



Nutrition Snippet

## The simplest way

...to make packing lunches easy.

School is back in session after an extended holiday and packing lunches is again on the household to-do list.

Make the task easy with *Eat It To Beat It's* inspiration and ideas for healthy lunch boxes.

Why not try this combination:

- \*Lebanese bread with beef kofta and tabbouleh;
- \*Tzatziki;
- \*Cheese sticks;
- \*Chopped watermelon and blueberries;
- \*Water.



For more ideas and recipes check out the [eatittobeatit.com.au](http://eatittobeatit.com.au) "for parents" section.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## Tennis Coaching

Tennis Coaching re-commences @ Palmers Island School on Tuesday morning 6th Feb @ 8.30am.

Cost for term is \$90/term. (min 8 wks).

Racquets available for use and/or purchase on the day.

Any questions please call Alan on Ph: 0416016775.

Yours in Tennis,

Alan Jurd (Head Coach LCTA)



## Maclean Adventurers 2018



Adventurer Club is a worldwide program designed for children 6-9yrs.

The program aims to help your child learn valuable life skills.

Monthly Club days run for 1 1/2 - 2hrs & include Crafts, songs and achieving awards which focus on four themes; My God, Myself, My Family and My World.

We are starting our exciting 2018 Adventurer Club on March 10

Please email your intention to join the club or to obtain more information. An information pack, which includes the registration & medical forms, cost and calendar of events, will be sent.

As spaces are limited those who are first to finalise their registration by 5 March 2018 and pay the fee of \$20 on the 10 March, will not be disappointed.

For more information call Christine Allomes - 0432 793 041, 66460213 or Email - [macleanadventurerclub@hotmail.com](mailto:macleanadventurerclub@hotmail.com)

## Registration Day

Players and parents are invited to our sign on registration day to be held on Saturday February 10th at the Yamba Oval, Angourie Road Yamba. Come on down from 3-6 and meet the coaches, learn some footy drills and stay for a BBQ.

All registered players will go into the draw to win prizes.

Exciting new League Tag competition starting for girls 13/14 and 15/16.

All new players will need to provide their birth certificates.



Clarence Coast Magpies Junior Rugby League

[magpies.secretary@gmail.com](mailto:magpies.secretary@gmail.com)

0415536944

[www.clarencecoastmagpiesleague.net.au](http://www.clarencecoastmagpiesleague.net.au)



# Palmer's Island Public School

*"Citizenship. Scholarship. Sportsmanship."*

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Palmer's Island Public School Newsletter 31 January 2018

## Principal News

Welcome to our first week of 2018, we are going to have an amazing year at Palmers Island.

### Student Support Wellbeing Officer

I have not received any information regarding this and make the assumption that we were unsuccessful in our application. I would like to thank those families who offered support.

### Kinder

Ms Davies will be conducting the best start assessments on Thursday, 1<sup>st</sup> February 2018. Kindergarten children will start at Palmers on Monday, 5<sup>th</sup> February. If you know someone who has a child/ren wishing to attend a Pre Kinder program please let the office know.

We still have places for enrolments in 2018 and we encourage parents to spread the word about our fantastic school.

### Internship

I would like to welcome Mr Edward Cameron who will be completing his practicum with us during this term.

### 2018

This week we will be operating 2 classes. K/1/2 – 23 students, 3/4/5/6 – 23 students. Fiona Davies will be on K/1/2 and Kathy Hardaker will be on 3/4/5/6. Next week Ms Clare will be implementing an exciting new way to operate a third class on Tuesday, Wednesday and Thursday. By creating another class we will be able to offer all students the benefit of quality instruction to meet their learning outcomes. Bryce Davies and Ms Tash Hancock will be our school SLSO's.

### PIPS Swimming Carnival

Our school swimming carnival will be on Tuesday, 6<sup>th</sup> February (Week 2, Term 1). **All students who are turning 8 years or above in 2018 will be attending the carnival. Please complete the note your child received today and return to the office.** Parent helpers are always appreciated on these days.

The small schools swimming carnival will be on Thursday, 15<sup>th</sup> February. Both events are at Maclean Pool.



31 January 2018



- **Kindergarten Best Start Assessments**  
Thursday, 1 February
- **Kindergarten students First Day**  
Monday, 5 February
- **PIPS Swimming Carnival**  
Tuesday, 6 February
- **P&C Meeting, 3.40pm at School**  
Wednesday, 14 February
- **Small Schools Swimming Carnival**  
Thursday, 15 February



### *Drawing in Schools Outreach Program*

We are excited to announce that Palmers Island PS has been accepted into the Drawing in schools outreach program. Mrs Kerrie Howland will visit our school each Monday to work with the 3/4/5/6 class and develop their artistic knowledge and skills.

### *Book Packs*

School contributions for book packs which include all text books, online subscriptions and stationery materials for the year will be \$70. Prompt payment would be appreciated.

### *Jump Rope for Heart*

Our school is participating in Jump Rope for Heart in Term 1. Jump Rope for Heart has been getting little Aussies active for 35 years while raising vital funds for the Heart Foundation who fund research, education, prevention, support and other activities to stop heart disease - Australia's biggest killer. To find out more visit our school's site at:

[https://jumprope.heartfoundation.org.au/2018/Palmers\\_Island\\_Public\\_School\\_-](https://jumprope.heartfoundation.org.au/2018/Palmers_Island_Public_School_-)

[PALMERS ISLAND NSW - 138699](https://jumprope.heartfoundation.org.au/2018/Palmers_Island_Public_School_-)

Kind regards,

**Kath Hardaker**



### **School News**

### **Years K/1/2**

Welcome back everyone,

It was so great to see the beautiful faces of Year 1 and Year 2 starting back after a wonderful holiday. Welcome to Nathan who joined our class.

We are eagerly awaiting Kindergarten, who start on Monday.

Library day this term will be Tuesday and Sport will be on Friday.

Hope you have a great week.

Kind regards,

**Ms Davies**



### **Years 3/4/5/6**

Welcome back to an exciting year!

We will commence homework next week.

Regards,

**Ms Hardaker**

P&C Meeting

Wednesday 14th February, 3.40pm

at the School.

All welcome!!

### **Community News**

### **About the Active Kids program**

From January 2018, the NSW Government will provide \$100 through a voucher system for parents/guardians/ carers to contribute to the cost of their children's participation in sport and active recreation.

The voucher can be redeemed towards payment of membership or fees with an approved provider registered with the Active Kids program, each calendar year.

For more information About the Active Kids program check out

[sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids) and [https://sportandrecreation.nsw.gov.au/sites/default/files/Active\\_Kids\\_Recipient\\_Guidelines\\_20171119.pdf](https://sportandrecreation.nsw.gov.au/sites/default/files/Active_Kids_Recipient_Guidelines_20171119.pdf)

Or Email [activekids@sport.nsw.gov.au](mailto:activekids@sport.nsw.gov.au)

### **How to apply for and redeem vouchers**

There are four simple steps:

1

Visit [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids). Read the **Guidelines** and **Fact Sheets** to learn about the program.

2

Visit [service.nsw.gov.au](http://service.nsw.gov.au) and create or login to your **MyServiceNSW Account**.

3

Complete an **Active Kids application** through your **MyServiceNSW Account**. You will receive a voucher with a unique ID number for each child you register (available to download, print and email).

4

#### **Redeem your voucher**

Take your child's voucher to a registered activity provider; or log onto your **provider's website** to enrol and enter the voucher **ID number**.

When your child commences their chosen sport or activity, your online account will show the status of the voucher change from 'Active' to 'Redeemed'.