



Blaze, Grady & Liam enjoying the activities in the Opportunity Class

## Community News

**Cancer Council NSW** Nutrition Snippet

### 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)

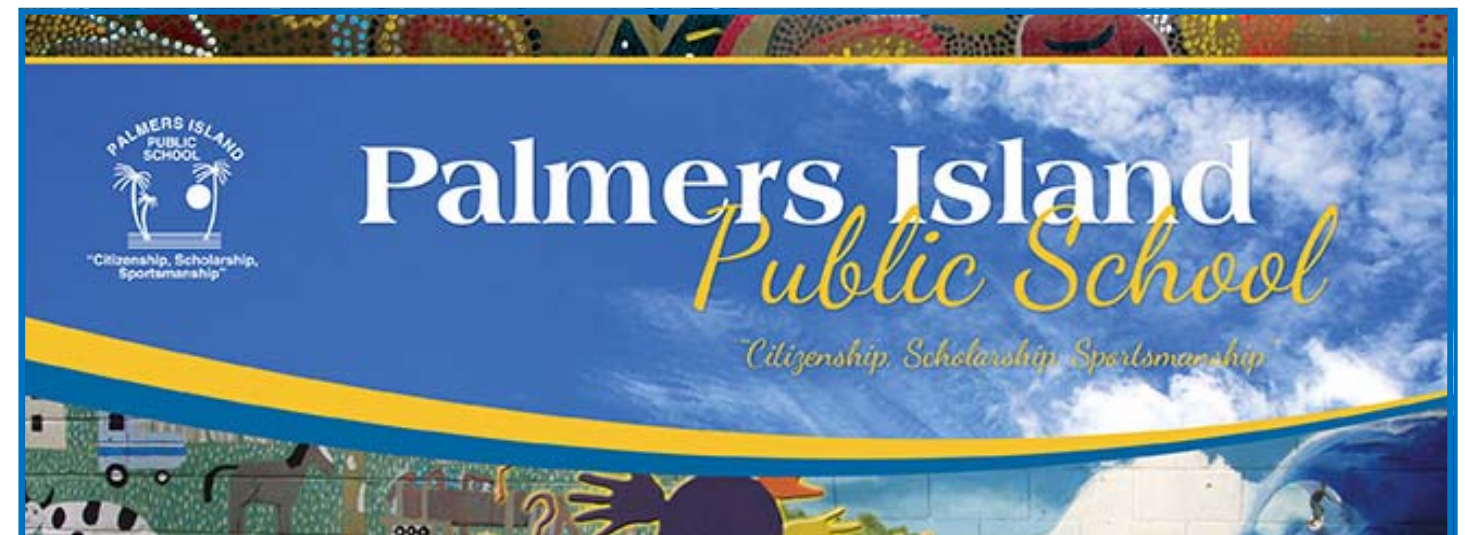
**Eat It To Beat It**



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**



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Palmers Island Public School Newsletter 28 August, 2017

**Congratulations to our Students of the Week!**

Small Schools Big Impact Concert!





28 August 2017



- **Naplan Online Readiness Test Years 3 & 5 Tomorrow (Tuesday)**
- **Year 6 Transition High School Workshop Wednesday, 30th August**
- **Fathers Day Stall - Gifts \$5.00 This Friday!!**
- **Kindergarten Orientation for parents Friday 1st Sept**
- **North Coast Regional Athletic Championships Friday, 1st September**
- **Kids In the Kitchen 5/6 Thursday 6 Sept**
- **2/3/4 Kids in the Kitchen Wednesday, 13th September**
- **Yamba View Club visit**



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



## Principal News

### Book Week

Thank you to all of our families who made such a wonderful effort preparing and putting together costumes for our book parade. Also to families who supported this years book fair by purchasing from the library. Scholastic donates a percentage of money raised back to our school in the form of books for our library.

### Regional Athletics

Best of luck to Tully and Delila Andrzejewski who will represent our school at the Regional Athletics Carnival on Friday in High Jump, and to Orlando Hickling who will also represent our school in the 100m 10 years boys. We look forward to hearing how they go and their experiences at such a high level of athletics.

### NAPLAN Online

Years 3 and 5 will participate in the NAPLAN Online readiness testing tomorrow. These preparations ensure that all schools across Australia are ready to go online for next years tests.

### Instructional Rounds

Staff will be part a professional learning event on Wednesday and Thursday this week. Staff will be working both in the classroom and with 3 other schools to implement best teacher practices lead by Principal School Leadership, Graeme Ross.

### Kinder Orientation

This Friday we will hold a Kinder Orientation for families interested in enrolling in 2018. If you know of prospective families please direct them to contact our office or pass on one of the pamphlets included in this weeks newsletter.

### Fathers Day

The P&C are running a fathers day stall this Friday. All gifts are \$5. Please send money with students for a purchase on Friday after lunch.

### Peaceful Kids

Students are progressing well this term with Peaceful Kids activities in class and at home. I am starting to get positive comments from students who are using meditations and mindfulness at times they have identified need.

### Opportunity Classes

Mrs Doyle is taking students to meet with the Yamba View club on Monday 18th September to show what is happening in our opportunity classes. The ladies of the Day View Club are great supporters of our school and it will be wonderful to give back to them and show the ladies what great things Palmers Island Public School are doing.

### Clarity- A Clarence Valley Journal

Earlier this year we were approached by Clarence Valley Council to showcase rural education in the Valley. A photo feature includes some lovely photos of our students with their chooks. A copy of the book is being distributed to shops, cafe's and tourist area information centres. A copy is going home today for your enjoyment.

Kind Regards,

**Ellie Wiseman**

## School News

### K/1 Class News

Week 7 already!!!!

We had a fantastic week last week. Thankyou to everyone who participated in the Small Schools Big Impact concert last Wednesday evening in Grafton. It was a great experience for us to be involved in. Thankyou to all the parents, friends and relatives that came along to watch the show and provide your support.

Friday was a fun day celebrating Book Week. The students loved dressing up and parading around as their book characters. We then split into 4 groups and participated in Book Week activities which was lots of fun.

This week I will be team teaching with Miss Hamilton whilst I also attend my continued literacy profession development and participate in the Instructional Rounds staff development that is taking place here at school on Wednesday. Our weekly learning program will run as normal.

This week in literacy, Kindergarten will be participating in activities based around the sounds 'k, c, ck and x', whilst Year 1 will be looking at words that have 'v' as in vase, 've' as in sleeve, 'w' as in web, 'wh' as in whale and 'u' as in queen.

Our Science investigations of mealworms is becoming more interesting with the mealworms changing into the pupa form over the last week.

Our NEWS topic this week is 'What is something really interesting about you that we don't know?'

Our library day will be Thursday this week.

Hope you have a great week

**Ms Davies**

### 2/3/4 Class News

Wow! Here we are in week 7!

Firstly, a massive shout out to all of the students and families who attended the Small Schools Big Impact Concert. It was great to see the PIPS school spirit in action, as the children performed amazingly and represented our school beautifully. Well done team!

If anyone took photos or video that night can they please see the office staff and arrange to have it copied. Thank you kindly!

On Wednesday I will be taking part in Instructional Rounds with the PIPS staff to investigate the way we use feedback in the classroom. It will involve teachers from other schools visiting our room and chatting with the children. I am sure the 2/3/4 class will enjoy sharing their thoughts on their learning with our visitors.

As part of our math investigation we will need food catalogues, such as Woolworths, ALDI and Coles. It would be great if families could send any spare ones in as soon as it is convenient.

Remember that 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.

The Cricket Gala Day will be held in Week 8 on Wednesday 6 September. A permission note will be sent home shortly. Everyone in 2/3/4 are invited to attend.

Have a great week!

Thanks,

**Ms Clare**

### 5/6 Class News

#### Homework

This week in spelling we are looking at the sounds 'v' as in vase, 've' as in sleeve, 'w' as in web, 'wh' as in whale, 'u' as in queen. Maths worksheets for Year 5 are looking at "Decimal subtraction to hundredths" and Year 6 are looking at "Investigating diagonals". Please get the home reading journals up to date and send in for checking.

#### NAPLAN online

Students from Year 5 and Year 3 will participate in the school 'readiness test' on Tuesday. This is designed to test our resources and become familiar with the NAPLAN online platform.

#### Year 6 Maclean High School Transition

Year 6 will travel to Maclean High School on Wednesday for their third transition day. Please return notes and money.

#### Regional Athletics

We would like to wish Orlando, Delila and Tully all the best in their competition in Coffs Harbour this Friday. Delila and Tully will be competing in the High Jump and Orlando will be competing in his 100m age race.

#### Kids in the Kitchen

5/6 will have their day in the kitchen on Thursday 7<sup>th</sup> September. Parent helpers are essential for this to run effectively. A note went home last week, can notes and offers of assistance please be returned. We will plan yet another delicious feast.

#### Premiers Spelling Bee

I would like to wish Che, Sam, Orlando and Blaze all the best for their competition in Maclean on Wednesday 6<sup>th</sup> September. Please return notes so that I can notify Maclean for catering purposes.

#### Milo Cricket Gala Day

On Wednesday 6<sup>th</sup> September all children from years 3-6 will be participating in the Milo Cricket Gala Day in Maclean. It is a great day of fun and skill building with other schools. Notes will go home next week.

#### Peaceful Kids

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

Kind Regards,

**Kathy Hardaker**