


Peaceful Kids

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

Kind Regards, **Kathy Hardaker**

Pause



- Either sitting or standing.
- Breathe in and raise a left arm, pause.
- Breathe out and lower the left arm, pause.
- Breathe in and raise the right arm, pause.
- Breathe out and lower the right arm, pause.
- Repeat for 4 cycles
- Then raise both arms when breathing in and lower both arms when breathing out.

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**



The simplest way

...to increase your fruit and veg intake.

Myth
Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.



Fact

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt).

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

Eat It To Beat It

Yamba Junior Surf Lifesaving "Nippers"

Information, Sign on Sessions & Pool Proficiencies as follows-

SIGN ON- Saturday 17th September @ Yamba Surf Club 10-12pm.

Merchandise and Nippers Handbooks will be available. Coloured caps for each age group will be \$10.00 and must be worn to participate at Nippers.

Nippers from Under 8s up will be issued with a Hi Vis vest to be worn at all times during Nippers.

All renewals and memberships should be done online if possible at <http://www.yambasls.com.au/membership/>

then <http://www.surflifesaving.com.au/>.

Please present a Birth Certificate for all new registration and as members will be required to be prepared to demonstrate proficiency requirements.

Nippers must be 5 on or before September 30th 2017 to participate.

PROFICIENCY-October 7th @ Yamba Community Heated Pool-12-2pm

October 14th @ Yamba Community Heated Pool- 12-2pm


START DATE- October 15th at

9.30am-10.30 (U/6 and U/7s)

9.30-11.00 (U/8-U/14s)

Join our Facebook page, Yamba Nippers to keep up to date with current information, photos and Junior Activities.

Please contact Yamba Surf Club for all membership inquiries during office hours Mon, Wed, Fri 9.30-12.30. Information regarding the above information and sign on days or contact us at yambanippers@gmail.com



Palmer's Island Public School

"Citizenship. Scholarship. Sportsmanship."

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Palmer's Island Public School Newsletter 4 September 2017

Principal News

Congratulations to our Students of the Week!

This is my last week before I begin my maternity leave. I thank Ms Hardaker for relieving whilst I welcome the newest member of our family. Thank you also, for all the well wishes I have received. Welcome Mrs Roberts who will slot into the PIPS team for the remainder of this year. You will see Mrs Roberts in 5/6, 2/3/4, Teacher Librarian and Release from Face to Face Teacher for K-6.

LMBR—GO Live

We have 'Gone Live', without too many glitches. Thank you to Mrs Searles and Mrs Groth who have worked tremendously hard over the past 3 terms to make for a smooth transition. Payments can now be collected through the office and online in a few days. New features of the system will be communicated to families in the near future.

Regional Athletics

Congratulations to Orlando Hickling, Tully and Delila Andrzejewski on their performances and achieving their personal bests at Regional Athletics last week. Each of them received a phenomenal 4th placing. Orlando in the 100m and Tully and Delila in the High Jump. This put them as 1st reserve for State Athletics.

Premiers Spelling Bee

Best of Luck to Blaze, Orlando Sam and Che who will represent Palmer's Island at the Premiers Spelling bee in Maclean on Wednesday. The boys will have a busy day as the bounce between cricket balls and spelling bees.

Year 6 Artwork

The 2016 Year 6 mural has almost made its way to the demountable toilet wall for display. A few minor adjustments should see it mounted by the end of this week. An unveiling ceremony will occur early in Term 4, as we invite back our year 6 students of 2016.

Instructional Rounds

The staff and I undertook intensive professional learning last Wednesday and Thursday with the very sort after Mr Graeme Ross. It was a fantastic opportunity that lead to great insight into the teaching and learning practices in our school. Data collected has helped to develop our future strategic



4 September 2017



- **Cricket Gala Day**
Wednesday 6th Sept
- **Spelling Bee Maclean**
Wednesday 6th Sept
- **Kids in the Kitchen 5/6**
Thursday 7th Sept
- **P&C Meeting**
Wednesday 6th Sept
- **2/3/4 Kids in the Kitchen**
Wednesday 13th Sept
- **Touch Football Gala Day**
Friday 15th Sept
- **Yamba View Club visit**
Monday 18th Sept



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



directions for our next 3-year planning phase. We look forward to being part of this worthwhile event next year.

Opportunity Classes

Students have been working hard and enjoying the new opportunity classes of Construction and Engineering and Photography. Here are some snaps of today's work. A small number of students will travel with Mrs Doyle on Monday 18th of September to Yamba Bowling Club to attend the Day View Club meeting and present their achievements in STEM and Creative Arts throughout this year.

Assembly of Excellence

Parents and caregivers are invited to attend our Term 3 Assembly of Excellence that recognises 'Cooperation and Participation.' The Assembly will be held on Thursday 21st September and attended by Special Guest Mrs Meghane Wellard Director of Education, Clarence. This is our final Assembly of Excellence for the Year as Term 4 recognises students' achievements throughout the year with our Traditional Presentation Night.

Kind Regards, **Ellie Wiseman**



School News

K/1 Class News

Welcome to Week 8,

I hope everyone had a lovely weekend.

Our Term 4 excursion is to Currumbin Wildlife Sanctuary on Wednesday 15th November. A note was sent home on Thursday to gauge a response for travel arrangements. Could I please have these returned by Friday 8th September so I can make all the necessary arrangements.

This week in literacy, Kindergarten will be participating in activities based around the sounds 'ch' and 'sh', whilst Year 1 will be looking at words that have 'oo' as in book, and 'u' as in put.

Our NEWS topic this week is 'Find a picture of a person, place or animal that is Australian. Tell us 3 things about it.'

Our library day will be back to Wednesday this week and homework/home readers are due in on Friday.

Hope you have a great week. **Ms Davies**

2/3/4 Class News

Welcome to week 8!

It was fantastic to welcome Ms Cherrie into our room on Wednesday while I participated in the Instructional Rounds activities. She was VERY impressed

with the student's work ethic and behaviour, and commented on the lovely atmosphere in our room and around the school. Awesome job team PIPS!

As part of the Instructional Rounds we had visiting teachers speak to the children around their learning, in particular the concept of using feedback in the classroom. The visiting teachers were impressed with the constructive conversations that were had. The other teachers and I will now use that information to improve on our own teaching practises. It was a very valuable learning experience for everyone!

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 this week!

Remember that our Kids in the Kitchen will occur on Wednesday in Week 9 (13 September). The theme will be "Fraction Food" to tie in with our math investigation. Please let me know if you can assist the class that day. A separate permission note will go home soon.

The Cricket Gala Day will be held this Wednesday 6 September. A permission note was sent home. Year 2 are welcome to attend however if not they will spend the day with Ms Davies.

Good luck to Blaze and Orlando for Wednesday as they compete in the Spelling Bee.

Notes have been sent home today for our term 4 excursion to Coffs Coast Adventure Centre. Medical forms must be returned this week.

Have a great week!

Ms Clare

5/6 Class News

Homework

This week in spelling we are looking at the sounds 'oo' as in book, 'u' as in bush. Maths worksheets for Year 5 are looking at "24 hour time" and Year 6 are looking at "Probability". Please get the home reading journals up to date and send in for checking.

Kids in the Kitchen

5/6 will have their day in the kitchen on Thursday 7th 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 6th September.

Milo Cricket Gala Day

On Wednesday 6th 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. Please return notes!

Touch Football Gala Day

On Friday 15th September all children 2-6 are invited to participate in the Touch Football Gala Day in Yamba at the Angourie sports fields. This is a big day with many schools from the area. The day is aimed at fun and skill building. Please return the note sent home today, it would be appreciated if we can have parents as support and team managers.

*"I can't stop the feeling!" went the children from Palmers Island Public School. Here we were at the Big Impact Concert at the Grafton Theatre. The big colourful lights were blinding me and I couldn't see anything. There was a humungous crowd! **By Luke (Year 2)***

*On Wednesday our school went to the Small Schools Big Impact Concert. I liked the lights that were flashing on the roof. I think our performance was the best! **By Justice (Year 3)***