

Community News



Visual Arts Education for
Primary Students

Term 3 2017

Afternoon Art Class
Palmers 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

Tennis Coaching

Tennis coaching for Term 3 commences
18th July @ 8.30am.

The cost is \$90/term. 8 weeks minimum.

Racquets available for use and/or purchase if needed.

Please call Allan on 0416 016 775.

Alan Jurd (Head Coach LCTA).



Nutrition Snippet

The simplest way

...to make beef kofta.

Cook extra for dinner and pack leftovers for lunch.

Serves: 12 | Preparation: 15 minutes | Cooking: 10 minutes

Ingredients

500g beef mince
1 small brown onion, grated
1/4 cup chopped fresh
continental parsley
1 teaspoon minced garlic
1 1/2 tps ground cumin
1 egg



Method

Combine all ingredients in a bowl, mixing together with your hands.
Divide the mixture into 12 portions and shape each into a log.
Heat the oil in a large frying pan over medium heat.
Add the koftas and cook, turning occasionally, for 10 minutes or until golden brown and cooked through.

Serve with tabbouleh and tzatziki on Lebanese bread or with a side salad.

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Free Come and Try BMX

Saturday 22 July 2017

Two **Free** coaching and training Sessions for new riders to gain basic bike skills and confidence to ride on the BMX track. Arrive at 10 for 10.30am-12noon session or arrive at 12.30 for the 1pm-2.30pm session.

This is a great opportunity for anyone who rides a bike and is interested in having a ride on a BMX race track. Riders of all ages from 2 years up can join in the fun and have a ride around the BMX track. BMX is not just for the boys - the number of girls riding and racing BMX bikes is on the increase throughout Australia. The great thing about BMX as a sport is that the whole family can get involved, and all the family can do the same sport at the one place and time. Riders and spectators will experience the thrills and excitement of this family orientated sport.

Bring along a **good working order bike** (Bike size can be from a 16 inch BMX to 26 inch mountain bike or strider balance bikes for the very young) and **safety gear** - bike helmet (preferred full face) long pants and long sleeve shirt, shoes and socks that cover the ankle, gloves (any type will do). *If you do not have some of the safety gear, ask at the canteen on the day as we do have a limited number of helmets and gloves to loan out.*

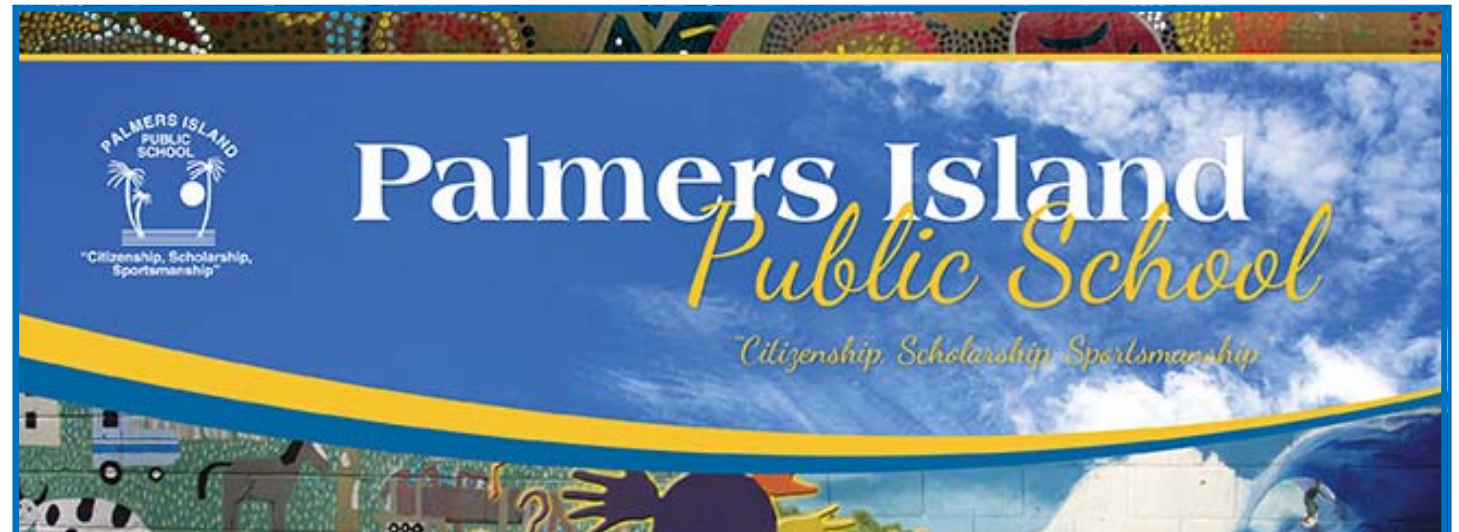
The club will have someone on hand to checkout your bike and help with making it safe to ride.

A sausage sizzle will be available throughout the break, allowing you to get to know club members and find out more about our club and the sport. Stay around after the last session and join in our GM to find out what is happening in the club.

Tell all your friends and your parents.

The Clarence Valley BMX Club's race track located at the corner of Abbott and Vere Streets in South Grafton.

More information is available at the **Clarence Valley BMX Club's website** and updates on the **Clarence Valley BMX Club facebook page** or call Club Secretary Taya on 0451 456 150.



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 18 July, 2017

Principal News

Welcome back to term 3. I hope all families had a wonderful break and enjoyed the beautiful winter weather that was on offer.

I would like to congratulate the award recipients from last term's Assembly of Excellence. Thank you to Kevin Hogan MP and Susan Monin from Quota for attending and presenting the awards. Care and Fairness is a tremendous attribute to demonstrate.

K/1/2: Millie Crouch and Zahra Fantini

3/4: James Hutchinson and Orlando Hickling

5/6: Liam Croft and Tully Andrzejewski

Principals Awards: Indiana Gell, Blaze Armstrong and Delila Andrzejewski

Random Act of Kindness, Quota Award: Taneka Randall-Honeysett

Opportunity Class Award, Visual Arts: Amelia Johnson

Opportunity Class Award, STEM: Liam Croft

100% Attendance Awards: Zahra Fantini, Isla Old, Zoe Fantini and AJ Hickling.

Congratulations also needs to go to our debaters who fought gallantly in their debate against Brunswick Heads on the last day of term to only narrowly be defeated. Well done debaters and thank you parents for a huge effort travelling to Brunswick.

Over the holidays the covered walkway was completed along with minor repairs to the grounds, the final sign-off on the epic public works disabled toilet, ramps and covered walkways. This term we hope to have the previous year 6 artwork displayed (hopefully the grounds will be dry enough to get Mr Lyon's truck in), the vege garden up and growing, the edging on the new garden in-front of the BER building, upholstering of the old library and class 'comfy' chairs and the completion of the school values, Palm Trees.

I spent some time with each of the classes today and was impressed to see students happy and eager to be back at school, working hard. Term 3 has got lots on offer for our students, starting with the Small Schools Athletics



18 July 2017



- **Small Schools Athletics Carnival — Iluka**
Thursday, 28th July
- **NR PSSA Zone Athletics Carnival — Lismore**
Friday, 11th August
- **Science Week commences**
Monday, 14th August
- **Scholastic Book Fair**
Thursday, 17th August
- **Small Schools Big Impact Concert**
Wednesday, 23rd August
- **Year 6 Transition High School Workshop**
Wednesday, 30th August

The Next P&C Meeting will be held on Wednesday, 2nd August. Everyone is welcome!

Carnival next week, followed on by a Book-fair, Science week, Small Schools Big Impact Concert, Kids in the Kitchen and of course Opportunity Classes. I look forward to another successful term full of great student achievements across all areas.

We are looking for volunteers to help cover seats. If you are able to come and help please meet in the library tomorrow from 9am.

Kind Regards,

Ellie Wiseman

School News

K/1/2 Class News

Hello Everyone,

I hope you all had a fantastic 2 week break, I did and I'm looking forward to the term ahead.

This week in literacy, Kindergarten will be participating in activities based around the sounds 'l' and 'j' whilst Year 1 will be looking at words that have 'p' as in pig, 'pp' as in slipper, 'r' as in robot and 'rr' as in carrot. This term we will be looking at the language features and structure of informative texts.

Our Science unit this term is 'Watch it grow' and we will be starting it this week with a hands on investigation looking at the growth cycle of mealworms.

Library day will remain as Wednesday so please remember your library books/bags tomorrow.

Homework:

Kindergarten this week will be taking home a new homework pack. Included will be 2 readers for the week to practise reading fluency, sight words, a sounds game and a laminated alphabet chart to practise writing your letters. I will add more things throughout the term. Folders are to be returned each Friday so I can change readers and update sight words.

Year 1, I am in the process of putting together Year 1's new homework pack so for this week it will be spelling words and maths activity as usual. There will be 3 home readers included in Year 1's pack for reading throughout the week. Folders are to be returned each Friday with completed homework tasks and readers for changing.

Have a great week,

Kind Regards,

Ms Davies

3/4 Class News

Welcome to term 3. I am very excited to be back after having a relaxing break with my family. I am looking forward to hearing about what the students got up to over the Winter holiday.

Aside from the exciting fact that we are now a 2/3/4 class, the class structure and routine will remain the same as I teach Monday to Thursday and

Mrs Wiseman each Friday.

I am a firm believer that the partnership between teachers and families is paramount to your child's happiness and success at school. Please contact me to discuss any concerns so I can best cater for your children.

I am available to meet Monday, Tuesday and Wednesday afternoons by appointment or can be contacted via class dojo. If you are not connected to our class please send in your email address and I will link you up.

We are jumping straight into the swing of things this week by practising our reading group activities (new and old) so that next week we are good to go. Math workshop will continue on from last term as we utilise the iMath resources. Our Science topic is based on the Primary Connections unit "Beneath our Feet" where we will be examining rocks, soils and landscapes. In Visual Arts students will be creating self-portraits by utilising different techniques from artists such as Picasso and Van Gogh.

Homework will be sent home this week. It will include spelling (practising the incorrect words from their pre-test), math revision (with a big emphasis on number facts) and home reading. Please remember that home reading may involve students reading a chapter book from the library or home. I am looking forward to more home reading log books being returned this term.

I will be sending home an optional homework activity involving a research task. This will be completed over the term by students wishing to complete additional homework tasks and will be sent home in week 3.

Thanks,

Ms Clare

5/6 Class News

Welcome to Term 3!

Homework

This week in spelling we are looking at the sounds 'oa' as in boat, 'o_e' as in rose, 'ow' as in window and 'o' as in comb. Due to another extremely busy week there are no maths worksheets. Please get the home reading journals up to date and send in for checking.

Small Schools Athletics

At Iluka Friday 28th July. Children who have qualified will receive a note later this week.

Debating

On Friday 30th June, Lachlan, Delila, Arlia and Tully went to Brunswick Heads for the third round. They put in an amazing effort and although they lost the debate they were congratulated on their excellent efforts, well done team! And thank you to Belinda, Brael and Malika for transporting their children.

We have one more debate, against Maclean PS, the day has not yet been finalised.

Peaceful Kids

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

Unfortunately Ms Hardaker is unwell, thank you to Ms Nguyen for stepping in and following class routines.

Kind Regards,

Kathy Hardaker

Noticing your breath



- Close your eyes.
- Place a hand on your tummy or chest.
- Notice your breath in and then your breath out.
- Notice how your tummy or chest rises and falls.
- Notice the sensations of the breath.
- Don't change your breath, just focus on it.