



Creative Arts students busy designing fruit to be displayed at the canteen



Community News

BreastScreen NSW

B screened

The mobile unit is coming

MACLEAN
Centenary Drive Carpark
August 2017

Call 13 20 50 to book your free screening mammogram

13 20 50
20 minutes every 2 years
could save your life

For women aged 50 to 74 years
breastscreen.nsw.gov.au

Cancer Council NSW

The simplest way
...to pack a lunch box.

With the kids back to school for Term 3, here are a few tips to make packing and eating lunches easy for you and your child.

- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, so you can streamline packing.
- If you get food coming home uneaten, ask your child why, as there might be a simple reason, like it's getting soggy in the lunch box, it takes too long to eat or you are packing a little too much for them.
- Remember to include a fork or spoon when needed.
- Prevent soggy sandwiches – pack fillings such as tomato and cucumber slices separately to be added to bread at lunch time, or pat slices dry with paper towel at home before adding to a sandwich.
- For small appetites or younger children, packing smaller serves can help; like cutting sandwiches into quarters and chopping up fruit.
- Open tinned food like corn, baked beans and tuna at home and send in the lunchbox in a plastic container. Tins can be hard to open at school and are sharp on little fingers.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It

ART SCHOOL
Clarence Valley

Visual Arts Education for Primary Students
Term 3 2017

Afternoon Art Class
Palmer Island Public School
Mondays 4pm–5pm
Commencing 24th July
10 week program focusing on fun clay creations and sculpting with mixed media

Lunch Time Art Class
Maclean Public School
Tuesdays 1.15pm–2pm
Commencing 18th July
10 week program focusing on fun clay creations and sculpting with mixed media

Contact 0438934304
kerriehowland@outlook.com

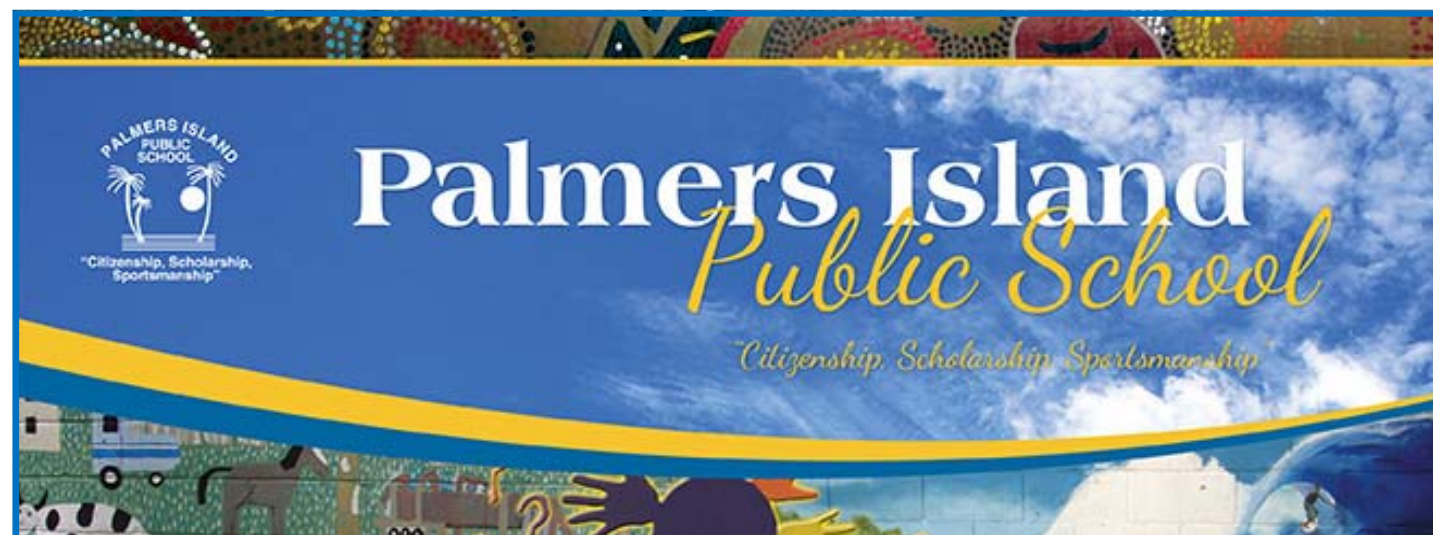


Inspire Your Kids to Live Offline

With electronic media and small screen devices becoming an increasingly common part of our everyday lives it can be difficult to set limits for our kids' usage of them.

Rather than saying 'no' all the time, entice your child away from the TV and screens with an outdoor adventure, project or idea. Encourage your kids to spend time outdoors with friends or family. Introduce them to new hobbies or try things like flying a kite, bushwalking, bug catching, baking, painting, photography, craft activities, board games or help them come up with their own creative ideas.

Setting simple limits such as 'no screen time' before school and at dinner time and making bedrooms screen free zones will help you to keep track of the amount of time your kids spend on screens and ensure that it doesn't get in the way of sleep and activities that are good for their development.



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

Palmer Island Public School Newsletter 14 August, 2017

Principal News

Premiers Debating Challenge

Biggest congratulations to our debaters Arlia, Delila, Lachlan and Tully who won their debate against Maclean on Thursday. They had a tough topic but came away with the win.

Small Schools Athletics

Congratulations to everyone who went to Lismore last Friday, well done to:

Delila – 3rd place in High Jump and 4th in Shot Put.

Tully—2nd in 12yrs High Jump

Orlando—2nd place in the 9yrs

We wish you all the best at the North Coast Regional Athletics Championships to be held in Coffs Harbour on Friday 1st September 2017.

Science Week

We are all looking forward to Science Week and the Science Expo on Wednesday. We hope you can join us!

LMBR Training

This week is another busy week of training for office staff along with Ms Hardaker and myself for the upcoming deployment of the new LMBR office software. Preparations are going along well as we approach our "Go Live" date on the 2nd September.

SSBI

We have been given our timeslot for the Small Schools Big Impact Concert Rehearsal, being 4:45pm at the Saraton, which will give us enough time to have dinner and a relax or play before the program begins at 6:30pm. The school will provide a variety of pizza's for students during this time or if you would rather pack something else for dinner. Please also pack some snacks and a drink. A bus will leave Palmer Island at 3.15pm for families and students.



'Future Earth'

Science Week

Science Expo:

Presented by the students from Years 5 and 6

Week 5

Wednesday 16th August

Palmer Island Public School

All welcome, come and watch our budding young scientists

Shared Picnic Lunch (11:15 – 11:55)
(Organise a group to share lunch with!)

12:00 – 3:00 Experiment Presentations
(approx. 15 min per group)



14 August 2017



- **Science Week commences**
Monday, 14th August
- **Science Expo**
Wednesday, 16th August from 12pm
- **Book Week commences**
Monday, 21st August
- **Scholastic Book Fair**
Thursday, 24th August
- **Small Schools Big Impact Concert**
Wednesday, 23rd August
- **Year 6 Transition High School Workshop**
Wednesday, 30th August
- **North Coast Regional Athletic Championships**
Friday, 1st September



The next P&C Meeting
will be held on
Wednesday,
6th September.
Everyone is welcome!



Please remember that tickets can only be pre-purchased from the school at a cost of \$3.00 per ticket. A note will go home today with more information.

Fundraiser

The P&C are holding 3 raffles this coming weekend in conjunction with the 'Tim the Bream' fishing competition. Thankyou to the Fishing Haven and Yamba Waters Caravan Park for supporting this fundraiser along with the Yamba Fair Butchery who have generously donated the BBQ packs.

Thank you Mrs Swift

The Library chairs have finished being re-upholstered, and they look fantastic. Thank you to Shelley Swift who has put in many hours to get our old chairs looking better than brand new. The students are very impressed.



I would like to say a big thank you to Becky Beveridge for volunteering to take on the role of banking co-ordinator. Our new banking day will be Wednesday.

Kind Regards, **Ellie Wiseman**

School News

K/1 Class News

There will be no news today, Ms Davies is away. Ms Hamilton is taking K/1 today.

2/3/4 Class News

Can you believe we are in Week 5 already?

The children in 2/3/4 have been working very hard. We have added more activities into our reading groups and math workshop, and have been whizzing through them!

This week we made our soil solutions in Science and saw that as the solution settled, the soil made different layers. We will be examining our rock samples next week. Please make sure that children have collected, labelled and returned their samples.

I have sent home another note regarding our term 4 excursion to Coffs Coast Adventure Centre. Please indicate by Friday if your child will be attending as we need to make final arrangements. If we don't get the numbers, we may need to consider another excursion venue. Remember to come and speak to our lovely office staff regarding payment plans.

It has been rather chilly in the mornings at PIPS so please remember to pack school jumpers. Another reminder that library is on Mondays!

Thanks, **Ms Clare**

5/6 Class News

Homework

This week in spelling we are looking at the sounds 't' as in tiger and 'tt' as in button. Maths worksheets for Year 5 are looking at "Flip, slide, turn" and Year 6 are looking at "Nets of prisms and pyramids". Please get the home reading journals up to date and send in for checking.

Science Week (14th – 18th August)

The children in years 5 and 6 are preparing some amazing presentations for science week. Could parents please discuss their child's project with them and offer assistance and/or purchase materials where necessary. All families and friends are invited to our "Science Expo" on Wednesday 16th August from 12pm.

Debating

Arlia, Delila, Lachlan and Tully debated against Maclean PS on Thursday the 10th August. They won the debate, displayed excellent skills and team spirit! Well Done!!!

Peaceful Kids

We will continue our whole school aspect of Mindfulness this week. Our relaxation is "Leaves on a stream".

I will be away for training on Monday and Thursday, Ms Tranter will be taking 5/6.

Peaceful Kids workshops will be on Tuesday morning. "Leaves on a stream".

Excursion

Just a reminder that the 5/6 excursion is fast approaching. I encourage all parents to start making payment instalments to the office.

Kind Regards, **Kathy Hardaker**

Small Schools Big Impact Concert

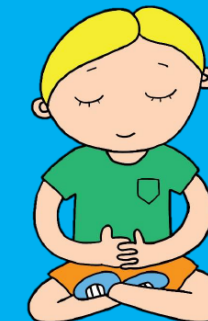
A dress rehearsal has been set for **Monday 21 August at 12.30**. Family and community members are welcome to attend. Remember that costumes are to be collected from home and are to include bright coloured/Rainbow clothes such as tights, shorts, skirts, t-shirts, leotards, vests, ties etc....

A separate permission note has been sent home with more information and must be returned by this Friday. Tickets can be purchased from the school!

Life Education Van visit

The Life Education Van will be visiting the school on Tuesday and Wednesday the 10th and 11th of October. Cost of the lesson, workbook and sticker is \$10 per student. A permission note is included with the newsletter.

Leaves on a Stream



- Begin by focusing on your breath.
- Take a few moments to just notice your breath and while you do, notice if any thoughts come into your mind.
- Just 'notice' your thoughts in your mind, just like leaves floating along a stream.
- Notice that the thoughts just come in to your mind and then out of your mind, just like leaves floating by.
- There is no need to try to change or stop your thoughts, just notice them.

P&C News

The students really enjoy having home cooking on Canteen day. If you are able to go on our roster to supply home cooking please phone Garbie Croft on 0431 605 110.



Clarence Valley Community of

Small Schools

Proudly presents
The
**BIG IMPACT
Concert**

Wednesday 23
August, 2017

The Saraton Theatre
Prince Street
Grafton

6:30pm start

Chatsworth Island P.S.
Copmanhurst P.S.
Coutts Crossing P.S.
Cowper P.S.
Gillwina P.S.
Harwood Island P.S.

Iluka P.S.
Lawrence P.S.
Palmer Island P.S.
Tucabia P.S.
Ulmarra P.S.
Wooli P.S.

\$3.00 per seat
Tickets on sale at the
Saratons Theatre

For more information
call Lawrence PS on
66477354