

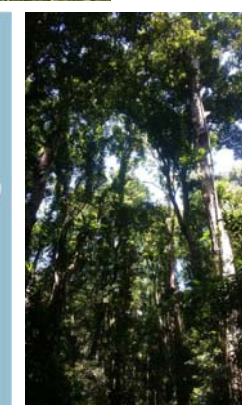
Canteen Menus Made Easy

CREATING HEALTHY SCHOOL CANTEN 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@ncshs.health.nsw.gov.au or phone 0424 717 593



P&C Meeting
Wednesday, 1st
November, 6pm
at the Yamba
Bowling Club
All welcome!

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 M 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

VENUES

CRANES Grafton	3-7 Prince Street (river end)
Maclean TAFE	Woomah Street (next to high school)
Boambee East Community Centre	Bruce King Drive, Boambee East
Dorrigo Primary School	2 Hickory Street, Dorrigo

YAMBA COMMUNITY POOL
ANGOURIE RD, YAMBA

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		

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

Palmers Island Public School

Citizenship Scholarship Sportsmanship

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 23 October 2017

Principal News

Congratulations to our Students of the Week!

Welcome to week three. We wish 2/3/4 all the best on their excursion to Coffs Harbour. We are sure that they will have a great time and have lots of stories to tell.

Year 6 Transition – Wednesday 25th October

Year 6 will participate in their final transition day at Maclean High School this Wednesday, a new note was sent home last Friday. The children will leave Palmers at 10:10am, for a special assembly at 10:30am followed by a BBQ lunch before they commence their final workshop groups.

Fire Safety awareness – Thursday 26th October

On Thursday the wonderful team from the volunteer fire brigade will visit Palmers to discuss being prepared and staying safe around fire. Each class will participate in discussions led by the Rural Fire safety team.

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



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

23 October 2017



- **Year 6 High School Transition**
Wednesday, 25 October
- **Fire Safety Class**
Thursday, 26 October
- **Grandparents Day & Day for Daniel**
Friday, 27 October
9.30am – 11.00am (Morning tea provided)
- **P&C meeting, Yamba Bowling Club**
Wednesday 1 November @ 6pm
- **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 October
- **BIG 4 Class Parties**
Monday 4 December (*note change of date*)
- **Presentation Night**
Wednesday, 13 December
- **Last day of term**
Friday, 15 December



morning tea will be provided with staff.

Excursions

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

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

5/6 will be going to Brisbane/Gold Coast, 13th – 17th Nov. A full itinerary was sent home with 5/6 children.

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

THANK YOU!

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 NSW. 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.



League Tag

On Friday we had Mr Donovan, the league development officer, visit our school to conduct the first of three skills sessions with each class. We had many positive comments from the children as they participated in a series of fun skill building activities. Mr Anthony Donovan will return on Wednesday 1st November and Tuesday 7th November.



Peaceful Kids

We will continue our whole school aspect of Mindfulness this week. Our relaxation is "Swings".

Kind regards,

Kath Hardaker

School News

Years K/1

Welcome to week 3. I hope everyone had a lovely weekend.

K/1 had a very fun end to the week last week

Swings



- Slowly swing your body from side to side.
- Hold your arms out slightly from your body.
- Continually get slower.
- Finish by gently shaking tightness out.

participating in the NRL footy skills session for sport. We will have two more sessions over the next two weeks.

We also enjoyed having Pre-kinder with us all day Friday.

This week in literacy Kindergarten will be looking at words with 'oa, o_e, o' in them and 'ar, a' in them, whilst Year 1 will be learning about words that have 'ou' as in cloud and 'ow' as in flower.

In Maths, Kinder will be learning about 'take away' stories whilst Year 1 will be learning about directions and area and at the end of the week consolidating their knowledge about 2D shapes.

Last week's NEWS topic was very popular with students demonstrating their knowledge and understanding about maps. This week our NEWS topic relates to PDHPE. This week for NEWS students are asked to discuss 'What is your favourite sport. What are the rules?'

Once again, thank you to those students who completed and handed in their homework on Friday. Week 3 homework and readers will be handed out today to be returned this Friday. Please remember to log home reading into student's reading journals.

If you have not already done so, please return the Currumbin Wildlife Sanctuary excursion notes so that I can finalise details. If you did not receive one or need a replacement please let me know.

This Friday we have Grandparents day and invite Grandparents to come along to our classroom in the morning and talk about what it was like when you went to school. We will also all be dressing in red on Friday for this Terms fundraising for the Daniel Morecombe foundation.

Hope you have a great week.

Kind regards, **Ms Davies**

Years 2/3/4

Years 2/3/4 excitedly set off on their excursion to Coffs Coast Adventure Centre this morning, stopping off to check out Sherwood Nature Reserve at Woolgoolga for an exploration session.

Years 5/6

I am really proud of the way all children are applying themselves to classroom tasks. Everyone is doing their best to focus on improving their skills across all areas. It's really lovely when other staff members comment on how fantastic 5/6 are! Well done!

Homework

Spelling homework this week will be the sound "ou" as in cloud and "ow" as in flower. In maths Year 5 are looking at Probability and Year 6 are looking at division by decimals. Please get the home reading journals up to date and send in for checking.

Working with Clay

I would like to thank Ms Beveridge, Shelley and Margaret for working with the children last Thursday to create their disc for the Totem pole or make a tile or pinch pot. Our next step is to have them "Fired" and add some colour.

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**

