



Nutrition Snippet

## The simplest way

...to create healthy take away.

Get the kids inspired about cooking with a healthy, homemade take away-style meal. Find full recipes at: [eatittobeatit.com.au](http://eatittobeatit.com.au).



### Sausage rolls:

Using beef, lamb, chicken, turkey or pork mince, with lots of grated or finely diced veg mixed in. Or add some tinned kidney beans to the mix.

### Hamburgers:

Make a meat, lentil or veggie patty, pile on the salad and serve on a crusty wholegrain roll.



### Fish and chips:

Crumb your own fish fillets and oven bake. Serve with oven-baked chunky chips or sweet potato wedges.

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



*Worried about your child's hearing?*

Have they had lots of colds and ear infections?

*Do they seem like they are ignoring you?*

Then come along to:

**Otitis Media Awareness Day**

**Thursday 23rd June**

Grafton Shopping World

10am – 5pm

**FREE**

Ear Health Checks for Children (0 – 18years)

No Appointment Necessary

Each ear check will take approximately 5 minutes

## NETBALL | FUN | FRIENDS | FITNESS Holiday Clinic Fun



**JOIN IN THE FUN!  
REGISTER YOUR CHILD  
IN A NETBALL NSW  
SCHOOL HOLIDAY  
CLINIC NEAR YOU!**

GREAT HOLIDAY FUN FOR CHILDREN AGED 5 TO 10

- 3-hour clinic run by accredited coaches
- Tailored to all abilities
- Learn and improve your netball skills
- Make new friends
- Get lots of exercise in a safe environment
- Receive a Netball NSW goodie bag; and Certificate of Participation

**ONLY \$40 PER CHILD**

**When:** Wednesday 13<sup>th</sup> July 2016  
**Time:** From 10:00am – 1:00pm with Registration at 9:30am  
**Where:** Lower Clarence Netball Association  
**Address:** Wherrett Park, Rannoch Ave, Maclean  
**Bring:** Healthy snacks, drink bottle, sunscreen and a hat  
**Registrations Close:** Friday 8<sup>th</sup> July.

For further information or to register visit [letsplaynetball.com](http://letsplaynetball.com)  
Call (02) 9951 5000 or email [netball@netballnsw.com](mailto:netball@netballnsw.com)



## BCU WINTER HOLIDAY TENNIS SPORTS CAMP 2016

**When:** Mon 4th, Tues 5th & Wed 6th July

**Where:** LCTA Tennis Courts Cnr Union & McLachlan Sts Maclean

**Time:** 9:30am-1:30 pm

**Cost:** \$100 (Day rate \$40)



### KIDS CLUB

**When:** 4th – 6th July

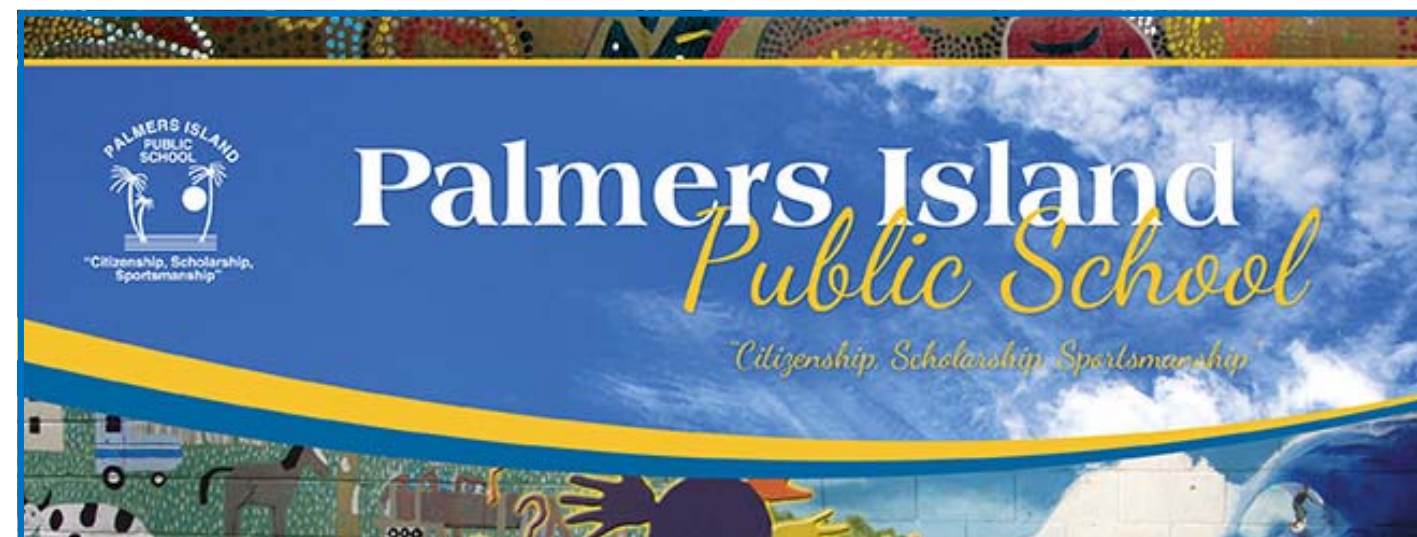
**Time:** 9.30am – 12 noon

**Where:** St James Anglican Church, 15 Wharf St Maclean

**Who:** 5 to 12 year olds, Boys and Girls

**Cost:** Gold Coin per child per day

Need more information please phone Office: 66454038 or Sister Lyn on mobile: 0412 966458



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 20th June 2016**

## Awards of the week



## Principal News

Congratulations to **Max Hutchinson** for receiving the Quota Club Random Act of Kindness Award. Well done!

### Spelling Bee

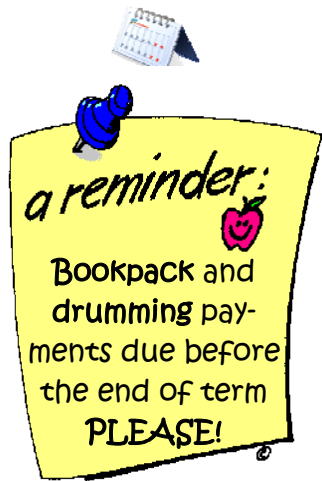
Good luck to **Che Mackay, Lachlan Skelton, Harry Campbell and Jordyn Durrington** who will travel to Iluka on Thursday to compete in the Lower Clarence Spelling Bee. These students will spell-off against students from across the Clarence Valley. We wish them all the best.

### Athletics Carnival

Our school athletics carnival is this Thursday for the field events, starting at 12:00. Each group will rotate through: shot putt, discus, long jump and high jump during the afternoon. On Friday the children will compete in the track events: 50m, 100m, 200m, 800m, relays, ball games and a variety of fun novelty events. The day will start at 9:30 and finish with a presentation assembly in the afternoon. All parents, family and community members are welcome to come along. The P&C are holding a BBQ lunch for families who would like a sausage on the Friday. Students are asked to wear their house colours on Friday. I hope to see you there.



20 June 2016



- Lower Clarence Spelling Bee—Iluka Thursday 23rd June
- PIPS Athletics Field Events Thursday 23rd June 12pm-3pm
- PIPS Athletics Track Events Friday 24th June 9.30am-2.30pm
- Parent Teacher Interviews Week 10

**School Banking**  
**will be done on**  
**Thursday (23rd June)**  
**THIS WEEK ONLY!**



**TUCK SHOP**

Date	Canteen Duty	Cooking Duty
27th June	Sarah Hutchinson Rachel Durrington	Sarah Hutchinson Michelle McNulty
25th July	Kelly Martini Liz Kavanagh	Garbie Croft Kelly Martini

### Parent Teacher Meetings

Reports will be sent home on Friday. Parent teacher meetings will be held next week. I would like to see all families meet with their classroom teacher. Please phone or call in at the office to book an appointment time.

Kind Regards, *Ellie Wiseman*

### School News

#### K/1 Class News

Wow, week 9 already!

This week kinder will be working on the sounds k and c. Year 1 will be working on words with p and r in them. Thanks for the great boats that have come in through out last week for NEWS. We will be floating them in a tub on Tuesday and will be discussing the designs, materials used, and why they chose to do it that way. I'm looking very forward to the athletics carnival on Thursday and Friday. Hope to see you there.

Reports will go home this Friday, if you wish to make an interview appointment please see the office to book a time. I am available before and after school on Monday and Tuesday, and also Wednesday 29th in the morning from 7.30—11am and in the afternoon 3.15—4.20pm. If these times don't suit please let me know and so we can arrange a suitable time.

Kind regards,

*Ms Davies*

#### 2/3 Class News

Hello everyone,

What a great weekend for movies with the miserable weather outside. Let's hope the wet weather stays away for our athletics carnival at the end of the week. A reminder that Thursday we will be conducting all the field events, and track events will be held on the Friday. The students' have been practising very hard and are looking forward to a fun end to the week. School reports will be sent home with your child on Friday. A time availability sheet has also been sent home with your child in regards to parent-teacher interviews. This is a great opportunity for us to make plans with each other about how we can continue to best support your child. If you are available to attend an interview session with me, simply phone the school office, or message me directly through ClassDojo and we can confirm a suitable time.

Have a great week,

*Miss Smith*

### 4/5/6 Class News

For homework this week the children are asked to complete Unit 17 in their mental books. Keep up the great spelling practice and extra spelling activities in the new choice board. It's nice to see more Home Reading books being returned. Our sound this week is oa, o\_e, ow, o as in boat, window, rose, comb.

Reports will go home this Friday, if you wish to make an interview appointment please see the office to book a time. I am available most mornings before school, some afternoons and next Monday morning until 12:00. I will be on leave the last 4 days of the Term. 4/5/6 will have Mrs Thompson on Tuesday and Mr Matthews on Wednesday, Thursday and Friday next week.

Remember that Year 6 shirt day is Wednesday! They look fantastic.

**Soccer news:** We will play the third round of the competition on Friday 22<sup>nd</sup> July (Friday of Week 1 Term 3) in Maclean against Ulmarra at 10:30 am. I would like to thank "Bryce" (Ms Davies son) for coming in to coach the team. If any parent or friend of the family have particular skills in coaching soccer and would like to help out please contact me or the office.

Cheers,

*Kathy Hardaker*

#### Impetigo (school sores)

There has been a reported case of impetigo. Should your child present with sores or symptoms please refer to the attached fact sheet on how to treat.

### P&C News

The collection date for the Lamingtons will be Friday, the 24th June.



#### JARS

If you have small glass jars, about the size that crushed garlic and ginger comes in, can you bring them into the office please? We have someone keen to fill them with chutney for the stall that will be held on election day, July 2nd.



The **Next P&C Meeting** is on **WED 3rd AUGUST @ 3:00pm.**

*All Welcome!!*