

# Healthy Kids

## Body & Mind FREE workshop for parents

Grab a friend and come and enjoy this fun and informative half day workshop

Topics covered:

- Building resilience in our kids
- Tips on getting kids to eat healthier and exercise more

**DATE: Thursday 16th March**

**TIME: 9am till 12:30pm**

**WHERE: Palmers Island Public School**

Morning tea will be provided

**BOOKINGS ESSENTIAL**

Contact: Angela Rock or Jo Duffy 66427257 or email FRSP@cranes.org.au



FAMILY RELATIONSHIP SKILLS PROGRAM



@CRANES Community Support Programs

## Community News

### BCU YAMBA HOLIDAY SPORTS CAMP 2017



The 2017 BCU Yamba Holiday Sports Camp is on this April. Sports to be played will include: tennis, (racquets available), basketball, futsal, volleyball, netball, table tennis, and finishing with swim & Sausage sizzle on Thursday & of course the mini gymnastics with Clarence Coastal Gymnastics. Also appearing will be Mel & Vanessa from 24/7 gym with special running races & field games. Canteen facilities available at pool & indoor centre. Venues to be used: Yamba Swimming Pool, Tennis Courts and Raymond Laurie Sports Centre. Lots of prizes including BCU bank accounts to be won!!!

**When:** Tues 18<sup>th</sup>, Wed 19<sup>th</sup>, Thurs 20<sup>th</sup> APRIL  
**Where:** Pool Tennis Courts Angourie Road, Yamba  
**Time:** 9:30am-1:30 pm  
**Cost:** \$100 (Day rate \$40)

Organised pick-up from 8:45am Iluka ferry, returning 2:30pm ferry Yamba. Any further inquiries please phone Alan on 0416016775.



**Free Healthy Lifestyle Program  
for kids 6.5 to 13 years**

- ✓ Fun games & physical activity for kids
- ✓ Build self-esteem & motivation
- ✓ Improve eating habits

CALL: 02 6620 7502



Venue changed to **Maclean**.  
Last chance to enrol

### The Rotary Club of Iluka Woombah

#### MENTAL HEALTH FIRST AID COURSE



Are you interested in learning Mental Health First Aid so you can use your skills to help people in your community?

The Rotary Club of Iluka Woombah is holding a Nationally Accredited Mental Health First Aid training course in Iluka for people over the age of 16 years.

Learn how to provide first aid for people suffering from stress, anger, anxiety, panic attacks, depression, substance abuse, symptoms of dementia, psychotic episodes. And learn something about what makes humans tick and why we behave the way that we do.

This is a two-day course that participants can, if they wish, obtain a national recognised certificate at the Cert III level. A manual is provided

Facilitator: Dr Stewart Hase, Registered Psychologist.

The cost to attend this training is only \$35 per person. RSVPs are essential as spaces are limited. Morning tea and lunch will be provided.

To Register Contact Anne Lockyer at [grann1@westnet.com.au](mailto:grann1@westnet.com.au)

Or on 0417696845

#### Event Details

**Venue:**  
Iluka Community Centre  
Duke St Iluka

**Date:**  
25/26 March 2017

**Time:**  
9:30am - Morning tea and start 10am (sharp) - 4pm

**Cost:** \$35  
Cheque or Bank transfer



### YAMBA BREAKERS FOOTBALL CLUB

#### FOOTBALL

**A fun sport for both girls and boys from age 5 up.**

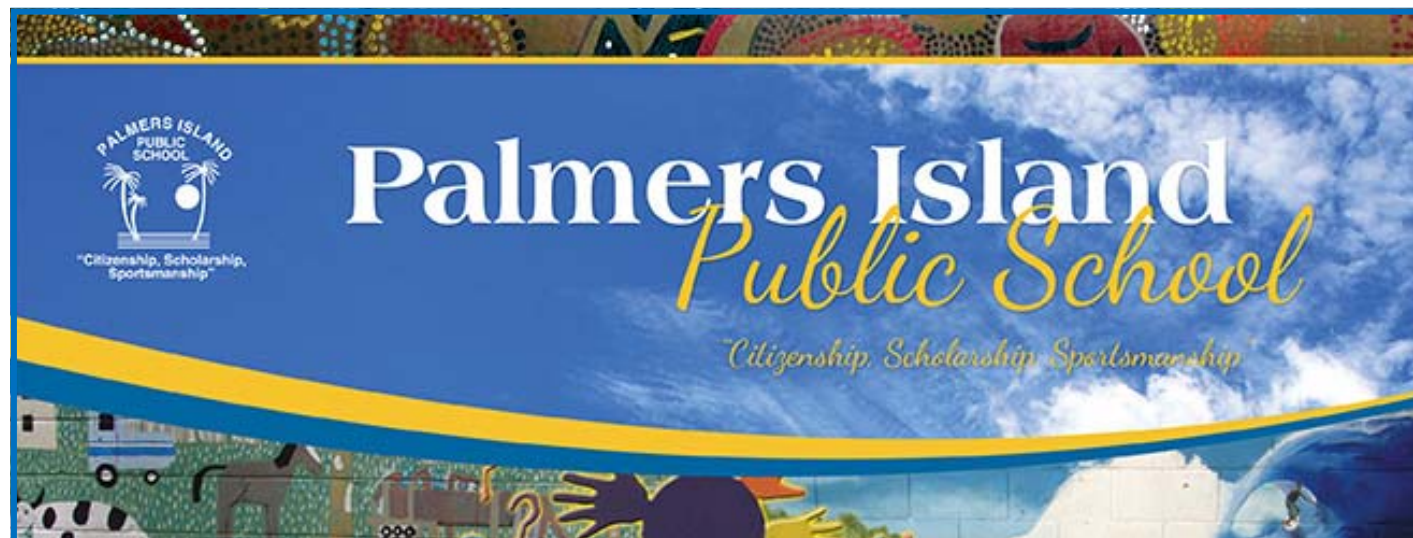
#### 2017 FOOTBALL SEASON

Registrations are now open for this season. If you are interested in playing, please register online: Register now at [www.myfootballclub.com.au](http://www.myfootballclub.com.au)

Players must be registered and paid up in full before they play. If you have any queries at all, please contact us at: [yambafc@gmail.com](mailto:yambafc@gmail.com) Or Club registrar Wendi Moffitt - 0474057997 / Tania Shugg - 0419621774

Fees for 2017:  
Small sided 5-7 years - \$95.00  
Juniors 8-11 years - \$125.00  
Juniors 12-16 years - \$155.00

Thankyou for supporting our club.



Yamba Road, Palmers Island NSW 2463 Phone: 02 6646 0114 Fax: 02 6646 0328 Email: [palmersisl-p.school@det.nsw.edu.au](mailto:palmersisl-p.school@det.nsw.edu.au)

### Palmers Island Public School Newsletter 6th March, 2017

## Awards of the week

## Principal News



#### North Coast Swimming

We wish Lachlan Skelton and AJ Hickling all the very best on Wednesday when they travel to Kempsey for their North Coast Swimming Competition.

#### Coding Workshop

Ms Clare will travel to Maclean with her Coding students to participate in a Clarence Valley Coding Workshop hosted by the Clarence Valley Council. It should be a great day.

#### School Stream

We have reached 31 users for our School Stream

App which is fantastic. More and more features are being opened to us each week, so we will continue to expand what we can deliver to you. Basketball Gala Day, Rugby Gala Day, Kids in the Kitchen notes are available.

#### Easter Donations

Easter will be here before we know it. Donations for the Easter Raffle are now being collected at the front office. Thank you to those who have already sent in their treats.

#### Instructional Rounds

All staff will be participating in Professional Learning tomorrow at Cowper PS. They will be learning about Instructional Rounds which, just like Doctors rounds, aims to investigate practices. Ms Davies will be replaced by Miss Martin, Miss Smith will be replaced by Miss Daley and Ms Hardaker will be replaced by Miss Hamilton.

#### Harmony Day

Students are learning a whole school song to be performed at the Harwood Hotel on Sunday the 21st March as part of the Clarence Valley Harmony Day celebrations. Last year was a great event, showcasing student achievements and multiculturalism. It is hoped that all students will attend this day, a note with more information will go home soon.

Kind Regards, *Ellie Wiseman*



6th March 2017



- **Regional NCPSSA Swimming Carnival**  
**Wednesday, 8th March**
- **Year 6 Young Leaders Conference, Brisbane**  
**Monday, 13th March**
- **3/4 Basketball Gala RLSC**  
**Monday, 13th March**
- **3/4 Kids in the Kitchen**  
**Wednesday, 15th March**
- **Maclean High School Transition Day**  
**Wednesday, 15th March**
- **Rugby Gala Day 3-6 Yamba**  
**Thursday, 16th March**
- **5/6 Basketball Gala Day RLSC**  
**Monday, 20th March**
- **Harmony Day**  
**Tuesday, 21st March**
- **NRPSSA Rugby League**  
**Wednesday, 22nd March**
- **NRPSSA Basketball, Lismore**  
**Monday, 27th March**
- **K/1/2 Kids in the Kitchen**  
**Wednesday, 29th March**
- **Easter Hat Parade**  
**Friday, 7th April**



**School**  
**Banking day is:**  
**Tuesday**



## School News

### K/1/2 Class News

Hello everyone,

We have another busy week ahead. Today our public speaking group will be working with Ms Clare. Tuesday Miss Martin will be having K/1/2 whilst I attend a professional development day. Wednesday please remember library books for borrowing. Thanks to Year 1/2 students who are diligently changing home reading throughout the week returning completed homework on Friday.

Have a great week.

Kind Regards,

*Ms Davies*

### 3/4 Class News

Hello everyone and welcome to another week. I hope you all had a restful and relaxing weekend. We have lots of exciting events coming up. A note went home last week for the Basketball Gala Day that we are participating in next Monday. Please assist us by either sending with your child the returned permission note, or completing the form online through School Stream. We also have our first Kids in the Kitchen Day next Wednesday (the 15th). If you are kindly able to assist on the day between 9:15am and 11:15am, please message me through Class Dojo, or contact me at school.

As part of our English Stars literacy program, we are presenting our 1-2 minute speeches we have recently been working out. For Maths, we are completing our investigation tasks we started last week. We look forward to seeing our finished products. We are very busy during our art lessons at the moment as we working on producing our best work to submit as entries into the upcoming Maclean Show.

Any questions, feel free to message me through Class Dojo.

Have a great week,

*Miss Smith*

### 5/6 Class News

**HOMEWORK:** Thanks to a little nudge from a wonderful parent I have included the strategy 'explanation' from your child's Maths textbook. This should help clarify 'how' the calculations need to be done. Please come in and have chat if there are problems when completing homework, it should not be a stressful time but an opportunity to share and understand more about what your child is doing at school. Some extra journals were sent in last week, yeah!!! We are revising our 8x tables this week.

Kids in the Kitchen was absolutely wonderful last Thursday. I would like to thank Kylie McIntyre and Shelley Swift for their awesome organisational skills; also Margie Johnson, Naomi Connock and Shelley Rose for their help

on the day.

Lots of notes have gone home preparing for a busy time ahead. Please ensure these are returned as soon as possible.


Our excursion to Brisbane is planned for Term 4. It is quite expensive, estimated at \$450. I encourage all parents to start making part payments to the office or online to help make this less painful.

I will be attending a professional development course on Tuesday and be away Thursday for personal reasons this week.

Kind regards,

*Kathy Hardaker*

**Your school now has a FREE app**  
Receive school information, instantly and directly to your smartphone



**How to download your FREE app**

- 1 From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)** search for **School Stream** and download the app to your phone
- 2 Make sure you agree to **push notifications**
- 3 Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school

For more detailed instructions go to [schoolstream.com.au/download](http://schoolstream.com.au/download)

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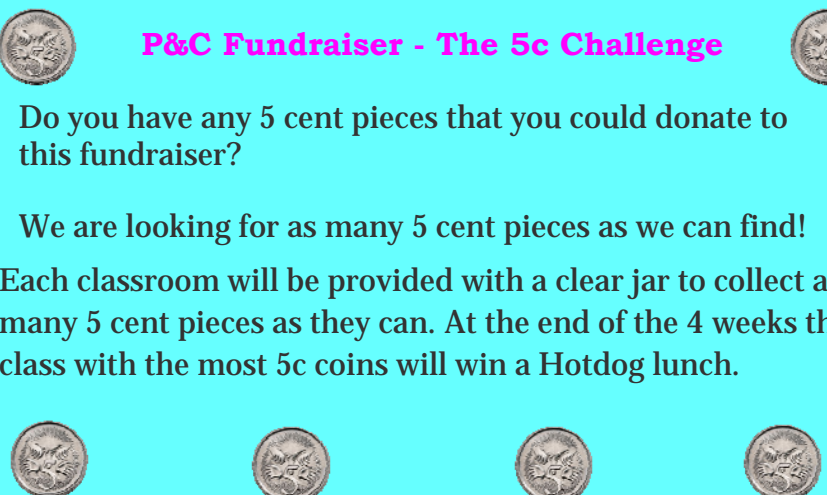
**P&C News**

**P&C Fundraiser - The 5c Challenge**

Do you have any 5 cent pieces that you could donate to this fundraiser?

We are looking for as many 5 cent pieces as we can find!

Each classroom will be provided with a clear jar to collect as many 5 cent pieces as they can. At the end of the 4 weeks the class with the most 5c coins will win a Hotdog lunch.



## Canteen News..

Jumbo Party Pies will  
continue to be \$2

### LOWER CLARENCE ARTS & CRAFTS ASSOCIATION INC.

Students are invited to enter two art/craft exhibitions in 2017:

**8 x 8 SMALL WORKS EXHIBITION**  
27<sup>th</sup> March – 28<sup>th</sup> April.

The theme for 2017 is **MESSAGES**.

**ENTRIES CLOSE 5 pm FRIDAY 17 MARCH**

**ENTRY FEE:** \$5 (includes 8 x 8 canvas). Work must stay within the frame size, but may be 3D emerging from the canvas. Any medium is accepted – painting/drawing/collage/photography/sewing. Work will be judged and can be for sale.

**SECTIONS:** (4 – 7 years) 1<sup>st</sup> \$30 2<sup>nd</sup> \$20 3<sup>rd</sup> \$10  
(8 – 11 years) 1<sup>st</sup> \$30 2<sup>nd</sup> \$20 3<sup>rd</sup> \$10  
(12 – 16 years) 1<sup>st</sup> \$50 2<sup>nd</sup> \$30 3<sup>rd</sup> \$20  
(ADULTS OPEN) 1<sup>st</sup> \$300 2<sup>nd</sup> \$200 3<sup>rd</sup> \$100

**Pick-up your entry form with canvas at Ferry Park Gallery, Maclean.**

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**CLARENCE RIVER ARTS FESTIVAL**  
Maclean Showgrounds. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> July  
YOUTH & JUNIOR ART.

**ENTRIES with FEES CLOSE 5 pm FRI. 30 JUNE**

**ENTRY FEE:** \$2 per artwork.  
Any medium and any subject will be accepted.  
Work will be judged and can be for sale.

**SECTIONS:**  
(3-4 years); (5-7 years); (8-10 years); (11-13 years)  
1<sup>st</sup> prize \$20 2<sup>nd</sup> prize \$10 3<sup>rd</sup> prize \$5  
(14-16 years); (17-18 years)  
1<sup>st</sup> prize \$80 2<sup>nd</sup> prize \$50 3<sup>rd</sup> prize \$20

**Entry forms are available at Ferry Park Gallery, Maclean or online:**

[www.clarencriverartsfestival.com.au](http://www.clarencriverartsfestival.com.au)