

Cancer Council NSW Nutrition Snippet

The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is as simple as including each of these food groups. And you can combine several in a single item.

Try a pita pocket (bread) with lamb kofta (meat) and tabbouleh (salad).

Or go for a tub of whole or *puréed* berries with natural yoghurt for a fruit and dairy combo.



For more information visit www.eatittoBeatit.com.au or join us at facebook.com/eatittoBeatit

Eat It To Beat It

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 or Facebook – Yamba Pedal Boats



Community News

Beautiful Healthy Teeth

Beautiful healthy teeth are a great asset. Teeth are necessary for speech, to eat nutritious food and for smiling.

Plaque needs to be removed properly, twice each day to keep the teeth strong and healthy. Plaque is a white, furry layer that forms naturally on teeth every day, due to the food being broken down by the bacteria in the mouth.

Brushing once a day may not be adequate to prevent tooth decay.

Many parents don't realise how difficult it is for children to clean their teeth effectively. Children up to ten years may not clean teeth adequately, leaving plaque which will continue the decay process.

Adults are advised to brush children's teeth first then let their child take over the tooth brushing, so they can learn to perform the necessary movements correctly.

Tooth brushing of older children should also be supervised closely.

Thorough tooth brushing takes 2-3 minutes.

- Use a pea sized amount of fluoride toothpaste on a soft toothbrush
- After brushing, spit out the excess toothpaste and don't rinse. This leaves a small amount of toothpaste in the mouth to continue to offer protection.
- Make tooth brushing a fun family activity. Try some of the many toothbrush timing apps available to assist children to be motivated.



ART WORKSHOPS

For Primary aged children

TERM 4. TUESDAYS 4 - 6pm

\$110 for 6 week program

Commencing 1st November, 2016

Holiday Art Workshops

For Primary aged children

TUESDAY 2-5pm

3rd and 17th 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

Clarence Coast Theatrical Society presents



Book by THOMAS MEEHAN
Music by CHARLES STROUSE
Lyrics by MARTIN CHARNIN

Original Production directed by Martin Charnin
Presented on Broadway by Mike Nichols
Produced by Stephen R. Friedman
Ivan Meyer
Allen Netherlander Associates Inc.
The John F. Kennedy Center for Performing Arts
Based on "Little Orphan Annie"
By Permission of The Tribune Media Services, Inc.
Originally produced by The Goodspeed Opera House
Michael P. Price, Executive Director
Licensed exclusively by Music Theatre International (Australia). All performance materials supplied by the Licensee Australia.

Maclean Civic Hall - November 4th - 12th

Yamba Bowling Club - November 13th

Tickets: \$15 adults, \$10 u/18

Available from Maclean Flower Box - (02) 6645 2998
Yamba Bowling Club - (02) 6646 2305 (Yamba show only)

Palmers Island Public School
"Citizenship, Scholarship, Sportsmanship"

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 31st October, 2016

Awards of the week

Principal News



Day for Daniel

The Day for Daniel was another success. We had a great educational day learning about keeping safe. We raised \$87.50. Well done to everyone involved!

Library Books

There are many books overdue. Please search your houses and let them come back to our comfy shelves! Overdue notices will be sent home this week.

Christmas Raffle

Donations are being welcomed for our Christmas Raffle. It's time to start bringing in any donations for our Christmas Hampers, any non-perishable food items, Christmas decorations or toys.

Selective High School

Selective high schools cater for highly achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level. Intention to apply for selective high school in 2018 notes were sent home. Applications close on 14th November 2016. No late applications will be accepted.

Kind Regards, **Ellie Wiseman**

School News

K/1 Class News

Welcome to week 4. K/1 had a fantastic week last week learning more about the little creatures that live in our schoolyard. They also did a fantastic job of telling their class members of the animals they found in their home backyards. This week the NEWS topic will correlate with the HSIE unit of Meeting Needs. The

31st October 2016

- **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
- **3/4 Cascade
Excursion**
Monday 21st—
Wednesday 23rd
November
- **2 Week Intensive
Swimming starts**
Monday 28th
November

Please note that there
will be **no canteen**
on Monday, 14th
November.

School Banking day is:
Tuesday



**TUCK
SHOP**

Date	Canteen Duty	Cooking Duty
7 Nov	Melissa Swift	Kylie McIntyre Belinda Skelton
14 Nov	NO CANTEEN	NO CANTEEN

students are to draw a picture of the shelter they live in and tell us what it is made out of. I hope you enjoyed sharing and talking to your children about the safety messages in the booklet sent home Friday.

Hope you have a great week.

Kind regards,

Ms Davies

2/3 Class News

Hello everyone and welcome to another week. This term is going by too fast, with a very busy middle of the term approaching. Firstly, we had a great educational day on Friday learning about keeping safe as part of the Day for Daniel. I hope you liked our take home craft activity, and I hope the students' took some time to discuss with you what they had learned throughout the day. Also, thank you for assisting your child with their weekly homework each week. There has been a significant increase in the amount of homework being returned each week. Our sound focus for the week is 'oy' as in 'boy'. In maths, year 2 are focusing on volume and capacity, and year 3 are practising identifying number patterns. As the term is going very quickly, we have our excursions not too far away. Cascade notes are due in by this Friday the 4th of November for year 3. And year 2 should return their Dolphin Magic notes as soon as possible also.

Finally, we welcome back Mr O'Brien this week. I know the student's are very excited to see him again. Ms Donna continues to assist our learning in the classroom as well.

Have a great week,

Miss Smith

4/5/6 Class News

Congratulations, we almost had all homework handed in! Homework this week is Unit 31 for maths mental activities. We are also revising our 8x tables. Look, Cover, Write, Check your spelling words, plus extra choice activities! Our grapheme's this week are ch, tch and sh, ch, ti, ci. Please update "Home Reading" journals. We are looking at "idioms" in grammar.

Year 6 had a great day at Maclean High School last week. If any parents wish to know more about applying for the Chrome class, please see me.

Our "Day for Daniel" was fantastic with the children learning messages about keeping safe and building respectful relationships.

The young writers club has a writing competition due on Friday 2nd December. The theme is "How I became an instant millionaire," children have been given the information and are encouraged to submit an entry.

Excursion: We leave in two 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.

KidsMatter

Parents and carers are invited to attend a Webinar on Thursday 4:15 – 5:15pm, this webinar is to develop strategies on how to improve our support for Aboriginal and Torres Strait Islander students within the KidsMatter philosophy at school.

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!!

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.