



Nutrition Snippet

The simplest way

...to make eggs in a basket.

Serves: 4 | Prep time: 10mins | Cooking time: 15mins

Ingredients

4 wholemeal or multigrain bread rolls
1 spring onion, sliced
1 medium tomato, chopped
2 mushrooms, sliced
Handful of spinach leaves (optional)
4 small eggs
Pepper
2 tablespoons reduced-fat cheese, grated



Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Slice off the top of each roll and scoop out the soft bread inside, leaving the bottom and sides of the roll intact. Arrange the rolls on the baking tray. Reserve the tops and middles.
3. Divide the spring onion, tomato, mushroom and spinach between the rolls.
4. Crack an egg into each roll. Season with pepper. Sprinkle the eggs with the grated cheese.
5. Bake for 10 minutes or until eggs are to your liking. Add the tops and middles during the last 5 minutes of cooking time.

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



Keep your heart happy and healthy with exercise and healthy foods like wholegrains, vegetables and legumes (peas, beans, lentils), lean unprocessed meats, fish and alternatives e.g. tofu, fruits, low fat dairy products and small amounts of healthy fats from foods such as nuts, seeds and avocado.



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

Community News

Tennis Coaching

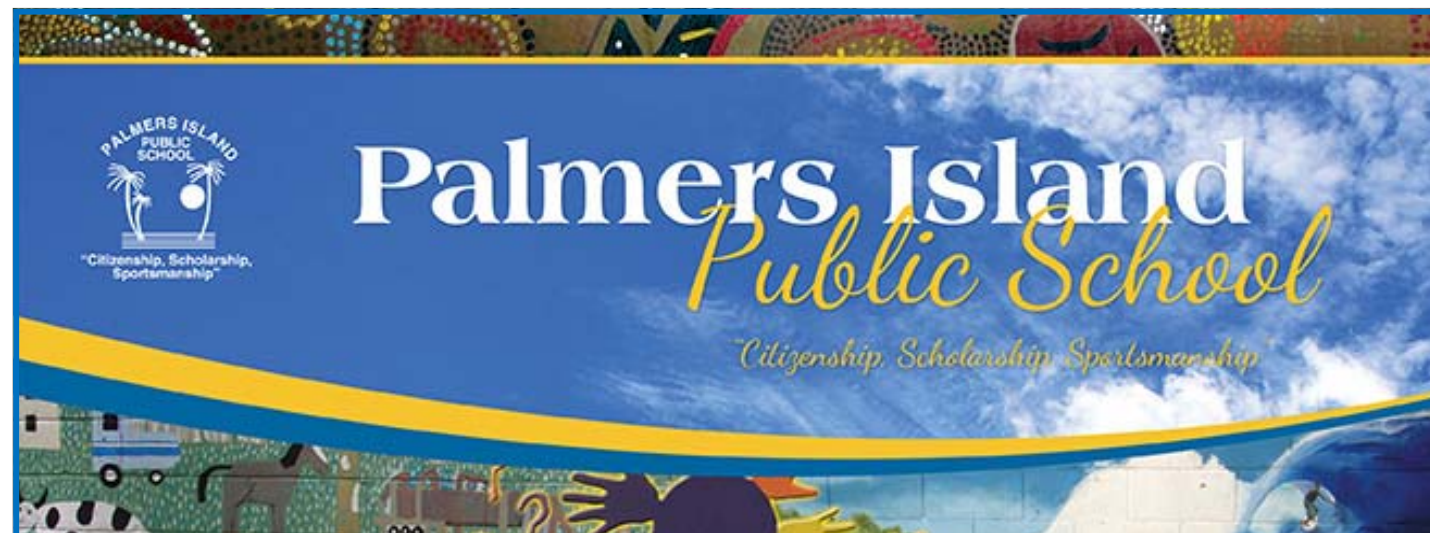
Tennis coaching for Term 3 commences 18th July @
8.30am.

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

Racquets available for use and/or purchase if needed.

Please call Allan on 0416 016 775.

Alan Jurd (Head Coach LCTA).



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Palmers Island Public School Newsletter 7 August, 2017

Principal News

Congratulations to our Students of the Week!

Education Week

Thank you to all the families who were able to celebrate a Education Week with us last Friday. It was wonderful seeing our year six students demonstrating their leadership role in the Peer Support session, impressed families looking at student work and learning about what happens in our Opportunity Classes.

Cranes Workshop

Unfortunately the 'Negotiating Screen Time' workshop has had to be cancelled due to lack of numbers. Another session is planned for early term 4 however we will send a new expression of interest form out with the courses available as it maybe that times or type of course offered may have changed.

Debate

Good luck to our debaters who will participate in their final debate of the Premiers Debating Challenge this year. The progress you have made through out the year has been wonderful.

Regional Athletics

We wish our 10 students travelling to Lismore on Friday ,along with Ms Hardaker, the very best of luck as they compete in a variety of events. They have been practicing very hard at both school and home.

Connecting to Country

Year Six students will travel to Yamba on Thursday to attend a Connecting To Country Event with Year 6 students from the Lower Clarence. Students will get a better understanding of local Native Title and repatriation ceremonies through sharing of knowledge and Yarning with local elders.

Peaceful Kids

It has been wonderful to see the Peaceful Kids program happening in the classrooms through out this term. Students are learning new techniques for mindfulness and are beginning to refer to them in their school day. Ms Hardaker has begun her first round of groups.



Celebrating Education Week

7 August 2017



- **Debate at Maclean Public School**
Thursday, 10th August
- **Connecting to Country Year 6**
Thursday, 10th August
- **NR PSSA Zone Athletics Carnival — Lismore**
Friday, 11th August
- **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



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



Small Schools Big Impact Concert

It is almost here, the Small Schools Big Impact Concert held at the Saraton Theatre on Wednesday 23rd August. Students have been practicing in class and with Ms Clare at Lunch breaks. I am looking forward to being part of this production. Please note that tickets can only be pre-purchased through the school and will not be available on the night. Tickets are \$3.00 per person (this includes toddlers) and available from the office now.

Opportunity Classes

The newest Expression of Interest forms went home last Friday for students in years 2-6. They are due back no later than Friday this week (11th August) to classroom teachers. Please be mindful that some students will be away with athletics practice on this day and will need to return their forms on Thursday.

Maternity Leave

I am happy to announce that Ms Hardaker will relieve for me as Principal during my 8 month Maternity Leave. Ms Hardaker will step in as of week 9 this term. She will continue on her 5/6 class for the rest of this year with Mrs Roberts taking on the role of Release Teacher, Learning and Support Teacher and Librarian for 2017.

Kind Regards,

Ellie Wiseman

School News

K/1 Class News

Welcome to week 4,

Thankyou to everyone who was able to come along to our education week open classroom on Friday. It was great to see so many faces and the children loved sharing their learning with you.

This week in literacy, Kindergarten will be participating in activities based around the sounds 'k, c, and ck' and 'ng' as in ring whilst Year 1 will be looking at words that have 'ir' as in bird and 'ur' as in nurse in them.

Our Big Impact concert is on Wednesday 23rd of August. Students will need colourful clothing for our performance. Now is a good time to see what you have that is bright and colourful and suitable to wear. We are in full swing practising our song and look forward to combining together with the whole school for this concert performance.

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

Our news telling was very popular last week, this weeks topic is 'What is your favourite



K/1 and Pre-Kinder

food that your family cooks? Tell us why it is your favourite.

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 4.

The students were very excited to have visitors to our class on Friday during our Education Week celebrations. I am sure that families were impressed with the hard work that has been getting done in our room!

It is with great pleasure that I announce that each child in the 2/3/4 class has completed the Premier's Reading Challenge. These books have been read during literacy groups, for quiet reading and home reading. The students have also been enjoying participating in Book Week activities with Mrs Wiseman and are discussing their costumes for the parade already!

This week we are looking at the tricky vowel sound of "ar as in star" and all of the spelling choices for that sound. Students were astonished to learn that "al" can make the "ar" sound like in calf and calm.

We have also been busy practising our touch football skills in readiness for the gala day.

Thanks, **Ms Clare**

5/6 Class News

Homework

This week in spelling we are looking at the sounds 'ir' as in bird, 'ur' as in nurse, 'or' as in world and 'er' as in fern. Maths worksheets for Year 5 are looking at "Interpreting Data" and Year 6 are looking at "Timelines". Please get the home reading journals up to date and send in for checking.

Small Schools Athletics

Can the children who have qualified to compete in Lismore on Friday 11th August, return their notes.

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. The children are working individually or in small groups and need to have their documentation to me by Friday 11th or Monday 14th at the latest.

All families and friends are invited to our "Science Expo" on Wednesday 16th August from 12pm.

Debating

We have one more debate, against Maclean PS on Thursday the 10th August. The children will leave school at 10am and return by 1pm.

Peaceful Kids

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

Kind Regards, **Kathy Hardaker**

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.