



Nutrition Snippet

The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.



Eat the following foods, in order, in front of a mirror to see:

Oreo biscuit – a “sticky sweet” food that will fall in to all the grooves of the teeth;

Carrot – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;

Cheese cube – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit



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

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



Clarence Coast Theatrical Society presents

Annie

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
Irwin Meyer Stephen R. Friedman Lewis Allen
Alvin Nederlander Associates Inc. The John F. Kennedy Center for Performing Arts Icarus Productions
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 Hal Leonard 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)

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

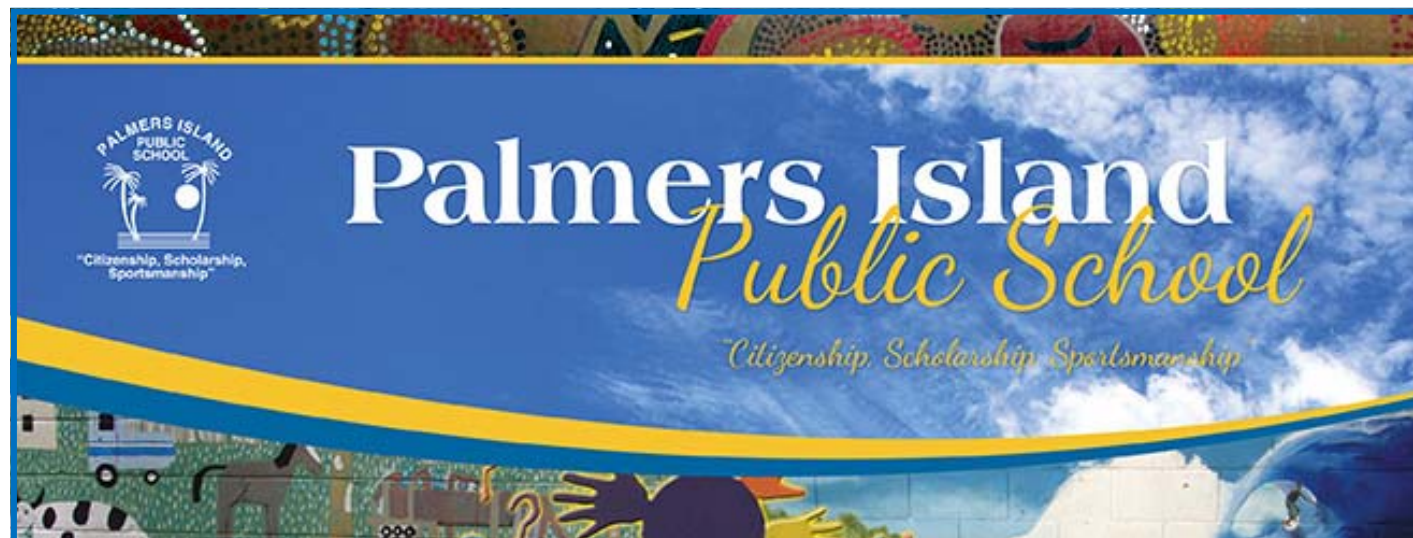
3rd and 17th January 2017 - \$25 each

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



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 7th November, 2016

Awards of the week



Principal News

We've reached the halfway point of our final term for 2016. Students will soon be busy with excursions and the swim scheme.

Last week I read the story “The Red Beast” to students. It looks at the emotion of anger and how we can identify and work through these feelings. Students had great strategies and hints for one another on what works for them. This week we look at the feeling, worry.

The Annual Survey will soon go home. This survey provides myself and staff with a great insight into

how the operation of our school can best meet the needs of our families. I appreciate you taking the time to fill in these surveys.

Kind Regards, *Ellie Wiseman*

School News

K/1 Class News

Welcome to week 5 everyone. I can't believe we are at the half way mark of the term already!!! This week our NEWS topic is: Tell us about some responsibilities that you have at home eg: feed the dog, set the table, put toys away. Tell us why you do these things?

Thanks to those who have already brought in their Intensive Swimming Program notes and money.

K/1/2 are very excited about our Dolphin Marine Magic excursion next Tuesday 15th. Remember to be here bright and early—7am ready for a fun packed day.

Have a great week.

Kind regards,

Ms Davies

Please note that there will be
NO CANTEN for 2
WEEKS (EXCURSION WEEKS)
Monday, 14th & 21st
November.

7th November 2016



- **Peer support final plus party**
Friday 11th November
- **Remembrance Day assembly** 10:45am
Friday 11th November
- **Swimming notes return by**
Friday 11th November
- **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**
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



2/3 Class News

Hello and welcome to the middle of the term! What a gorgeous sunny and warm weekend we just had! Now is the time to start sending your child to school with some sunscreen on for extra protection. The Christmas decorations have already started to appear in the 2/3 room due to how fast these next few busy weeks are going to be. A note went home about Swim School on Friday. Please ensure you read this note carefully and return it to school as soon as possible. We are having a special assembly this Friday in honour of Remembrance Day. Please come along if you are able to make it. This week we are exploring the 'th' sound in spelling. In Maths, we are focusing on division and revisiting the 8 x tables. Ask your child to show you our cool trick for working out the 8 x tables. Cascade is not far away! A reminder packing sheet went home last week. Please see me if you have any further questions about this.

Have a great week,

Miss Smith

4/5/6 Class News

Congratulations, Homework this week is Unit 32 for maths mental activities. We are revising our 6x tables. Look, Cover, Write, Check your spelling words, plus extra choice activities! A new grid has been sent home. Our grapheme's this week are oy oi eer ear. Please update "Home Reading" journals. We are looking at "personification" in grammar. Each child has a "How do you feel?" interview sheet to complete as part of our building relationships unit in health.

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.

Year 5 have a project entitled – "Design a poster about how you are a leader at school"

TUCK SHOP		
Date	Canteen Duty	Cooking Duty
14 Nov	NO CANTEEN	NO CANTEEN
21 Nov	NO CANTEEN	NO CANTEEN

Excursion: We leave in one week! All children have been given a reminder note about what to bring. Please be at school by 8:30am on Monday, the bus will leave at 8:45am.

Peer Support: This Friday we will complete our final formal Peer Support lesson for the year. I would like to congratulate our leaders for

doing an AWESOME job! All students are asked to bring a small plate to share with their group (10 – 12 students). Please leave plates/food in the canteen Friday morning labelled with your child's groups name or number. They will share these just before recess.

Remembrance Day: On Friday 11th November, we will be holding a commemorative assembly at approximately 10:45. All parents and community members are invited to attend.

Kind regards,

Kathy Hardaker

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.