

Cancer Council NSW Nutrition Snippet

The simplest way

...to eat extra veg every day.

Think a daily dose of five veg sounds like a lot? It's not, with these quick and easy ways to eat extra veg every day!

- Baked beans** on toast for breakfast (legumes count as veg).
- Veg snacks:** carrot and celery sticks; corn on the cob (hot or cold); leftover baked pumpkin or sweet potato (great on sandwiches too).
- Spread **avocado** on toast or sandwiches.
- Vegie sandwich:** cucumber slices sandwiched together with reduced-fat cream cheese.
- Salad on sandwiches:** grated carrot, lettuce, tomato and cucumber; or tabbouleh.
- Veg-oodles:** long thin strands of grated zucchini, carrot, sweet potato or parsnip mixed with wheat-based pasta or noodles.

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

Eat It To Beat It

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 13th 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 8th July.

For further information or to register visit letsplaynetball.com
 Call (02) 9951 5000 or email netball@netballnsw.com

netball let's play netball

Community News

Spanish for Kids!!

Now your child has the opportunity to learn Spanish as a second language. Learning languages at a young age can improve a child's verbal, oral and written skills and also expand their perception of the world.

Starts term 3, 2016

Introduction to Spanish for Kids – 8 weeks Cost \$120
 Kindergarten to year six (5-12yrs)

Original teaching method incorporates song, movement, drawing, theatre and story-telling activities. Children learn basic Spanish vocabulary and grammar creating a solid foundation.

Fun, dynamic group environment includes audio CD and workbook.



For further information please contact Casey:

0432 342 347
caseywelsh@gmail.com

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

BreastScreen NSW

B screened

The mobile unit is coming

Maclean
 Alexander Street
 In the Library car park
 Mid July – Early August 2016

Call 13 20 50 to book your free screening mammogram

13 20 50
 20 minutes every 2 years could save your life

For women aged 50 to 74 years breastscreen.nsw.gov.au

BCU WINTER HOLIDAY TENNIS SPORTS

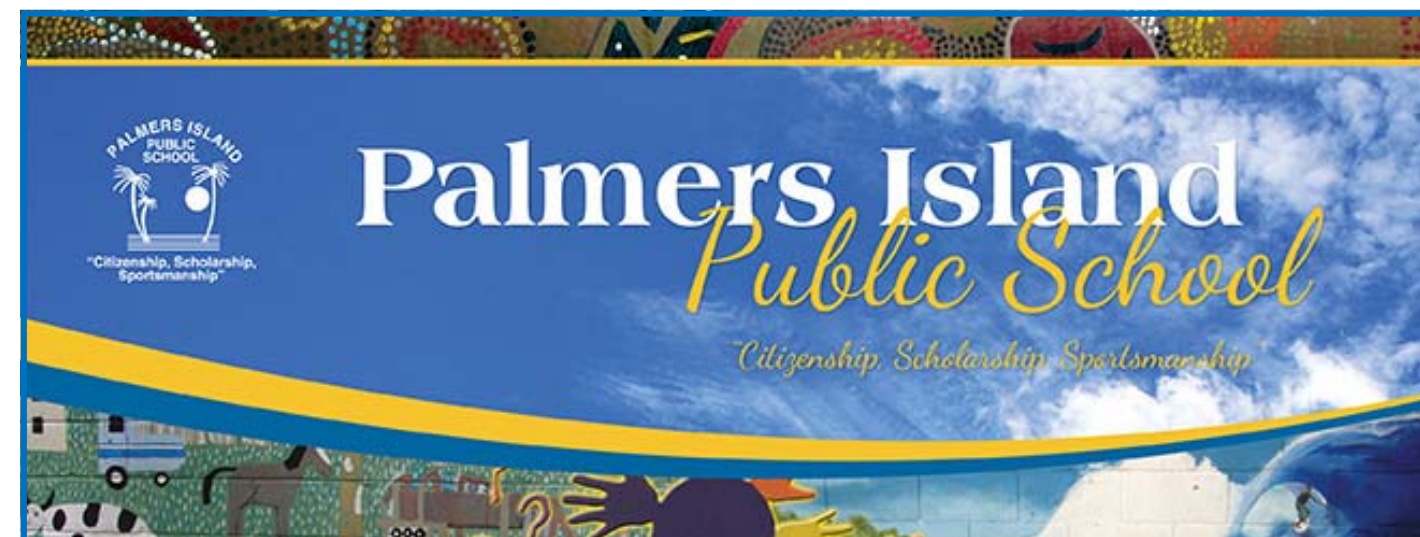
CAMP 2016

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)



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 27th June 2016

Principal News

Wishing everyone a safe and enjoyable break. We look forward to seeing you all refreshed for another great term.

Spelling Bee

Congratulations to **Che Mackay, Lachlan Skelton, Harry Campbell and Jordyn Durrington** who participated in the Clarence Valley Spelling Bee at Iluka. Harry came away with a 4th place and Jordyn 3rd place.



Athletics Carnival

Well done to all students for a fantastic effort at both the track and field athletics carnivals. All students showed great resilience in challenging weather conditions. There were lots of smiles still at the end of the day. Thank you to all parents and families who assisted or cheered over the two days of competition. Congratulations to the sports champions: **Senior Boys Champion—Max Hutchinson, 11Yrs Girl Champion—J'Naya Kembrey, 11yrs Boy Champion—Zak Fantini, Junior Girl Champion—Zoe Fanitni, Junior Boy Champion—Jaylan Morris, Juvenile Girls Champion—Summa Swift, Juvenile Boys Champion—Luke McIntyre.** Thank you to Mr O'Brien and Mrs Earle for taking some awesome action photos over the two days.

Parent Teacher Meetings

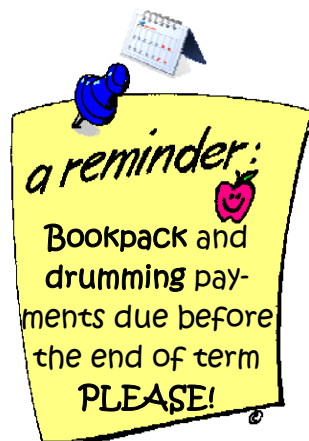
Reports were sent home on Friday. Parent teacher meetings are being held this week. I would like to see all families meet with their classroom teacher. Please phone or call in at the office to book an appointment time. Phone interviews are also available.

Debating

Good luck to our new round of debaters who will be travelling to Maclean on Thursday to compete in the Premiers Debating Challenge.

Kind Regards, **Ellie Wiseman**

27 June 2016



- **Parent Teacher Interviews**
This week
- **NSW Premiers Debating Gala**
Thursday 30th June
- **Last day of Term 2**
Friday 1st July
- **First day back for students Term 3**
Tuesday 19th July
- **Premiers Debate PIPS Vs Yamba & Gulmarrad**
Tuesday 19th July
- **Soccer V Ulmarra Maclean 10.30am**
Friday 22nd July

School Banking day is:
Tuesday



TUCK SHOP

Date	Canteen Duty	Cooking Duty
25th July	Kelly Martini Liz Kavanagh	Garbie Croft Kelly Martini
1st Aug	Kelly Martini Liz Kavanagh	Garbie Croft Kelly Martini

School News

K/1 Class News

We had a fantastic sports carnival on Thursday and Friday. Thank you to those parents and grandparents and family members who came along to help and watch. Parent/teacher interviews are this week. Please make an appointment at the front office if you haven't already. I'm looking forward to a great last week of term. I hope you all have a fun and safe 2 week holiday. Mrs Thompson will be taking the K/ 1 class on Wednesday as I will be meeting with parents this day.

Kind regards,

Ms Davies

2/3 Class News

Hello everyone and welcome to the final week of term 2! I feel like this year is going way too fast. Term 2 has been a wonderful success in the 2/3 room and I am so proud of how much the students have progressed this term. We are working well as a little team and I look forward to continuing working together towards success in term 3. You should have received your child's semester one school report on Friday. Please phone the school for a parent-teacher conference if you have not done so already. Some more good news, congratulations to Ms Clare on the birth of her new daughter, Phoebe, who was born last week. Have a happy and safe two weeks break and see you all again in a couple of weeks.

Thanking you,

Miss Smith

4/5/6 Class News

I would like to wish everyone a safe and happy holiday!

For homework this week the children are asked to complete Unit 18 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 spelling list this week is a revision list where your child has chosen words from previous lists.

Although I will be away for the rest of the week, I am keen to have interviews next Term. I am available most mornings before school and some afternoons. Please contact the office to book a meeting time. 4/5/6 will have Mrs Thompson on Tuesday and Mr Matthews on Wednesday, Thursday and Friday.

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

Soccer news: We will play the third round of the competition on Friday

22nd 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

P&C News

Information from the Australian Education Union about GONSKI:

What is GONSKI? It is needs based funding designed to ensure all children are educated in properly resourced schools. While some funding has been delivered, two thirds of it will be delivered in 2018-2019 (80% of this goes to public schools). The GONSKI review found that Australia is not investing enough in schools and that the distribution is not fair or effective.

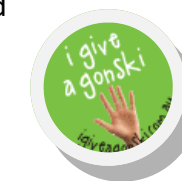
So far GONSKI funding in the PAGE electorate has meant smaller class sizes, extra literacy and numeracy programs, one on one support for students that need it and on going training for teachers. Further funding will mean expansion of programs, employment of specialist teachers, additional support for students with disability and start of speech and occupational therapy programs.

Labor and the Greens have promised to deliver the final two years of funding.

The Coalition (Liberals and Nationals) will scrap the GONSKI model and not deliver on the funding. They have committed to increase funding by only 3.6% each year. In the Budget papers private schools will receive 62% and public schools 38% of this funding. States and territories won't be required to honour GONSKI agreements. The funding is needed to support students with additional needs and to lift overall achievement levels.

Further information can be found at http://www.igiveagonski.com.au/whats_gonski

Be fully informed to use your vote effectively on July 2nd.



I was the parent representative to Kids Matter training in Ballina. This third stage of training was about Working with Parents and Carers to build better relationships. Kids Matter is a mental health and well-being initiative set in primary schools and early childhood education and care services. It is a framework to help these places create positive communities, teach children skills for good social and emotional development, work with families and recognise and get help for children with mental health problems. The website has more information on the initiative as well as information sheets on school refusal, bullying, Anger, Anxiety. It is worth a look. <https://www.kidsmatter.edu.au/>

Thanks,

Margie

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!!