



## Community News



Encourage your kids to have fun exercising at least 60 minutes each day. It helps with their growth and development and with their concentration at school as well.

Afterschool activities such as dancing, bike riding, walking or skateboarding are great ways for them to be active. They'll also enjoy vigorous activities that make you huff and puff like team sports, running and swimming and it's great to encourage these at least 3 days per week.

For more tips on how to help kids be more active go to <https://www.healthykids.nsw.gov.au/kids-teens/get-active-each-day.aspx>



**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](http://breastscreen.nsw.gov.au)

**Cancer Council NSW**

**The simplest way**  
...to keep all the nutrients and minerals.

Here are some useful tips to help keep the nutrients and minerals in your fruit and veg during preparation and cooking.

- Follow storage tips. Not only will your fruit and veg last longer, it will retain more nutrients and taste better too.
- Try not to peel your fruit and vegetables if you can avoid it. The skin is packed with fibre and other nutrients such as vitamins lie close to the skin surface.
- When cooking fruit and veg try not to chop it up too much.
- Heating fruit and boiling vegies loses many of the wonderful vitamins and minerals inside. Fruit and vegies are great fresh and raw. If you prefer them cooked, steaming, blanching, grilling, roasting, stir frying or microwaving retain more nutrients.
- Fresh is great but the nutrient value of food is also retained when snap frozen.
- Use the outer leaves of vegetables unless they are wilted or unpalatable.
- Keep it simple and do what works for you. We agree that eating fruit and veg any way you can is still a win!

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

**Eat It To Beat It**

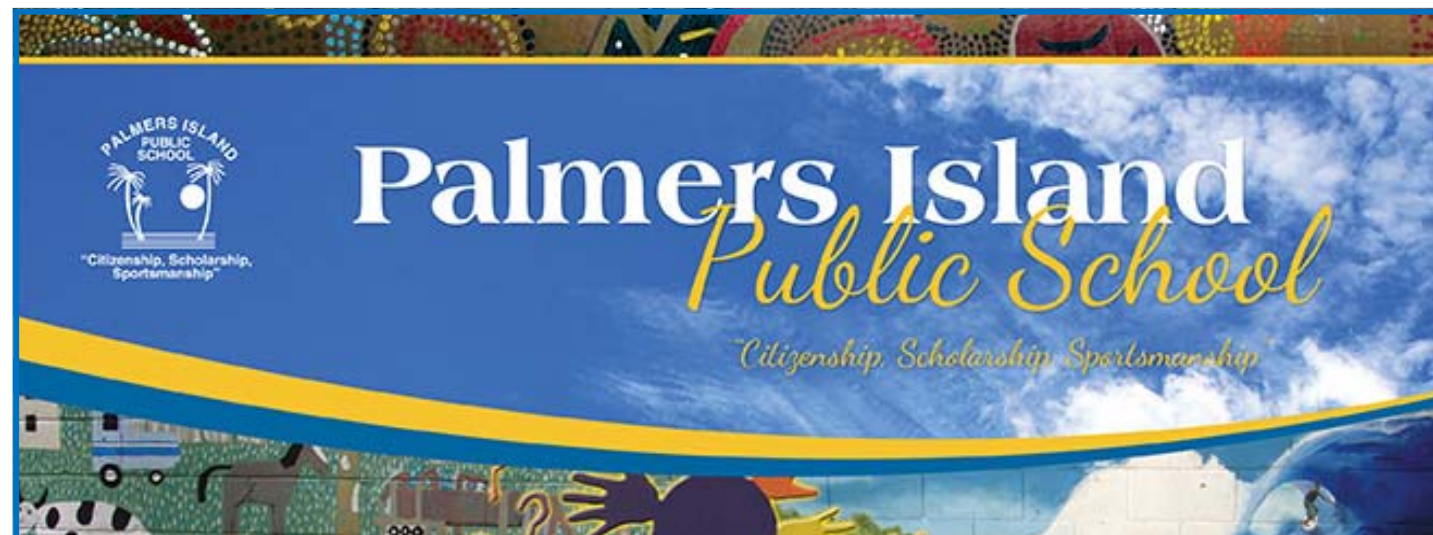
**Art School**  
Clarence Valley

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](mailto:kerriehowland@outlook.com)



Yamba Road, Palmer 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)

## Palmer Island Public School Newsletter 21 August, 2017

### Principal News

### Congratulations to our Students of the Week!

#### Book week

Students are invited and encouraged to dress up as a book character for our annual book-week parade this Friday. Throughout this term students have been reading some of the shortlisted books in their library time. Thank you to the P&C whose contributions assisted in the purchasing of the 2017 shortlisted books. Students will create their wish lists from tomorrow in their library time.

Families are welcome to attend the parade and stay to look at the library display and purchase from the book fair. Alternatively students will be given time to make their purchases.

#### SSBI

It is great to see that so many notes have come in to attend the Small Schools Big Impact Concert this Wednesday. Please get your notes in by tomorrow so a pizza order can be arranged. The nights program will go home today with the newsletter.

#### Science Fair

Thank you to Ms Haraker, Mr Mackay and the students of 5/6 who put on a spectacular display for this years Science Fair. I know that the rest of the school and staff were blown away by your scientific knowledge.

#### Online Payments

Online Payments will be unavailable from 4pm this Friday, 25th August and won't be available again until Wednesday, 6th September. By this time we will have fully transferred over to the new LMBR System.

#### NAPLAN Test week

Just a reminder that students from years 3 and 5 will be participating in the NAPLAN online readiness testing in week 7. This will be in preparation for NAPLAN going online in 2018.

Kind Regards,

**Ellie Wiseman**





21 August 2017



- **Book Week commences Monday, 21st August**
- **Scholastic Book Fair & Character Dress Up Day Friday, 25th 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**
- **2/3/4 Kids in the Kitchen Wednesday, 13th September**



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



## School News

### K/1 Class News

Welcome to week 6 and what a fantastic week we have ahead!

Today is our full dress rehearsal for our Small Schools Big Impact Concert to be performed on Wednesday evening in Grafton. The students have been busily practising their singing and dance moves for this exciting event under the great guidance of Ms Clare. A separate permission note went home last week explaining details of Wednesday's concert. If you need further information please don't hesitate contacting me.

This week is Book Week and we will have a change to our Library day. This week we will visit the library on Tuesday to have a look at the books on offer at the book fair, write out our wish list and to do our normal borrowing. So please pack library books and bags for tomorrow (Tuesday).

To coincide with book week our NEWS topic for this week is 'What is your favourite book? Bring it in to show the class and give a short story retell of it'. I'm looking forward to seeing and hearing about lots of great books this week.

To top off our week we will be having a Book Week parade on Friday at 9:15am. Students are asked to dress up as a favourite book character and join in celebrating the fun of reading and books.



Have a great week everyone,

**Ms Davies**

### 2/3/4 Class News

Welcome to week 6! It will be a busy one!

We are looking forward to the Small Schools Big Impact Concert on Wednesday night as well as the Book Fair Parade on Thursday.

We will continue with our set routines, so homework and home readers will be collected on Friday as normal.

A new date for the diary is our Kids in the Kitchen, which will occur on Wednesday in Week 9 (13 September). The theme will be "Fraction Food" to tie in with our math investigation.

Have a great week!

Thanks,

**Ms Clare**

### 5/6 Class News

#### Homework

This week in spelling we are looking at the sounds 'or' as in horse, 'ore' as in core, 'a' as in ball, 'aw' as in paw, 'au' as in sauce. Maths worksheets for Year 5 are looking at "Add and subtract fractions" and Year 6 are looking at "Investigating squares and rectangles". Please get the home reading journals

up to date and send in for checking.

### Science Week

Congratulations year 5 and 6 students for your work last Wednesday. It was great to see the wonderful demonstrations and experiments last Wednesday. I would like to thank all of the parents for their support in preparing their children.

### Peaceful Kids

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

Kind Regards,

**Kathy Hardaker**

### Small Schools Big Impact Concert News

We are looking forward to our first Small Schools Big Impact Concert.

The bus will leave school at 3.15 sharp.

At the end of the concert ALL students that have performed will return to the stage to sing a song for the finale. The bus will leave at the end of the concert. All students are to stay with the school until then.



## Mindfulness of Feeling



- Begin by focusing on your breath.
- Take a few moments to just notice your breath.
- Notice if your mind wanders to any particular spot in your body.
- Connect to that feeling in your body with kindness and with curiosity.
- Notice if there is any kind of emotion that you feel in your body.
- See if you can give that emotion a name such as sadness, happiness, worry or anger.
- Just notice if it is a comfortable feeling or an uncomfortable feeling.
- You may also notice any body sensations.

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.  
Gillwinga P.S.  
Harwood Island P.S.

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

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

For more information  
call Lawrence PS on  
66477354