


Community News



Understanding Your Child's Brain

An insight into child development

Would you like to learn:

- How the brain develops
- What you can expect from your child at each stage of development
- How do emotions develop and how they affect behaviour

NOVEMBER 28, 2017

Maclean TAFE

Woombah Street, Maclean (next to high school)

9.30am to 2pm (light lunch provided)

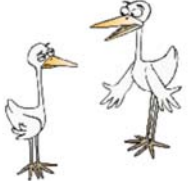
Who is eligible: Anyone with primary care or support role in the care of child or seeking access or restoration of a child.

Cost: FREE

Childcare: Available at no charge. Limited spaces, bookings essential.

To register: Contact CRANES (see below)

About CRANES: Please visit our website www.cranes.org.au



CRANES' Family Relationship Services is funded by the Dept. of Social Services

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

Nutty Pumpkin Muffins

We can't decide if these are sweet or savoury but they are definitely delicious! They can be served with greek yoghurt or ricotta for breakfast or snacked on throughout the day.

Serves: 12 muffins

Ingredients

- 3/4 cup self raising flour
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1 cup pumpkin puree (approximately 1/3 pumpkin cooked and mashed)
- 1 teaspoon vanilla extract
- 50g margarine (melted) or olive oil
- 75mL milk
- 1 egg
- 1/4 cup walnuts (roughly chopped)

Method

1. Preheat oven to 180 degrees and grease a 12 hole muffin tin.
2. Place all ingredients into a bowl and stir until well combined.
3. Spoon mixture into muffin tin and bake for 20-25 minutes
4. Serve warm or store in an airtight container.

TIP 1: If you have buckwheat flour substitute it for 1/4 cup of the self raising flour.

TIP 2: Add 1/2 cup of savoury granola to the mixture if you have any



Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

Preschool (3 – 5 years) 11- 13 hours/ night

School (5 – 12 years) 9 – 11 hours/a night


Teens (12 – 18 years) 8.5 – 9.5 hours/ night Some hints for a healthy sleep:

Consistency: going to bed and rising at a regular time (be firm)

having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.

No screens (TV, IPADS, phones or game consoles) in the bedroom





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 27 November 2017

Principal News

Outstanding payments

Our school operates on a very tight budget and there are quite a large number of outstanding payments due. Invoices are being made up and will be sent home this week, please make concerted efforts to finalise overdue amounts asap.

We have an EFTPOS machine being installed, and will be ready for use from Wednesday.

Intensive Swimming Scheme



Our intensive swimming scheme continues this week, thank you for having your children organised each day. On Friday the children will finalise their assessments and then have water play for the final 20 min in the pool. As a special treat the children are able to purchase a small bag of lollies. They may send in \$1, the staff will collect the money, make the order at the pool canteen and the children will receive their lolly bag at the end of the session. No other purchases will be permitted.

Life Education Van – Wednesday 29th November

The Life Education team provide a unique learning experience for children across NSW. **Reminder notes were sent home last Friday.** Children will have the opportunity to purchase merchandise at recess on Wednesday.

End of year Raffle

The P&C have gathered an amazing array of prizes for this year's raffle, more tickets available from the office.

2018 Captains speeches

All children in Year 5 are invited to make a captains speech on Tuesday 5th December at 9:20am, parents are welcome to attend. Following the speeches all children will return to their classes and vote for who they think will be great leaders for our school in 2018.

Student Support Wellbeing Officer

We have lodged an application to be eligible for the employment of a Student Wellbeing Support Officer to work in our school 2 days a week during 2018 – 2020. If successful the school will commit \$7000, we will receive \$7000 DoE funding and we need to show that we can raise \$7000 of community support for each year. We have asked that a

Congratulations to our Students of the Week!



Palmer's Island Public School P&C

Massive EOY Raffle

help us repair & replace our playground equipment

\$2 each or 3 for \$5 Drawn: 14th December 2017

1st The BIG day out! over \$700 of vouchers

vouchers do not have to be used in the one day - its just a suggestion

Clarence Valley Crossfit

rise and shine its crossfit time @

Bean Scene

recharge with breakfast & coffee @

Yamba golf & country club

quick round of eighteen @

Rooster & rabbit

pep time @

Yamba photo store

time to get pretty @

Total look clothing

its time to shop till you drop @

All about camping

finishing a great day @

Extreme cycle & skate

finishing a great day @

Revival clothing

finishing a great day @

Leche

fuel up with lunch @

Pure Shine coldstream

time to get pretty @

The beach barber

finishing a great day @

Barbaresco

finishing a great day @

Hamper of homewares **2nd**

3rd Hamper of childrens items

Please support the following businesses that generously support our school

All about camping

Australia Post

Barbaresco

Beach side bargains

Bean Scene

Corindello

Extreme cycle and skate

Flots and Jets

Kai Reka

Leche cafe

Mitre 10 Yamba

Pacific Hotel

Pure shine coldstream

Revival clothing

Rightfoot podiatry and footwear

Rooster and rabbit

The beach barber


The fudge shop

Total look clothing

Yamba golf & country club

Yamba photo store

Zig Zag clothing



"Citizenship. Scholarship. Sportsmanship"

27 November 2017



- **10 Day Intensive Swimming Program**
Monday, 20 November—
Friday, 1 December
- **Life Education Van**
Wednesday 29 November
- **BIG 4 Class Parties**
Monday 4 December
(note change of date)
- **P&C Meeting**
Wednesday, 6 December
at 6pm
- **Year 6 Graduation**
Thursday, 7 December
- **Kinder & Year 2 Dental Visit**
Friday 8 December *note change of date)*
- **Presentation Night**
Wednesday, 13 December
- **Last day of term**
Friday, 15 December
- **Students return in 2018**
Tuesday, 30 January



youth worker be sort with the assistance of an external employment agency. We are excited with the prospect of having someone to work with our children, build resilience and strategies for mental health and wellbeing. Please find the letter asking for assistance with today's newsletter, your assistance in distributing this to the wider community would be wonderful, if you require more information or can help please do not hesitate to contact me.

Big 4 Big Day Out - Monday 4th December

On Monday 4th December the whole school will celebrate the end of year with a day at the Big 4. **Reminder notes were sent home last Friday.**

Young Archie competition

Budding artists between the ages of 5 and 18 are invited to submit a portrait for the Young Archie competition. The portrait should be of a person who is special to them – someone who is known to you and plays a significant role in their life. No smaller than A4, no bigger than A3. Entries must be received at the Grafton Regional Gallery, no later than Friday 15th December. If your child is interested please see the office for an entry form.

Peaceful Kids

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

Kind regards,

Kath Hardaker



School News

Years K/1

Welcome to week 8. The countdown is on towards end of term.

K/1 had a very busy week completing their first week of our intensive swimming program. Although tired by the end of the week, they all held up remarkably well. Already the staff have witnessed great improvements in the students' water confidence and swimming skills. Well done everyone!

On Wednesday we will have the enjoyment of visiting Healthy Harold in the Life Education van.

Homework folders will go home today, to be returned Friday.

To spark the students' imagination this week, our NEWS topic for the week is "If I could fly I would....."

Library day will be Wednesday, please return all books.

Hope you all have a fantastic week!

Kind regards,

Ms Davies

Years 2/3/4

Welcome to week 8!

The countdown is on! One more week of swimming and then our BIG 4 excursion! I have enjoyed watching the children extend their swimming skills this past week. There has been a great effort all around!!

It is time to return all library books. For the remainder of the year our library day will be on a Monday with Mrs Roberts. She will also teach Geography that day. Fridays will remain the same.

I am after old PIPS uniforms for costumes in 2018. It does not matter what condition they are in. These can be left in my class room. Thanks in advance!

This week will be the last week of homework for 2017! Let's finish the year off with Hat Tricks!

Have a great week!

Regards,

Ms Clare

Years 5/6

Year 6 Dinner – BrGr Spot: 6:30pm Thursday 7th December

Please RSVP with numbers attending by Thursday 30th November to the school or text 0488229022. We have notified Yamba cinema that all 9 students will be attending the movie "Daddy's Home 2" to start at 7:45pm, parents are to organise for their child to attend, money and be picked up after the event.

Homework

We will continue spelling, maths and home reading homework. I would like to thank the dedicated students and their families for their efforts all year in setting good work habits and completing homework each week.

Regards,

Kathy Hardaker

P&C Meeting

Wednesday, 6th
December, 6pm at the
Yamba Bowling Club.
All welcome!!

Canteen News

Next week all students will be at the Big 4 Class Parties.

The following week, 11 December will be the last canteen day for the year.

All lunch items will be \$3

No lunch orders needed.

(Gluten Free included)

All food will be cooked and students can bring money to purchase food.

We will have:

- * Sausage Rolls**
- * Bacon & Egg Rolls**
- * Salad Cups**
- * Chicken & Gravy Rolls**
- * G/F Sandwiches**