



Classes commence Thursday 28th July at Chatsworth Island Hall. Please see www.facebook.com/chatsydsdance for timetable and term fees. Email Lauren Moore at chatsydsdancestudio@outlook.com or call on 0431082667 to enrol for term 3.

Why you should always serve unhealthy snacks in a small bowl.

It is often said that gaining weight is a simple matter of energy intake being greater than energy we use up. While this notion is certainly correct, it does not account for all the factors that drive one to eat more calories than we need.

Take for example the size of a bowl from which you eat your snacks.

Could this simple factor play a role in the number of calories you may eat?

Back in 2005, Wansink and Cheney performed a wonderfully simple study and found that when snacks are offered in a large bowl, people take 53% more food (146 extra calories) and eat 56% (142 calories) more than when offered the same amount of food but in a smaller bowl (roughly half the size of large bowl).

Take home message? If you have friends coming over for a party, or you're making snacks for yourself or your family, try the following: place the healthy snacks in large bowls and the unhealthy ones in small bowls. Theoretically, people should eat more of the healthy snacks and less of the unhealthy ones.



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

BreastScreen
NSW

NSW Health



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Maclean

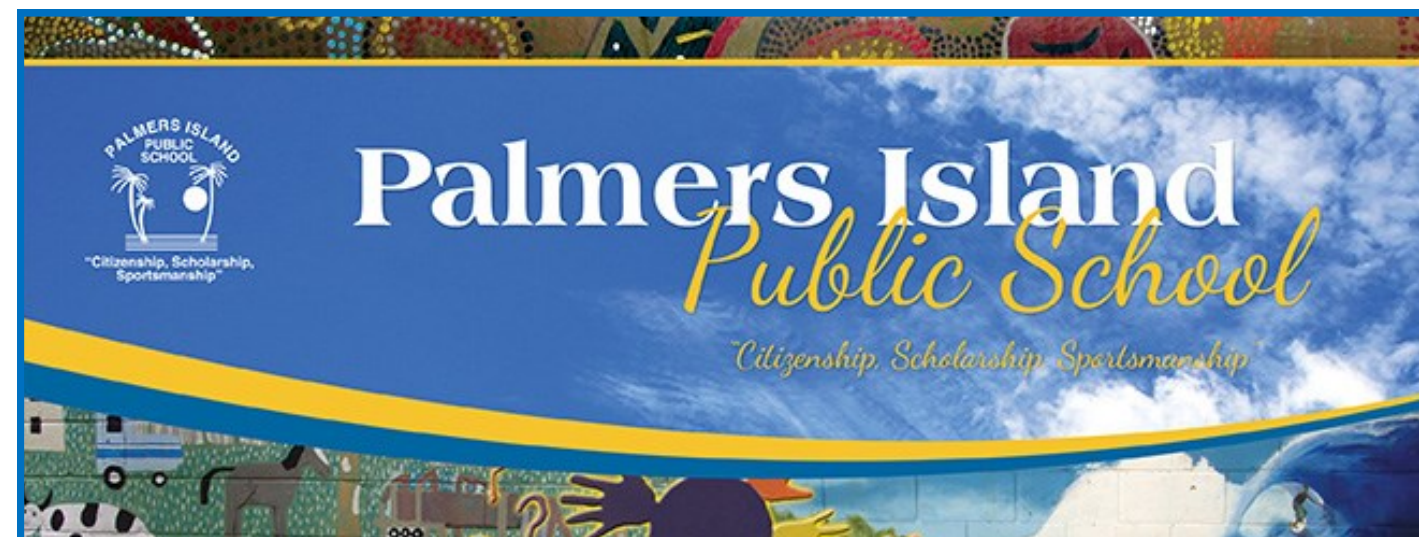
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In the Library car park
Mid July - Early August 2016



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Palmers Island Public School Newsletter 25th July 2016

Awards of the week



Principal News

Congratulations to the Soccer Team. What an exciting game. We went down 4-1 to Ulmarra Public School but the score definitely did not reflect the game. I really enjoy seeing students playing team sport and the camaraderie it brings out in them. Palmers Island Public School is renowned for its sportsmanship and once again I am happy to report it was demonstrated on the day. A special thanks to Mr Bryce Davies who volunteered his own time to coach the team. He did a wonderful job.

Pre-Kinder

Last Friday we commenced the first half-day Pre-Kinder transition program. We welcome our newest enrolments to Palmers Island along with Mr Mathews or Mr Luke as the Pre-Kinder boys and girls like to call him. The students had a great day touring the school and getting to know one another.

Platinum Day

This Friday is Platinum Day. Mallika will be running a gymnastics session for students followed by a BBQ lunch and movie. Students who are attending Platinum day have completed all of their homework, home reading and not received a timeout in term 2. As I mentioned in last weeks newsletter, the staff and I revisited a number of policies and school procedures on our staff development day, one of which was Platinum day. Along with your survey responses we are working on a new framework for Platinum Day rewards. We hope to have this to students and families by the end of Term.

Education Week



Education Week will be celebrated on Tuesday the 2nd of August with a special assembly starting at 9.30am. It will feature a drumming and choir performance and class item. This will then be followed with open classrooms, giving parents and caregivers the opportunity to take a look at what their child has been up to this year. The morning will finish with a morning tea for parents and caregivers. I hope to see you all there.

25 July 2016



- **Parent/Teacher excursion meetings this Wednesday;**
K/1/2—3.10pm
4/5/6—3.25pm
3/4—3.45pm
- **Platinum Day**
Friday 29th July
- **Education Week commences**
Monday 1st August
- **Education Day—Open Classrooms**
Tuesday 2nd August
- **Small Schools Athletics—Iluca**
Thursday 4th August
- **Writers Festival Maclean**
Friday 5th August

School Banking day is:
Tuesday



TUCK SHOP

Date	Canteen Duty	Cooking Duty
1st Aug	Carley Grayson Bec Carr	Belinda Skelton Colleen Bylos
8th Aug	Gail Campbell Sue McLeod	Gail Campbell Kylie McIntyre

Byron Bay Writers Festival

Notes will go home tomorrow for the Byron Bay Writers Festival in Maclean. The visiting authors are Kate Forsyth, Nick Falk and Tony Flowers. This excursion is offered to students in years 2-6.

Small Schools Athletics Carnival

The carnival will be running in Iluka next Thursday the 4th of August. Notes have gone home for this event. If your child thinks they are missing an event please get them to chat to Ms Hardaker as soon as possible as she is doing up the events this week.

Free Parenting Workshops

Cranes has offered some very worthwhile parenting workshops to be held at our school. 'Keep Calm and Communicate' is a 2 day workshop that helps parents with strategies for de-stressing and keeping cool under pressure. Cranes offers free childcare with all of their workshops. Please fill in the Expression of Interest form attached to the newsletter if you are interested in this or other courses offered.

Kind Regards, *Ellie Wiseman*

School News

K/1 Class News

Hello everyone, I hope you all had a lovely weekend. This week's NEWS topic is "Vegie gardens". Tell us about different vegies we can plant, bring in some pictures of different vegetables, and talk about what we need to do to grow vegies. I'm looking forward to getting some ideas of plants that we can grow in our school vegie plot. Wednesday afternoon there is a meeting at 3.10pm to talk about details of our Dolphin Marine Magic Park excursion. I hope to see you there. Please remember that Library is Friday for K/1 this term.

Kind regards,
Ms Davies

2/3 Class News

Hi everyone,
What a fantastic first week back we had, followed by an awesome weekend with such warm weather! We almost turned the air conditioning on in the classroom last week, but the fans were sufficient to get us through the unusual winter warmth. 2/3 students' have made a flying start to the term. Along with our new units of work, we are also starting to prepare for Education Week next week, as we will be performing a class item at the assembly. Notes for the term 4 Cascade excursion for years 3 and 4 went home on Friday. Please see me or contact the school if you have any questions about the trip. Well done to those students who achieved platinum status last term. Your efforts will be rewarded on Friday by what sounds like an exciting day planned. Have a great week as always,
Tegan Smith

4/5/6 Class News

For homework this week the children are asked to complete Unit 20 in their mental books. Complete some extra spelling activities in the June/July choice board. Get those "Home Reading" journals up to date. Practice your spelling words!

Remember that **Year 6 shirt day Wednesday! Library day is Thursday.**

We have started the Oz Chess Challenge! Congratulations Jaylan, Tully, Ruby, Jasper, Lachlan, Che, Sam and Will for completing the first round. Liam will play in the second round. These children are able to go to www.chesschallenge.com.au click on "Learn Chess" to access free lessons. They have been given a password in class. www.chesskid.com is another recommended safe and anonymous site.



Soccer news: We played the third round of the competition last Friday in Maclean against Ulmarra. Although Ulmarra won, the team played really well and we are all proud of their skills and commitment. I would like to thank Bryce for coaching the team and the parents for their support.
Cheers,
Kathy Hardaker



Parent/Teacher excursion meetings will be held this **Wednesday** to discuss the Term 4 excursions to **Dolphin Marine Magic, Cascade Environmental Centre and the Lake Ainsworth camp**. Please note the following scheduled times:

K/1/2 Dolphin Marine Magic excursion	-	3.10pm
3/4 Cascade Environmental Centre excursion	-	3.25pm and
5/6 Lake Ainsworth Sport & Rec camp	-	3.45pm

Please try to come along and assist us with the planning of these wonderful annual excursions!

P&C News

You can become a part of PIPS history by purchasing an engraved paver. Your donation of \$30.00 entitles you to have your name engraved into a paver (either an individual one or a hand drawn paver) as a lasting record of your valued support. The paver will be permanently installed in Palmers Island Public Schools commemorative path celebrating our sesquicentennial.

All orders must be in by the end of this week!!

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

All Welcome!!