



Canteen Menus Made Easy

CREATING HEALTHY SCHOOL CANTEEN MENUS WORKSHOP

Come & learn how to modify your canteen menu to meet the new Healthy School Canteen Guidelines in this hands on, interactive workshop that is FREE for canteens in Northern NSW. Each participant will leave with a menu that complies with the new strategy and resources to help plan their future menus

Brushgrove: Wed Week 4 (1/11) 12:30-2:30
 Casino: Tues Week 5 (7/11) 12:30-2:30
 Lismore: Tues Week 5 (7/11) 4-6pm
 Byron/Ballina: Tues Week 7 (21/11) 12:30-2:30
 Banora Point: Wed Week 7 (22/11) 12:30-2:30

Venue details and further information will be provided to participants.
 To register email Kate on kate.collins@ncahs.health.nsw.gov.au or phone 0424 717 593

P&C Meeting
Wednesday, 1st November at the Yamba Bowling Club
All welcome!

CRANES Family and Relationship Services

TERM 4 Workshops 2017

How to Talk so Kids will Listen	This half-day workshop provides parents with information about children's intellectual and emotional development and using emotional intelligence to communicate more effectively. MACLEAN TAFE - 9.30am-12.30pm November 14 DORRIGO - 9am-12pm December 1 BOAMBEE EAST - 9.30am-12pm December 5 GRAFTON - 9.30am-12.30pm December 7	Managing Anger	A short workshop with information and strategies for managing anger and teaching children the safe expression of strong emotions. GRAFTON - 9.30am-12.30pm November 21
Tuning into Kids	This program supports parents in teaching their children how to understand and regulate their emotions, build resilience and develop good communication skills. GRAFTON - 9.30am-12.30pm (6 week program) October 12, 19, 26 & November 9, 16, 23	Tuning in to Teens	A six week parenting program designed to assist parents to communicate with their teen and build stronger relationships. GRAFTON - 1pm-4pm (6 week program) October 18, 25 & November 1, 8, 15, 22
After the Storm	CV Women's Refuge and Outreach Service and CRANES have partnered in a six week course to support those parenting after family violence. GRAFTON - 9.30am-12pm (6 week program) October 25 & November 1, 8, 15, 22, 29	How to Talk so Teens will Listen	This half-day workshop provides parents with information about their teen's emotions and behaviours, communication styles and building stronger relationships with teens. BOAMBEE EAST - 1pm-3.30pm December 5
Understanding Your Child's Brain	Understanding brain development can assist in parenting and staying connected through to adulthood. MACLEAN TAFE - 9.30am-2pm November 28	VENUES CRANES Grafton - 3-7 Prince Street (river end) Maclean TAFE - Woombah Street (next to high school) Boambee East Community Centre - Bruce King Drive, Boambee East Dorrigo Primary School - 2 Hickory Street, Dorrigo	

CRANES' workshops are FREE of charge - Some workshops have FREE childcare - Bookings essential
 Call CRANES for enquires or to register (no referral necessary)
 Ph: (02) 6642 7257 Email: FaRS@cranes.org.au
 CRANES' Family and Relationship Services is funded by the Dept. of Social Services

YAMBA ORCAS SWIM CLUB

COME AND JOIN

STARTS FRIDAY THE 13TH OCTOBER AT 5.30PM

FUN KIDS SWIMMING RACES
 RACING YOUR OWN TIMES AND NOT EACH OTHER
 LEVELS START FROM 25 H ASSISTED TO HIGH SCHOOL ADVANCED
 ALL AGES WELCOME
 FRIDAY NIGHT BBQ DINNER FOR THE WHOLE FAMILY
 REGISTER AT:
[HTTP://YAMBAORCAS.SWIMMING.ORG.AU](http://YAMBAORCAS.SWIMMING.ORG.AU)
 OR CONTACT SALLY ON 0437 297 096

YAMBA COMMUNITY POOL
 ANGOURIE RD, YAMBA

Palmer's Island Public School

Citizenship. Scholarship. Sportsmanship.

Yamba Road, Palmer's Island NSW 2463 Phone: 02 6646 0114 Fax: 02 6646 0328 Email: palmersisl-p.school@det.nsw.edu.au

Palmer's Island Public School Newsletter 16 October 2017

Principal News

Congratulations to our Students of the Week!

We had a fantastic start to the term! Great work in class and lovely behaviour in the playground, well done team!

Tell Them from Me

I would like to thank all families who completed the survey. As a staff we will discuss the results and share these with the community.

Excursions

Class Excursions are quickly approaching. Please return notes and payments to the office to allow planning to be finalised.

2/3/4 will be going to the Coffs Coast Adventure Centre, 23rd – 25th Oct, **Next Week, how exciting!**

K/1 will be going to Currumbin Wildlife centre, 15th Nov.

5/6 will be going to Brisbane, 13th – 16th Nov. A full itinerary was sent home with 5/6 children today.

We would like to thank the P & C for their generous support of all students attending excursions.



Life Education Van – Wednesday 29th November



Your child has received a new note for the life Education Van visit. The booking was initially for last week but the date has been changed. The new note requires parental permission for the new date. The Life Education team provide a unique learning experience for children across Australia. Please send in the new notes and make payment if you have not done so already.

Swimming – 10 day intensive program – Monday 20th November – Friday 1st December.

Notes have been sent home for our swimming program in weeks 7 and 8. We always see amazing improvements in each child's confidence and ability during the program. Please volunteer to help out if you are able, help is always appreciated to make the experience positive for children.



JOIN US FOR OUR GRANDPARENTS DAY

PALMERS ISLAND PUBLIC SCHOOL!

Friday 27th October, 9:30 am – 11:15 am
 Come and share your memories of school and life!
 Morning Tea with staff.

RSVP: Friday 20th October, 66460114 or at the office

16 October 2017



- **2/3/4 Coffs Excursion**
Monday, 23— Wednesday, 25 October
- **Year 6 High School Transition**
Wednesday, 25 October
- **Fire Safety Class**
Thursday, 26 October
- **Grandparents Day & Day for Daniel**
Friday, 27 October 9.30am (Morning tea provided)
- **Netball Clinic**
Friday, 3 November
- **5/6 Brisbane Excursion**
Monday, 13 – Thursday, 16 November
- **K/1 Currumbin Excursion**
Wednesday, 15 November
- **10 Day Intensive Swimming Program**
Monday, 20 November— Friday, 1 December
- **Yr 6 Graduation Dinner**
Thursday, 7 November
- **Premiers Reading Challenge Big Day Out**
Thursday, 9 November
- **Life Education Van**
Wednesday, 29 November
- **BIG 4 Class Parties**
Friday, 8 December
- **Presentation Night**
Wednesday, 13 December
- **Last day of term**
Friday, 15 December

P&C Xmas Raffle!! Information will be sent home today for our fantastic Xmas Raffle!



League Tag

On Friday we will have Mr Donovan, the league development officer, visit our school to conduct the first of three skills sessions with each class.

Peaceful Kids

We will continue our whole school aspect of Mindfulness this week. Our relaxation is “Mindfulness of Feeling”.

Day for Daniel – Friday 27th October

Wear Red, Educate and Donate. Day for Daniel is Australia's largest child safety awareness and education day. Our goal is to make Australia a safe place for all children.

Our Term 4 fundraiser for charity is the Day for Daniel. Children are asked to wear red and donate to the Daniel Morcombe foundation.

Grandparents Day – Friday 27th October

NSW Grandparents Day celebrates the role grandparents and older people play in our society – both the things they have done, and the things they keep doing. The campaign recognises the diversity of grandparent relationships across age groups, cultural backgrounds, and geographical locations.

It's a day to spend time with an older loved one and connect across the generations.

We invite all “Grandparents” to spend the morning in our classrooms sharing their stories on **Friday 27th October**, a morning tea will be provided with staff.

Kind regards, **Kath Hardaker**

School News

Application for Year 7 selective high school placement in 2019

Selective high school information for students in Year 5, is available from the school or online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Years K/1

Welcome to week 2. I hope everyone had a lovely weekend.

K/1 had a busy start to the term and all students are settling back into school routines quickly.

This week in literacy Kindergarten will be looking at words with ‘ee, e, ea’ in them and ‘i_e, y’ in them, whilst Year 1 will be learning about words that have ‘z’ as in zebra, ‘zz’ as in puzzle and ‘s’ as in bears.

In Maths, Kinder will be starting their first investigations unit whilst Year 1 will be consolidating their knowledge of 3D shapes and learning about the position of objects in everyday situations and on maps.

Our NEWS topic this week relates to our Geography unit where students are learning about maps. This week for NEWS students are asked to ‘bring in or draw a

Mindfulness of Feeling



- Begin by focusing on your breath.
- Take a few moments to just notice your breath.
- Notice if your mind wanders to any particular spot in your body.
- Connect to that feeling in your body with kindness and with curiosity.
- Notice if there is any kind of emotion that you feel in your body.
- See if you can give that emotion a name such as sadness, happiness, worry or anger.
- Just notice if it is a comfortable feeling or an uncomfortable feeling.
- You may also notice any body sensations.

map of somewhere you have been. Talk about the parts of the map’. Again this term students will have a NEWS book to help them plan and present their news.

Thank you to those students who completed and handed in their homework on Friday. Week 2 homework and readers will be handed out today to be returned again this Friday. Please remember to log home reading into student’s reading journals.

Excursion notes were handed out last term. If you did not receive one or need a replacement please let me know. The excursion to Currumbin Wildlife Sanctuary is on Wednesday 15th November.

The students are enjoying watching our silkworms grow. Some have already begun spinning their cocoons. Thank you to Poppy and Will for the supply of mulberry leaves and a special thank you to Will for caring for the silkworms over the weekend.

Hope you have a great week.

Kind regards, **Ms Davies**

Years 2/3/4

Welcome to week 2.

The excitement is building in our room around next week’s excursion. Remember that we are leaving at 9.30am on Monday 23 October. The expected time of return is 3.30 on Wednesday 25 October. I will message parents as we leave Coffs Harbour to give you notice.

An itinerary and list of items to bring has been sent home. It is essential that students bring old clothes and shoes for the commando course as well as an extra plastic bag to put them in afterwards. It will get very messy and muddy!

Please return the permission slip in regards to the private transport arrangements if you have not done so already!

Our classroom routines will be normal this week.

We are in need of copies of the book “Charlie and the Chocolate Factory” for a novel study. It would be greatly appreciated if we could borrow any copies you may have lying around at home. Thanks!

Kind Regards, **Ms Clare**

Years 5/6

Homework

Spelling homework this week will be the sound “z” as in zebra, “zz” as in puzzle, “s” as in bears, “se” as in cheese, “s” as in treasure and “si” as in television. In maths Year 5 are looking at measuring angles and Year 6 are looking at division with remainders to hundredths. Please get the home reading journals up to date and send in for checking.

Working with Clay

Last Friday Mrs Simpson, an Art teacher from Maclean High School, came to show the children some techniques when working with clay. The children will use these skills to create their disc for the Totem pole or make a tile or pinch pot. Well done!

Chrome Class

Mr Kelly spoke about the Chrome Class applications with the Year 6 students. Applications for the 2018 class will be open later in the term, however, students can start getting their items for submission prepared, these are detailed on the MHS website.

Regards, **Kath Hardaker**

Pre Kinder Treasure Island Day

We had an awesome day with 25 children from Yamba Community Pre School visit for an exciting Treasure Island Day with our Pre Kinder. We started the morning with a treasure hunt gathering craft materials which we made into a pirate parrot to sit on our arms. We then walked the plank, threw hoops over hooks, carried cannon balls and threw balls through the jaws of a shark. We all had a fantastic time and ended with a lovely morning tea made by Mrs Croft. Thank you Mrs Croft! Thank you to Mrs Doyle and Ms Davies for organising such fun day.

