



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

**Loving Life Day**  
!!!!YOUNG TALENT QUEST!!!!  
**VALLEY'S GOT TALENT!**  
Saturday 19<sup>th</sup> August 2017  
Starting 12 noon  
Market Square, Grafton  
**For two age groups**  
Under 10 yrs & 10 to 14 yrs  
Singers, poets, novelty acts, dancers,  
musicians etc are all invited to apply...  
**ENTRIES CLOSE 4<sup>TH</sup> AUGUST**  
Cash Prizes & Trophies awarded to the  
Winners in each age group!!!!  
Entry forms available from:  
Loving Life FM 103.1 91 Fitzroy Street Grafton NSW 2460 OR Buckley's Grafton Music 2/137-139 Prince Street Grafton NSW 2460  
Enquiries: Julie Dickson (02) 6642 5097

## Community News

### 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 need-  
ed.

Please call Allan on 0416 016 775.

Alan Jurd (Head Coach LCTA).



**Cancer Council NSW**  
**The simplest way**  
...to help fussy eaters.  
Fussy eating is very common and often very stressful for the whole family. While there is no magic solution, perseverance, involvement, presentation and disguise are four effective strategies that can help address this behaviour.  
Other tips include:  
• Offer new foods at times when children are hungry.  
• Encourage kids to try new foods but do not force them to eat. "Parents provide, children decide" is a good rule of thumb to use.  
• Let kids help out with food preparation.  
• Be a good role model.  
• Praise your child for trying new foods: sometimes kids refuse foods to get attention.  
• Add "hidden" vegies to recipes such as spaghetti bolognese, soups, casseroles and home-made burgers.  
• Cook vegies lightly and use a variety of types so they have different flavours and colours.  
• It will take several attempts (10 – 15 times) so do not give up after the first time.  
For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)  
**Eat It To Beat It**

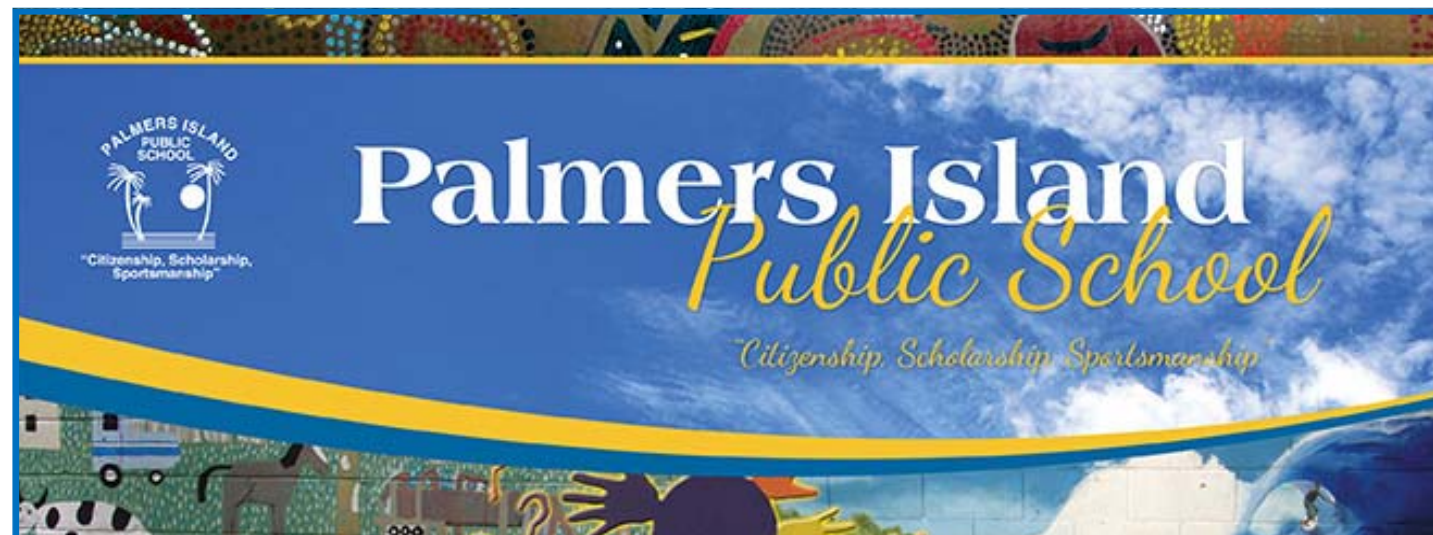
**CRANES**  
TERM 3 Workshops 2017

|                                  |  |   |
|----------------------------------|--|---|
| Tuning into Kids                 | The aim of this program is to support parents in teaching their children how to understand and regulate their emotions, necessary for well-being, resilience, self-control and relating to others. There is one session each week for six weeks at locations in Maclean and Grafton (see below for venue details). | CRANES @ GRAFTON 9.30am to 12.30pm August 9, 16, 23, 30 & September 6, 13 |
| How to Talk so Kids will Listen  | This half-day workshop provides parents with information about children's intellectual and emotional development and how to communicate more effectively. The workshop will be held twice (August and September) in Grafton.   | MACLEAN TAFE 9.30am to 12.30pm August 17, 24, 31 & September 7, 14, 21    |
| Understanding Your Child's Brain | Understanding brain development can assist in parenting and staying connected through to adulthood. This two session workshop is held in Grafton over two consecutive Tuesdays.  | CRANES @ GRAFTON 9.30am to 12.30pm August 8 & September 12                |
| Negotiating Screen-time          | Learn how to set guidelines around screen-time and how to respond to the possible backlash. This half-day workshop is being held at the Palmers Island Primary School.   | CRANES @ GRAFTON 9.30am to 12.30pm August 21 & 29                         |
| Who's in Charge?                 | This two day workshop is in partnership with MidCoast Communities' In It Together program and is specifically for parents who are in conflict with their teen. The workshop will be in the Coffs Harbour region with a venue to be advised.  | PALMERS ISLAND 9.30am to 12.30pm August 10                                |

CRANES' workshops are FREE of charge. Free childcare is also available at some venues. Bookings essential.

| VENUES               |                                      |
|----------------------|--------------------------------------|
| CRANES Grafton       | 3-7 Prince Street (river end)        |
| Maclean TAFE         | Woombah Street (next to high school) |
| Palmer Island School | 1078 Yamba Road, Palmers Island      |
| Coffs Harbour        | To be advised                        |

Call CRANES for enquires or to register (no referral necessary)  
Ph: (02) 6642 7257 Email: [FaRS@cranes.org.au](mailto:FaRS@cranes.org.au)  
CRANES' Family and Relationship Services is funded by the Dept. of Social Services.



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 31 July, 2017

## Principal News

### Small Schools Athletics Carnival

Students demonstrated fantastic skill and sportsmanship at Friday's Small Schools Athletics Carnival. It was awesome to see the enthusiasm and team spirit that students from all schools displayed on the day. I was very proud once again to have staff and parents from other schools go out of their way to report acts of kindness or sportsmanship from students of Palmers Island.

There were many students who recorded personal best times and distances in track and field events. Congratulations to AJ Hickling who was awarded Senior Boy Champion. Also Nya and Delila Andrzejewski who narrowly missed their respective age Champions by only 2 and 4 points.

Palmers Island also walked away as School Champions. That is both the swimming and Athletics we have won this year. A great effort!

### Opportunity Classes

Mrs Doyle has continued her Opportunity Classes for Visual Arts and Coding/Robotics today. These groups will finish in Week 5. Photography and Engineering/ Construction will be offered to students from 2-6. Expressions of interest will go home today for students wishing to participate. Please complete and return to your classroom teacher by next Monday 7th August.

### Cranes Workshop

Cranes will be running the 'Negotiating Screen-time' workshop here at the school on Thursday, 10th August 9.30am to 12.30pm. Please let the ladies in the office know if you are interested in attending or rsvp on the School Stream App.

### LMBR Training

The office staff are progressing well through the many tasks associated with the new LMBR software deployment and training days out of school. Thank you to Mrs Groth and Mrs Searles who are working overtime still welcoming everyone with their lovely smiles to the office for a payment or for a bandaid.



Visual Arts piece by Nya





31 July 2017



- **P&C Meeting**  
**Wednesday, 2nd August**
- **NR PSSA Zone Athletics Carnival — Lismore**  
**Friday, 11th August**
- **Science Week commences**  
**Monday, 14th August**
- **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**



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



#### NAPLAN Online

Ms Hardaker will travel to Grafton tomorrow to train for the new NAPLAN online trial happening later this term. Information went home last week for students who will be involved in this trial that has been scheduled for us in week 7.

#### Book Week

The shortlisted books have started to arrive at school for the annual Book Week celebrations. I will read one of the shortlisted books and start activities with students this week in preparation for our upcoming celebration in week 6 commencing Monday 21st August. We are running a Scholastic Book Fair this year which is a little different to what has happened in previous years. We will ask for your feedback after the event.

Kind Regards,

*Ellie Wiseman*

### School News

#### K/1 Class News

Welcome to week 3,

This week in literacy, Kindergarten will be participating in activities based around the sounds 'w' and 'z' whilst Year 1 will be looking at words that have 'x', 's', 'ss', 'se', and 'c' as in pencil.

Our mealworm investigation is continuing to keep us fully engaged as we observe and record their changes.

Thanks to everyone who returned homework folders on Thursday. They will be sent home again today with readers and homework for the week.

Our news telling was very popular last week with students eagerly telling us about their pets. The news telling booklet will be sent home today with this weeks topic 'Tell us about a day you spent with your family that you really enjoyed'. The purpose of the booklet is to provide students with a place to draw a picture or write some words to help students remember what to say.

Library day is Wednesday, so please remember your library bags to have the opportunity to borrow from our fantastic library.

Have a great week everyone,

Kind Regards,

*Ms Davies*

#### 2/3/4 Class News

Welcome to week 3.

This week we are continuing with reading group activities where children are excited to be working on novel studies and English Stars. In math work shop we are using Prodigy and Mathletics to reinforce numeracy concepts.

It was great to see so many homework folders returned. We had a few "Hat Tricks" for those students who completed their homework, and got 100% in

their mental and spelling tests.

This term I have sent home an optional home work task. It is a research activity that relates to our geography unit "Places are Similar and Different". Geography will happen in conjunction with library lessons each Monday with Mrs Wiseman.

Congratulations to those who took part in the Small Schools Athletics Carnival last week.

Thanks,

*Ms Clare*

#### 5/6 Class News

##### Homework

This week in spelling we are looking at the sounds 's' as in seal, 'ss' as in kiss, 'se' as in mouse 'ce' as in juice, 'x' as in fox, 'c' as in pencil. Maths worksheets for Year 5 are looking at "Capacity, volume and mass" and Year 6 are looking at "Patterns and general rules". Please get the home reading journals up to date and send in for checking.

##### Small Schools Athletics

Many children competed in the Small Schools Athletics last Friday in Iluka. Some amazing sportsmanship and achievements! Special congratulations go to: Nya Andrzejewski for coming equal second in the junior girls, Anthony (AJ) Hickling for winning the 11years boys, Delila Andrzejewski for coming second in the 11years girls. Children who have qualified to compete in Lismore on Friday 11<sup>th</sup> August, will receive a note later this week.

##### Bowling Club Prizes

Congratulations to: Tully, Indiana, Luke, Liam, Amelia, Arlia, Savannah, Charlie R, Will H and Grady who were our winners of the Ten Pin Bowling OR Mini Golf vouchers. These need to be used by 31<sup>st</sup> August.

##### Science Week (14<sup>th</sup> – 18<sup>th</sup> August)

The children in years 5 and 6 are preparing some amazing presentations for science week. Could parents please discuss with their children some ideas? More information will go home shortly.

##### Debating

We have one more debate, against Maclean PS. We are tentatively looking at Thursday the 10<sup>th</sup> August. I will confirm this and send a note shortly.

##### Peaceful Kids

We will continue our whole school aspect of Mindfulness this week. Our relaxation is "Worry Spot". If there are any parents still interested in finding out more about the "Peaceful Kids" program or wish for their child to be involved in the specific program, can you please leave your name at the office.

I will be away at a training day for online NAPLAN on Tuesday.

Kind Regards,

*Kathy Hardaker*



Visual arts pieces by Zoe, Amelia and Delila

### Worry Spot



- Notice how you are feeling in your body.
- See if you can notice a particular spot where you feel anxious or worried such as feeling sick in the tummy or tight muscles.
- Breathe into this spot and imagine that the breath is calming the worry spot with each breath.
- Imagine breathing out through the soles of your feet so the worry can leave your body and you are left feeling calm.