



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




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



Community News



**MACLEAN MANTA RAYS
SWIMMING CLUB**

Where: Maclean Olympic Pool
 When: Season Starts Friday October 13th
 Sign on: 5.30pm for 6pm start

A family orientated club aimed at kids improving their swimming and having fun with their friends.

Natashya 0439 844 411
macmantarays@gmail.com
 Maclean Manta Rays Swimming Club

SWIM LESSONS: At Yamba Community Heated Pool, 78 Angourie Rd, Yamba.
 (66461750; : yambaswimmingpool.com.au; * rydj@nsw.chariot.net.au

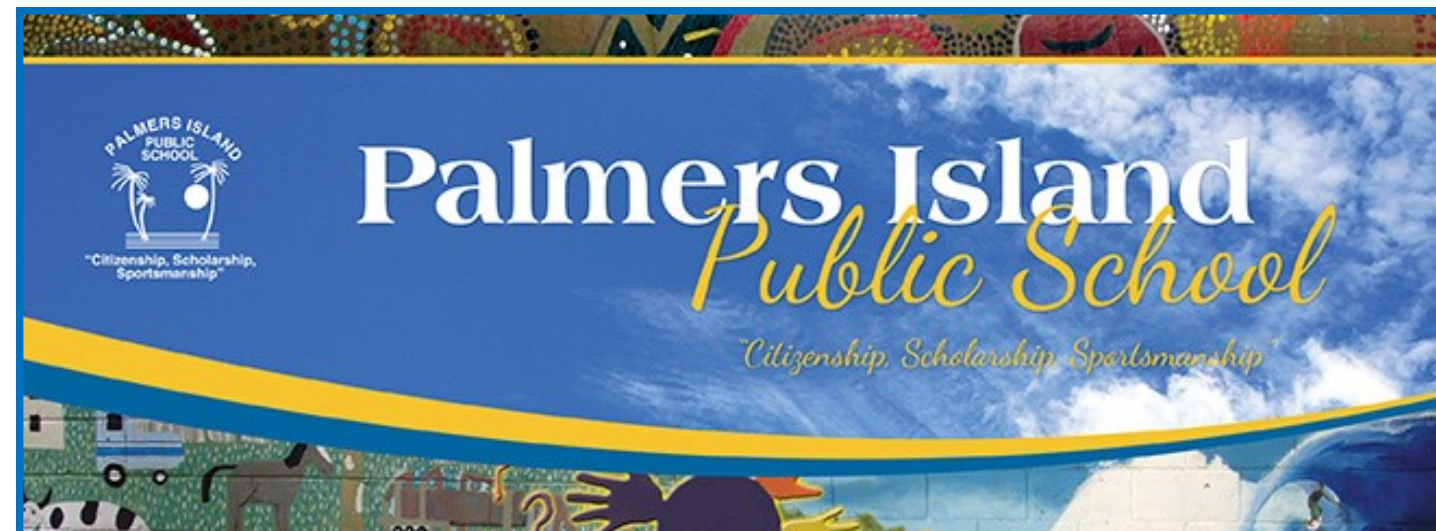
5-day Intensive Program in Sept School Holidays. Ages 6yrs to 12yrs. Mon 25th Sept to Frid 29th Sept 2017

Term 4 swim lessons, one to two lessons a week from 9th Oct to 1st Dec 2017. Preschoolers in mornings after 9am, School-age lessons after 3pm.

Adult Learn-to-Swim and stroke correction. Saturday early afternoons Term 4.

New Enrolments: Visit the Pool and complete an enrolment form, or email us for a form at rydj@nsw.chariot.net.au. New Enrolments will be contacted to book a time at the pool prior to lessons commencing, to have their swim skills assessed.

Re-enrolments: We have emailed your re-enrolment forms to you. More forms are available at the pool. Please return completed forms promptly.



**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 9 October 2017

Principal News

Welcome back for Term 4!
 We have another busy term ahead, please put the calendar attached with this newsletter in a safe place and add to it as we let you know about upcoming events.
 I would like to thank all children and families for supporting Footy Colours Day, we raised \$45 for the Fight Cancer Foundation.
 Congratulations to all students who received awards at our "Cooperation and Participation" Assembly of Excellence. Well done classes for great items. Mrs Wellard commented that we have a wonderful school and it was great to see lots of parents attending the assembly.

Assembly of Excellence



I would like to welcome Ms Tash Hancock to the team. Ms Hancock will be working in the K/1 room as SLSO support.

Tell Them from Me

The *Tell Them From Me* survey provides school principals and school leaders with insight into student engagement and wellbeing, and the impact of teaching practices at their school, from the perspective of students, parents and teachers. The information is confidential and individual responses cannot be identified. Please use the URL below to give us your opinions, **surveys will close this Friday.**
<https://nsw.tellthemfromme.com/palmersisland>

Excursions

Class Excursions are quickly approaching. START A PAYMENT PLAN. 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 October**, **2 Weeks away, drivers still needed!**

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

5/6 will be going to Brisbane, **13th – 17th November**. A full itinerary will be sent home as soon as I have received it.

9 October 2017



- **2/3/4 Coffs Excursion**
23-25 October
- **Yr 6 High School Workshop**
Wed 25 October
- **Grandparents Day & Day for Daniel**
Fri 27 October 9.30am
(Morning tea provided)
- **Netball Clinic**
Friday 3 November
- **5/6 Major Excursion 13th –17th November**
- **K/1 Currumbin Excursion**
15th November
- **10 Day Swimming Program**
Monday 20 Nov-Fri 1December
- **Yr 6 Graduation**
Thursday 7 November
- **Premiers Reading Challenge Day Out**
Thursday 9 November
- **BIG 4 Class Parties**
Friday 8 December
- **Presentation Night**
Wednesday 13 December
- **Last day of term**
Friday 15 December

P&C Xmas Raffle!!
Tickets and information
will be sent home next
week for our fantastic
Xmas Raffle!



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

Peaceful Kids

Congratulations to the students who completed the lessons last term. The staff will be nominating two new groups to participate in the weekly sessions. I will contact parents and send a permission slip to those nominated children's parents.

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

Kind regards

Kath Hardaker

School News

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.

Years K/1

Welcome back everyone, I hope that all the students enjoyed a lovely break and are ready for a fun packed busy Term 4.

This week we will be starting straight back into it. In literacy Kindergarten will be looking at the sounds 's' as in treasure and words that have 'ai, ay, and a_e' in them whilst Year 1 will be learning about the sound 'oo' as in boot.

Homework and readers will be handed out today to be returned on Friday.

In Maths, Kinder will be learning about sharing equally and take away stories whilst Year 1 will be learning about 2D shapes.

On Wednesday afternoons this term Mrs Roberts will continue to take K/1 for Library and Geography whilst I have my release for lesson preparation.

A special thankyou to Mrs Croft, Mrs Crouch, Mrs Samsara and Mrs Beveridge for helping us with Kids in the Kitchen during the last week of last term. It was a huge success and we appreciate your time and effort in helping make it run so smoothly. The students had a great morning cooking delicious food and then eating it for lunch.

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 enjoyed growing mealworms so much last term that this term I decided to bring in silkworms for them to watch grow. If anyone has a mulberry tree that we could have some leaves from on a regular bases could you please let me know.

Hope you have a great week, I know K/1 will as we catch up with our friends again and settle back into school routines.

Gratitude Breaths



- In a seated position place your hands in prayer position on your heart area.
- Slowly and gently twist your back and neck and feel lucky that you have a vibrant healthy body.
- Close your eyes over and gently start to smile.
- Deep breath in and move the smile up to your nose, eyes, forehead.
- Think of something you are very grateful for today or grateful for in your life.
- Open your eyes and feel grateful for the 3 things you can see.



Kind regards

Ms Davies

Years 2/3/4

Welcome to Term 4!

I hope you had a great holiday. We have a busy term ahead of us. **In week 3 we are heading to Coffs Coast Adventure Centre. Final payments are now due.** Please see the office staff to arrange payment plans if need be. **We still require private transport for the Monday (23 October).** This will include attending the bushwalk at Woolgoolga before dropping children off at the camp.

We are jumping straight back into the swing of things this week with homework being sent home today. Homework will consist of spelling (focusing on the incorrect words from students' pre test), math revision and home reading. Home reading may consist of reading a chapter book from home or the school library. Homework and Home Reading Logs are to be returned each Friday. Let's try for some more Hat Tricks this term! **(Homework + 100% Day 5 Mentals + 100% Weekly Spelling Test). To secure a Hat Trick, students must return their home reading logs as it is a part of their homework.**

Prodigy passwords have also been sent home for students wishing to access the activity at home.

Library will be each Thursday with Mrs Roberts and Mrs Roberts will continue to teach the class each Friday.

A big thank you to Shell (aka Angus's mum) for covering our comfy chairs and making them look groovy and fresh.

Welcome to Konan. He joins the grade 3 cohort and I am sure you will all make him feel welcome at PIPS.

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

We are looking for to a great Term 4!

Homework

Spelling homework this week will be the sound "oo" as in boot, "ew" as in screw, "ue" as in glue, "u_e" as in flute and "u" as in ruler. In maths we are focussing on the Measurement and Geometry strand. Year 5 are looking at capacity, volume and mass. Year 6 are looking at coordinates in four quadrants. Please get the home reading journals up to date and send in for checking.

Robotics Day

5/6 had a fantastic day with Mr Dan Kelly from Maclean High School. They built and then coded their robots, Mr Kelly was extremely impressed with the skill level of our class.

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