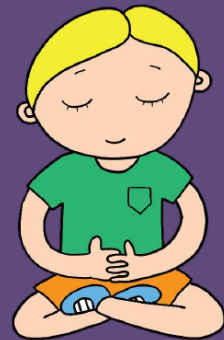


Gratitude Breaths



- In a seated position place your hands in prayer position on your heart area.
- Slowly and gently twist your back and neck and feel lucky that you have a vibrant healthy body.
- Close your eyes over and gently start to smile.
- Deep breath in and move the smile up to your nose, eyes, forehead.
- Think of something you are very grateful for today or grateful for in your life.
- Open your eyes and feel grateful for the 3 things you can see.

Community News



MACLEAN MANTA RAYS SWIMMING CLUB

Where: Maclean Olympic Pool

When: Season Starts Friday October 13th

Sign on: 5.30pm for 6pm start

A family orientated club aimed at kids improving their swimming and having fun with their friends.



Natasha 0439 844 411



macmantarays@gmail.com



Maclean Manta Rays Swimming Club

Aurora College

The virtual selective school for rural and remote students

Aurora College is NSW's first virtual selective school, offering a mix of online and residential school classes. The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students connect with their teachers and classmates in timetabled lessons through a virtual learning environment.

The college also gives Year 11 and 12 students the opportunity to study subjects not available in their own school. For details please visit our website.

Aurora College offers students expanded career options through innovative partnerships with businesses and with scientific, cultural and tertiary education institutions.

Students in the selective streams are chosen in the same way as students in all other selective classes in NSW government schools.



Applications for entry into Year 7 in 2019:
Open 10th October 2017
Close 13th November 2017

Visit Selective High Schools website
<http://bit.ly/shs2019>

For further information about Aurora College, visit the our website
www.aurora.nsw.edu.au | or phone 1300 287 629



"Try Sailing and Hobie Kayak"

At Big River Sailing Club, Harwood on Saturday Sept 23rd anyone, yes anyone, can have a go at dinghy sailing. Not only that, you can try the latest Hobie Kayaks and Stand Up Boards and other water craft. Top that off with a free sausage sizzle and you have a cracker way to kick off your weekend and the school holidays. The club is at Careys Lane, Harwood, just down river from the slipway. Turn off the highway at Watts Lane and follow the signs.

All the equipment is provided, including PFD's (aka life jackets) so just wear "wet gear" board shorts, rashies, etc and bring a fun loving attitude, we will help with the rest!

This event is co-hosted by Big River Sailing Club and Maclean Outdoors, check their websites for more info. That date again, Sept 23rd

SWIM LESSONS: At Yamba Community Heated Pool, 78 Angourie Rd, Yamba.

(66461750; : yambaswimmingpool.com.au; * rydj@nsw.chariot.net.au

5-day Intensive Program in Sept School Holidays. Ages 6yrs to 12yrs. Mon 25th Sept to Frid 29th Sept 2017

Term 4 swim lessons, one to two lessons a week from 9th Oct to 1st Dec 2017. Pre-schoolers in mornings after 9am, School-age lessons after 3pm.

Adult Learn-to-Swim and stroke correction. Saturday early afternoons Term 4.

New Enrolments: Visit the Pool and complete an enrolment form, or email us for a form at rydj@nsw.chariot.net.au. New Enrolments will be contacted to book a time at the pool prior to lessons commencing, to have their swim skills assessed.



Palmer's Island Public School

"Citizenship, Scholarship, Sportsmanship"

Yamba Road, Palmer's Island NSW 2463

Phone: 02 6646 0114

Fax: 02 6646 0328

Email: palmersisl-p.school@det.nsw.edu.au

Palmer's Island Public School Newsletter 18 September 2017

Principal News



It's a boy! Mrs Wiseman had a baby boy "Louie" on Tuesday 12th September, Mum and Bub are doing well.

I would like to thank our fantastic team of dedicated teachers, SLSO's and office staff for their contributions to everything to allow your children to have great experiences. I would also like to thank the parents and community members for their positive support.

I would like to wish all families a safe and happy holiday, enjoy a bit of down time before we kick in for another busy term.

Touch Football Gala Day



Palmer's won the shield!! Well Done PIPS!!

Last Friday 15th September children participated in the Touch Football Gala Day in Yamba at the Angourie sports fields. This was a big day with many schools from the area. Liam Croft, Lachlan Skelton and Nya Andrzejewski were nominated as best and fairest for their teams. I would like to thank the parents for their support and Naomi Connock for being a great team manager.

Footy Colours Day

On Friday we invite all staff and students to dress in the colours of their favourite football (Any code) team. Bring a gold coin for donation to the Fight Cancer Foundation. Fight Cancer Foundation is a national charity dedicated to providing care, treatment and support for cancer patients and their families and funding vital research into cancer treatment and cures.

Tell them from me

The *Tell Them From Me* student survey provides school principals and school leaders with insight into student engagement and wellbeing, and the impact of teaching practices at their school, from the perspective of students, parents and teachers. The information is confidential and individual responses cannot be identified. A consent form and FAQs for parents/carers about the survey was sent home last week with students of 4/5/6. If you **do not** want your child or children to participate, please return the form to school ASAP. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.



The parent survey website is available at: <https://nsw.tellthemfromme.com/palmersisland>

Due to our special Assembly of Excellence on Thursday there will be no Assembly this Friday

18 September 2017



- **Wednesday 20th September**
- **Assembly of Excellence Thursday 21st September**
- **Robotics with Mr Kelly Thursday 21st September**
- **Footy Colours Day—gold coin donation for the Childrens Medical Research Institute Friday 22nd September**
- **1st day back for students Monday 9th October**
- **2/3/4 Coffs Excursion 23rd-25th October**
- **5/6 Major Excursion 13th –17th November**
- **K/1 Currumbin Excursion 15th November**



Excursions



Class Excursions are quickly approaching. **START A PAYMENT PLAN.** Please return notes and payments to the office to allow planning to be finalised.

- **2/3/4** will be going to the Coffs Coast Adventure Centre, 23rd/25th Oct
- **K/1** will be going to Currumbin Wildlife centre, 15th Nov
- **5/6** will be going to Brisbane, 13th – 17th Nov. A full itinerary will be sent home in week 1 of Term 4.

We would like to thank the P & C for their generous support of all students attending excursions.

Assembly of Excellence

On Thursday 21st September at 2:00pm we will hold our 3rd Assembly of Excellence; this is to recognise our school value of “Cooperation and Participation”. Each class will present a short item and our special guest will be Mrs Meghanne Wellard, Director of Education, Clarence. Parents, families and community members are welcome to attend.

Opportunity Classes

Sam McIntyre, Lachlan Skelton, Liam Croft, Delila Andrzejewski, Amelia Johnson and Ruby Baker visited the Day View Club meeting today, they talked about their art projects and their robotics activities.

Kids in the kitchen

K/1 will be cooking up a storm on Wednesday.

Peaceful Kids

We will continue our whole school aspect of Mindfulness this week. Our relaxation is “Gratitude Breaths”.

Regards

Kathy Hardaker

School News

Foot & Mouth Disease

Parents are advised that there has been an incidence of Foot and Mouth Disease at the school. Although this is a common infection in children, it is very contagious and can cause discomfit. An information sheet is included regarding incubation times and how long children should stay away from school

K/1 Class News

Last week of Term 3!! Thankyou to Mrs Beveridge for taking K/1 on Thursday and Friday whilst I was recuperating from having the flu. From what I hear, they had a fun packed 2 days. This week we have Kids in the Kitchen on Wednesday. Please return notes and money ASAP. If you are able to help on the morning please let me know.

Excursion notes went home last week. If you have any questions about the excursion please don't hesitate to ask.



On Thursday at 2pm, we have our Assembly of Excellence. K/1 will be performing a song that they have been eagerly practising.

There will be no homework sent home this week. Library day will be Wednesday.

Hope everyone has a great week and a fantastic, safe holiday break.

Ms Davies

2/3/4 Class News

Welcome to the final week of Term 3.

Firstly, thank you to Margaret (aka Nya's Nan), Kylie (aka Luke's Mum) and Ms Tranter for assisting with Kids in the Kitchen last week. The children enjoyed creating and eating the fruit kebabs, zucchini supreme and M&M gooey slice. Yum! The recipes will be sent home this week so children can help with the cooking in the school holidays!

I am in the midst of finalising the details for our excursion to Coffs Coast Adventure Centre for week 3 in term 4 (23 October to 25 October). **We require volunteers for private transport!** Can you please let me know ASAP if you can assist with this matter! Thank you to those who are already helping!

An itinerary for the excursion will be sent home this week so students can begin getting organised!

There will be no homework this week. Our spelling focus has been split over two weeks as it has been very busy! Mentals and spelling tests will be done this week. Last week's homework will combine with this to create more Hat Tricks for this week's assembly.

Have a happy and safe holiday!

Ms Clare

5/6 Class News

We welcome Mrs Roberts to our class, Mrs Roberts will be doing Science on Monday afternoons and Geography and Library on Tuesdays.

Homework

There will be no homework this week!! Please get the home reading journals up to date and sent in for checking.

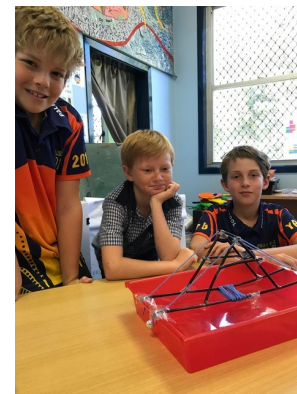
Robotics Day

On Thursday Mr Dan Kelly from Maclean High School will be working with the 5/6 class to build and then code robots. I'm sure that the children will have a fantastic day.

Our string art is looking amazing, many children have started work on a second masterpiece. Thank you Mrs Swift for all of your help!

Kind Regards,

Kathy Hardaker



Bridge building with limited materials. 10 straws, 29 paper clips, tape and string. Each bridge managed to hold \$15 of coins

