

Palmers Island Public School



News and features

Message from the Principal

Classroom News

Community News

Upcoming Events

- Pre-Kinder Transition - Each week on Tuesday
- Intensive Swimming - Monday 30 to Friday 11 Dec
- Sporting Schools Surfing - Wednesday 16 Dec
- Students last day 2020 - Wednesday 16 Dec

- Stay at home if you have any cold or flu like symptoms
- Bring your drink bottle
- Parents wait at gate in the afternoon
- Face-to-face meetings by appointment adhering to social distancing measures.

MESSAGE FROM THE PRINCIPAL

Welcome to Week 6. Students have worked hard last week during assessment week. It was balanced with lots of fun activities to break up the periods of concentration. Teachers are finalising individual assessments ready for semester 2 reports to go home at the end of term.

Our P&C have reported that the Colour Run Fun Run has raised an estimated \$1300. Thank you families who were able to support our school in this way. Our next exciting and yummy fundraiser is the Krispy Kreme sale. Please share the facebook post with your extended friends and family. We have had a positive response so far but hope to make this a great fundraiser for our students.

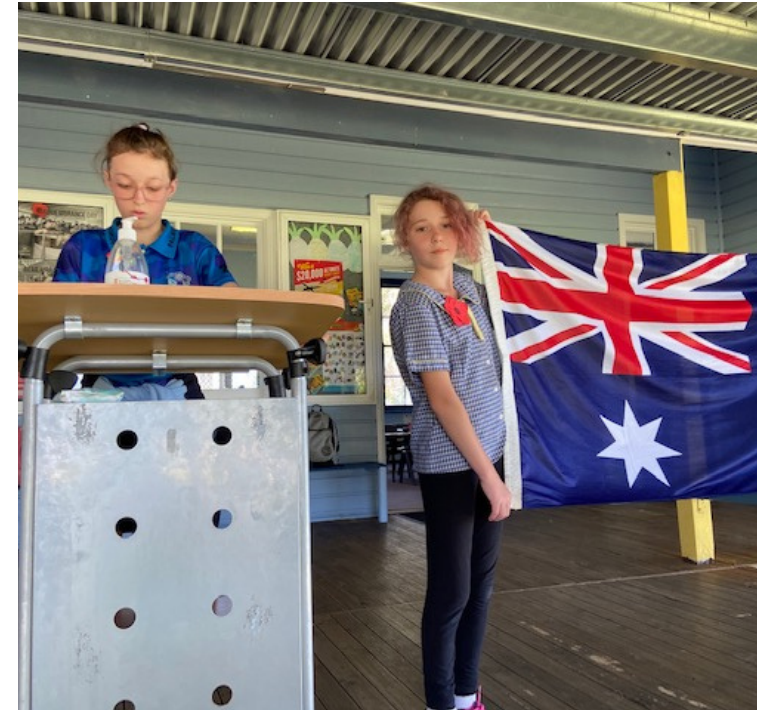
To end what has been a great term we have again engaged Yamba Angourie Surf School to provide a surf lesson to students on the last day of term, Wednesday 18th December. This day will be at no charge to students and covered by a Sporting Schools Grant.

We try really hard to only ask our families for to support one charity fundraiser per term. Our charity fundraising calendar is organised a year in advance. We have made some changes for next year, if you have any suggestions please contact myself or your classroom teacher. In saying that our school raised \$39.50 for the Day for Daniel charity, which was a great effort.

Our annual presentation day will look a little different this year as we need to do our best to adhere to the Department of Education guidelines. Our current planning is still underway to determine how we can include parents and carers. Presentation Day is scheduled for Tuesday 8th December. More information will be sent home in the next couple of weeks.

Earlier this Term we received notification from the Department of Education with regards to changes in the way that Staff Development days will be scheduled for 2021 and beyond. The two days at the end of the school year have been moved to the beginning of the year. Staff will return to school on Wednesday 27th January 2021 with students commencing on Friday 29th January 2021. The Staff Development days at the commencement of Terms two and three will remain in place and there will one Staff Development Day at the end of Term 4.

This is your last week to provide feedback via our school survey. Please follow the link on Class Dojo. Thank you again to those families who have already submitted their school survey. This survey is aimed to support our students and guide the next phase of our schools 4-year planning cycle. The survey is available in paper and electronic form (via the link on Class Dojo).



Classroom News

Mr Little & K/1/2

Hello from K 1 2,

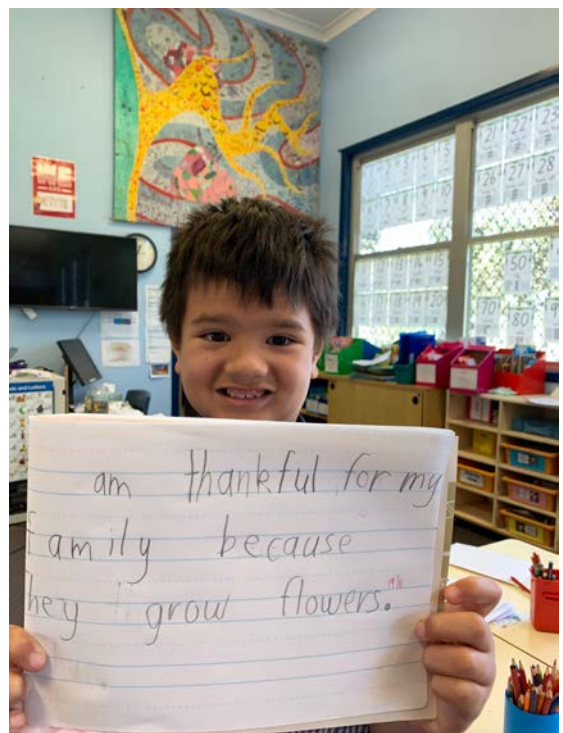
A very busy week just past us by with our professional development spurring many new ideas for the new year. Lots of commemorations, celebrations and raising awareness was done in the name of many valuable causes such as School Fun Run, Remembrance Day, Day for Daniel and World Prematurity Day to name a few. Its obvious our students take pride in our history, our safety, our differences and our school.

Students are reading so well too, with just about all students going up about four reading levels in their latest PM reading test. It's clear to me the strong foundations made in our literacy program Initialit are setting our students up to succeed. I'm very proud of our students, many seeking to challenge themselves by selecting harder books.

We'll be completing our Maths assessment in the coming weeks, working on direction and creating suburbs for the classroom cardboard city. Many thanks to the parents who have helped bring in recycling material for our project.

We'll be cutting and pasting in our Math sessions and afternoons houses, shops and other facilities. It would be well worth having conversations about directions and facilities while you drive around town. Our students are reflecting what they think is important about towns and cities in their projects by selecting two important facilities to include. We can't wait to show you our cities by the end to term.

Kind regards,
Mr Little



Classroom News

Mr Burgess & 3/4/5/6

Hello from 3,4,5,6.

It's been another busy week in the classroom, we are completing some assessments and finalising some of our units in the classroom.

Last Wednesday students commemorated Remember Day. All students created some poppies during the morning to display out the front of the school. This was a great activity as it led to a discussion about the symbolism of the poppies and the significance of Remembrance Day. Well done to all students during the assembly who displayed a tremendous amount of respect throughout the entirety of the event. A special mention to Phoebe for delivering the In Flanders Field poem on the day and Isaac and Abi for their role in hanging the flag at half-mast.

The colour run last week was an excellent end to a Tuesday afternoon. All students participated through the obstacle course fantastically and our student leaders were fantastic role models helping their pre-kinder buddies. I've noticed students with new colour hair-do's all week which shows how involved they all were. Well done to all the students that fundraised for the event.

We have received some AMAZING calendars from some students with the return of their homework. These are on display in the classroom with each student in charge of keeping their calendar up to date in.

Regards,
Mr Burgess



Classroom News

Mrs Essex

Teacher Tips

How to help your child get the most from their home reader

Before reading:

1. It's important to get your child into the right frame of mind for a successful reading session. Try to find somewhere quiet and comfortable that is away from distractions. This will not only improve your child's concentration and the quality of their reading but will also help to develop a positive association with reading as a method of relaxation.
2. Before you start reading, ask your child to think of one question about the reading material based on the subject matter, their existing knowledge or what they can see on the front cover. You can then go back to this question once you have finished reading and try to answer it.

During reading:

3. Use positive and encouraging language to support your child and avoid making comparisons to others (i.e. siblings) in terms of reading progress. If your child makes a mistake when reading, allow them to continue to the end of the sentence without interrupting them. Then, go back to the mispronounced word and ask, "What's that word?" Be patient and allow your child time to self-correct if they have made a mistake and avoid using negative statements, such as "That's wrong."
4. If you are reading a story with dialogue, you could encourage your child to use different voices, or take it in turns to read the dialogue of different characters in voices. This will make your reading session more enjoyable and engaging, and your child will enjoy your participation.

After reading:

5. Encourage reflection on reading material by asking questions that are related to the book they have just finished. Things such as the below will help your child take more away from the book while also helping you know more about what they took from the experience so you can provide feedback to their teacher if needed:

- Did you enjoy the book? Why/why not?
- Who was your favourite character?
- Who was your least favourite character?
- Did the story end how you were expecting?
- Would you have ended the story differently?
- Did you learn any new words from reading this book?
- Did you learn any new facts/information from reading this book?
- Does this story remind you of anything else you have read or seen?
- Would you like to read more books like this in the future?

All info from Kidspot.com.au



THE SCOOP

INTERVIEWS BY YEAR 6 STUDENTS PHOEBE & LYLA

Name: Abigail

What makes you a great Student?

I always follow the rules.

What subject do you enjoy most?

Science.

What's your favourite book?

The Foot Book by Dr Seuss.

What do you dislike?

Scary movies.

Tell us something about yourself that nobody knows..

I used to own a pet cat.



Name: Miss Bonnie

What makes you a great Student Learning Support Officer?

I always listen to the needs of our students and staff. Also I like to bring fun and joy to the school day whilst making sure students are safe and learning.

What subject/s do you enjoy most?

Literacy, geography, history and sport.

What's your favourite book?

Crikey, there are too many favourites to choose from. However, from my childhood I loved The Lion, witch and the wardrobe by C.S. Lewis.

What do you dislike?

Lying, cold weather, migies, and heavy metal music.

Tell us something about yourself that nobody knows..

I lived on Christmas Island with 100 million red crabs as neighbours.

Nutrition Snippet

SUMMER FRUIT AND VEG.



Try these summer sizzlers:

- [Lamb and veg meatballs](#)
- [Coleslaw](#)
- [Frozen fruit puree](#)

Check out our [blog](#) to find out more about what's in season.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

BE FOOD SAFE.

Did you know that food poisoning is more common in summer?



Bacteria love hot and humid weather.

Always pack an ice brick or frozen water bottle in the lunch box.

Find more helpful tips at:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Sunsmart Snippet

Seek shade at home



Shade alone can reduce UV exposure by up to 75%

Priority areas for shade at home:

- Outdoor eating areas, decks and patios
- Sandpits and play equipment
- Pool areas

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

ARE VEGIES A STRUGGLE?



Try different cooking methods.

- Keep it raw with a [salad](#)
- Stir it up with a vegie packed [stir fry](#).
- [Roasting](#) brings out the sweetness in vegies
- [Steaming](#) reduces nutrient loss
- Grilling vegies on the BBQ will sure to be a hit for summer

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Northern NSW Respiratory Clinics

Free assessment and COVID-19 testing is available for people **with mild to moderate respiratory symptoms** at Hospital Fever Clinics and GP Respiratory Clinics.

Symptoms may include: fever, cough, sore throat, headache, shortness of breath or fatigue.

People with severe symptoms, such as breathing difficulty, should go to the nearest emergency department or call 000.

Hospital Fever Clinics

You do not need a referral to attend these clinics.

Byron Central Hospital

54 Ewingsdale Road
Ewingsdale NSW 2481

9am – 5pm, 7 days a week

Grafton Base Hospital

Arthur Street
Grafton NSW 2460

10am – 6pm, 7 days a week

Lismore Base Hospital

Uralba Street
Lismore NSW 2480

10am – 6pm, 7 days a week

The Tweed Hospital

Powell Street
Tweed Heads NSW 2485

10am – 6pm, 7 days a week

More information

<https://nswlhd.health.nsw.gov.au/about/covid-19-clinic-information/>

GP Respiratory Clinics

You do not need a referral to attend these clinics. You must book an appointment.

Book by phone or online at
www.health.gov.au/initiatives-and-programs/coronavirus-covid-19-gp-respiratory-clinics

Murwillumbah

Back of King St Medical Centre
14 King St, Murwillumbah NSW 2484

9am – 5pm, Monday to Friday
Bookings online or phone (02) 8188 3797

Ballina

Cherry Street Sports Club
66-68 Cherry St, Ballina NSW 2478

9am – 5pm, Monday to Friday
Bookings online or phone (02) 6685 6326

Yamba

12 Clarence Street, Yamba NSW 2464

9am – 5.30pm, Monday to Friday
Bookings online or phone (02) 5629 7517

Casino

107 Barker Street, Casino NSW 2470

9am – 5pm, Monday to Friday
Bookings online or phone 1800 856 325

More information

<https://hnc.org.au/general-practice-respiratory-clinics>



Health
Northern NSW
Local Health District



hnc.org.au

Managing Anger

Half-day Workshop

9:30am-12:30pm

Wednesday November 4
CRANES - 11 Kemp Street
GRAFTON



This workshop provides information and strategies for managing anger and teaching children the safe expression of strong emotions.

Tuning in to Teens

6 Consecutive Tuesday evenings

Tuning
in to
Kids

5:30-7:00pm
October 29—December 1

CRANES - 11 Kemp
Street GRAFTON

A six week program designed to assist parents to communicate with their pre-teen/teenager and build stronger relationships.

After the Storm

6 Consecutive Thursdays



9:30am-12:30pm

October 29—December 3
CRANES - 11 Kemp Street GRAFTON

Clarence River Domestic & Family Violence Specialist Service and CRANES have partnered for this six week course to support those who are parenting after family violence.

Supporting Positive Behaviours at Home



9.30am-12:30pm
Wednesday November 25

CRANES - 11 Kemp
Street GRAFTON

This half-day workshop discusses ways to positively guide children's behaviour in supportive and age appropriate ways. Learn practical tips to encourage the behaviour you want in your child.



Understanding your Child's Brain and How they Learn

9.30am - 12.30pm
Wednesday October 28

CRANES - 11 Kemp Street Grafton

10:00am—1:00pm Wednesday November 18
Treelands Drive Community Centre
24 Treelands Drive YAMBA

This workshop provides parents with information about brain development through the ages and stages of a child's life and the links to emotions, behaviour and learning.

Toddler Tantrum Toolbox

A half-day workshop that provides information and strategies on handling meltdowns and tantrums. Suits parents with children in the 2 to 7 age range.

10.30am-1:30pm
Wednesday December 9
Iluka Community Health
Micalo & Duke Streets
ILUKA



Circle of Security

7 Consecutive Thursday afternoons

1:30pm-3:00pm
October 29-December 10
CRANES—11 Kemp Street
GRAFTON



CRANES' workshops are FREE of charge and can also be accessed ONLINE
FREE Childcare is available



Call CRANES for inquiries or to register
(no referral necessary)

NOTE: To be eligible for our free workshops you must have a child in your care, seeking access to or restoration of a child or support someone who does.