



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

Take the time for time with your children.

It may not always feel like it, but your child's favourite person is you! Lots of parents have very full days, but time with your child is very valuable. Children who spend time with their parents behave better and feel better about themselves. They have lots of imagination and love games. So get out and have some fun together! It will help your child be the best they can be.

Find time where you can. Even 5 minutes a day talking face to face makes a difference. Turn off distractions like the phone or TV. Let your child know that they are important. Respond to your child's interests - if they are an active child: play outside; if they like to draw, sit at a table and be creative together. Make most of your time together relaxing and fun, only occasionally use it to discipline or to bring up unpleasant topics. Find activities you both enjoy. Sharing fun times creates lasting memories. Don't be discouraged if your child doesn't respond right away; try different activities until you find one you both enjoy.



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



The mobile unit
is coming

Maclean

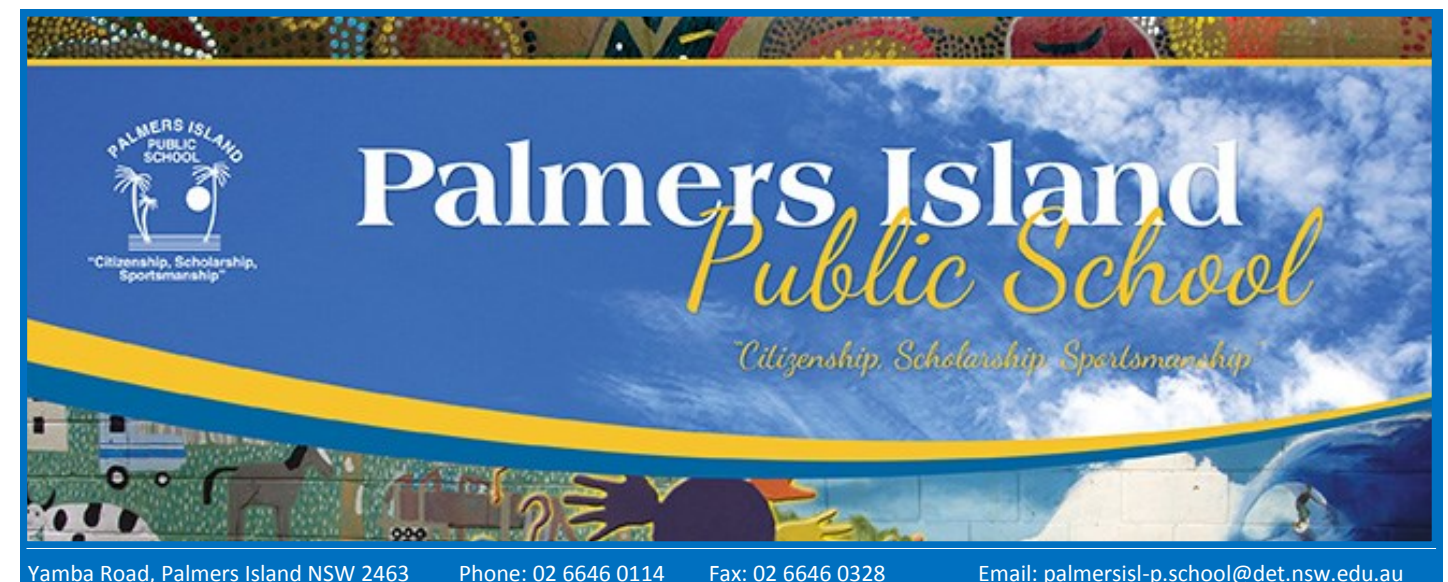
Alexander Street
In the Library car park
Mid July - Early August 2016



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



Palmer's Island Public School Newsletter 8th August, 2016

Awards of the week



Principal News

Congratulations to our students who competed in the Small Schools Athletics Carnival yesterday. A special congratulations to **Max Hutchinson** for taking out the **Senior Boys Championship!!**
Well done everyone!



The Writers Festival last Friday was lots of fun and students are now keen to read more Nick Falk and Tony Flowers books. Miss Smith is attending a Sentral course today and a Technology course tomorrow. She will be replaced by Mr Luke Matthews. Ms Angie Bennett will be replacing Mr O'Brien this week as a School Learning Support Officer in the classroom. The book fair will be held on Monday 22nd of August. Families can come and have a look at the book fair Monday at anytime or before school throughout book week. Orders will need to be finalised on Friday 26th August. Don't forget our Book Week dress ups on Friday the 20th of August at 9.30am! Come dressed as your favourite book character. Families of students are welcome to attend. We look forward to seeing you then.

Kind Regards, **Ellie Wiseman**

8th August 2016



- **Year 6 High School Workshop**
Wednesday 17th August
- **Zone Athletics Lismore**
Friday 19th August
- **Book Week**
22nd—26th August
- **Book Fair**
Monday 22nd August
- **Book Character Parade**
Friday 20th August 9.30am



- **Friday 2 September**

School Banking day is:
Tuesday



TUCK SHOP

Date	Canteen Duty	Cooking Duty
15 Aug	Bo McDonald Anjanette Warburton	Val Lacey Bo McDonald
22 Aug	Mel Swift	Kylie McIntyre Belinda Skelton

School News

K/1 Class News

Hello everyone, welcome to Week 4. Congratulations to our K/1 people who participated in their age races and relays at the Small Schools Carnival on Monday. Well done! There will be no NEWS topic this week but watch out for next week's it will be about making observations of changes that occur around home and in the sky at night time. Just a reminder—reading folders are due in on Wednesdays and Fridays so we can change readers. Hope you have a great week,



Kind regards,

Ms Davies

2/3 Class News

Hello everyone,

What a fantastic week we had last week to celebrate Education week! I was impressed by the commitment and professionalism displayed by the school as a whole. The performances were amazing and very



entertaining. And thank you to those parents who came and joined our classroom afterwards. The students loved showing off their class work. This week we welcome Angie into classroom as she replaces Mr O'Brien. Start thinking about a book week costume with your child in preparation

for our parade in week 6.

Have a great week,

Tegan Smith

4/5/6 Class News

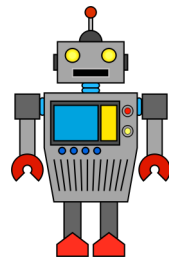
For homework this week the children are asked to complete **Unit 22** in their mental books. Complete some extra spelling activities in the August choice board. Get those "Home Reading" journals up to date. Practice your spelling words!

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

Our Oz Chess Challenge continues! The children competing 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.



Science Week: NEXT THURSDAY 18th AUGUST: The children have designed a Robot in class. Children will be presenting these ideas to the class this week. The class will then vote as to which children will lead the



making of their Robot in the Science week activity on Thursday 18th August. Please send in recycled materials for this construction. Mr Marcus Johnson has offered to talk about and conduct a demonstration about Drones in the morning session. Children will work in their Peer Support Groups to construct the chosen Robot design in the middle session.

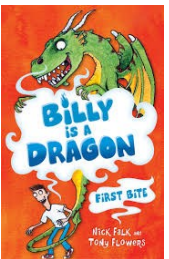
Athletics: Congratulations to all the children (and the parent support crews!) who went to Iluka yesterday. Your efforts were admirable and your sportsmanship outstanding. We have 16 children who have qualified to go to **Lismore on Friday 19th August** to compete in the next level. Notes will go home shortly.

Writers festival: We had a great day last Friday in Maclean. Nick Falk and Tony Flowers were both inspirational and entertaining.

High School Transition: **Next Wednesday 17th August** the Year 6 students will attend their third transition day at Maclean High School, please complete and return your permission notes.

Cheers,

Kathy Hardaker



22—26 August

Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.

- Be realistic about the size of the serve you offer children.

Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.

- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop

