin Marine magic tomorrow. Students need to be at school at 7am. Full school uniform is to be worn. Please bring hat, lunch, recess, fruit and a drink bottle. Please apply sunscreen at home. We will return to school by 3pm. If this is any different we will contact you by text. No News topic this week. Have a great week.

Kind regards,

Ms Davies

### 2/3 Class News

Hello everyone,

What a hot weekend we just had! I hope you found some way to keep cool and relaxed. We have certainly hit the exciting point of the term! This week we welcome year 4 into our classroom, as year 5/6 are away at camp. Year 2 are counting the minutes until they head to Dolphin Marine Magic tomorrow. It is still business as normal in the classroom this week, regardless of these slight interruptions. Library day will remain on Wednesday. Our spelling sound of the week is 'air' as in 'chair'. In Maths, we are revisiting 3D shapes for year 2, and year 3 are revisiting fractions. We will also be collecting some leaf litter to study under magnifying glasses as part of Science this week. I know the students' are excited for this. Student's attending Dolphin Magic tomorrow need to be at school by 7am. Full school uniform is to be worn. Please bring hat, lunch, recess, fruit and a drink bottle. Please apply sunscreen at home. Returning to school by 3pm. If this is any different we will contact you by text.

Student's attending Cascade next week need to be at school by 7:15am Monday the 21st. Any questions, please see me anytime.

Have a great week,

Miss Smith

### 4/5/6 Class News

We hope Mrs Hardaker and 5/6 are enjoying their first day at camp!



## P&C News



The Home Hardware BBQ will be held on Saturday, November 26th.

Home cooking is always popular. If the school community could send in items on Friday November 25th or bring them to Home Hardware on the Saturday. If you can spare an hour or two to be at the stall please let the office or P&C know. THANK YOU!

At the last P&C meeting it was suggested that a yearly planner be put out with fundraiser events and P&C events marked on it. If you have any suggestions for fundraising, or alternatives, please let the P&C know as soon as you can. The next and last meeting for 2016 is on December 7th at 3.15pm.

**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.



The Next P&C Meeting is on,  
WED 7th, DECEMBER @ 3:15pm.

All Welcome!!

A new online payment system is now available for parents to make payments. To use this method go to the school's website and click on the link 'make a payment' then complete all relevant information. This is a secure site set up between the Department of Education and Training and the Westpac Bank. Please ensure you record details of your payment including name of student, amount being paid and what the payment is for. Alternatively, payments may be made using cash, cheque direct deposit into the School's bank account, details available from office.

TUCK SHOP		
Date	Canteen Duty	Cooking Duty
21 Nov	NO CANTEEN	NO CANTEEN
28 Nov	Margie Johnson Kristy Perry	Margie Johnson Val Lacey