

PALMERS PRESS

Palmers Island Public School Newsletter



Whats On

BOOK CLUB ORDERS

**THURSDAY
21 OCTOBER**

**YR 6 HIGH SCHOOL
TRANSITION DAY**

**WEDNESDAY 27
OCTOBER**

**DAY FOR DANIEL
WEAR RED**

**FRIDAY 29
OCTOBER**

**BOOK FAIR & BOOK
CHARACTER PARADE**

**WEDNESDAY
3 NOVEMBER**

PRINCIPALS NEWS

Welcome to week 1

Welcome back to Term 4. I hope all our students have enjoyed a great break together with their families. We have seen students return happy to once again see their classroom teacher and friends.

Our school and region continues to operate on Level 3 restrictions. For our school this means essential visitors only to be allowed onsite. Masks must be worn by staff indoor and outdoor. It is recommend that primary students wear masks in a school setting. COVID hygiene and cleaning measures are in place daily. Students and staff are not to attend school if they have the mildest of cold or flu symptoms and is recommended that they get a COVID test.

PSSA UPDATE

It is with regret that I inform you that the NRPSSA have decided to cancel the NRPSSA Athletics Championships for 2021 due to the ongoing uncertainty surrounding COVID restrictions and lockdown orders.

COVID UPDATE

If your child or a member of your household becomes infected with COVID-19 please contact the school immediately.

LED Lighting upgrade

Our school has been selected to receive an LED lighting upgrade

The LED Lighting Upgrade Program commits \$157.8 million to replace inefficient lights with new LED lights, in up to 1,000 public schools across NSW over a two-year period. This is expected to reduce operating costs for schools as well as deliver over 1,200 jobs in for NSW.

The benefits of LED lighting include:

1. Improved learning outcomes in the classroom as a result of improved lighting.
2. Energy saving – reduced electricity usage and lower bills over the long term by replacing inefficient fluorescent lights with efficient LEDs.
3. Lower maintenance and repair costs when compared with fluorescent lights.

The LED Lighting Upgrade Program will be planned to minimise interruption to school classes or learning. The installation will be planned outside school hours where possible and all contractors are required to adhere to COVID safe working practices. We'll let you know once it's finished.

Book your tour today!

Palmers Island Public School

Join our Small School with specialist teachers, caring nurturing environment providing opportunity and to all students.

Our Pre-Kinder Program runs throughout term 3 & 4.

Pre Kinder Program 2021

TAKING ENROLMENTS FOR 2022

CONTACT US
66460114
PALMERSISL.P-SCHOOL@DET.NSW.EDU.AU

Accepting Enrolments now

If you know of any families looking to start their child in 2022 please share this information with them or for further information please get them to contact our office. We are accepting enrolments now.

Our Pre-Kinder transition program is getting ready to start in Term 3. We look forward to welcoming our new enrolments to Wednesday 1/2 day lessons through-out the term. In Term 4, our PreKinder students will participate in full day readiness programs so they are fully integrated and ready to start at day 1 in 2022.

COVID-Safe School Operations

Overview

Guidance on mask wearing

Level 1

School operating in a COVID-safe/
COVID-normal way

- Schools can operate in a COVID-normal way
- Students and staff to not attend school if they have symptoms, negative COVID-19 test required prior to returning to school
- Parents, carers and visitors are allowed on-site
- QR code check-in and check-out required for all staff and visitors
- COVID safety plans required in line with NSW Health advice (such as large gatherings or events)
- Activities such as singing, chanting, choirs, bands and school performances allowed in line with broader Health settings

- Inter-school sport in line with community sport guidelines
- Community use in line with broader Health settings
- SRE/SEE (externally provided religion and ethics classes) operational
- Community Language Schools operational
- P&C on site
- Additional cleaning measures in place
- Further detailed guidance available on the Department's website.

- Staff and students are supported to wear a mask or face covering should they choose to do so.

Level 2

COVID-safe; restrictions on activities and non-essential visitors

- As per Level 1, except:
- Non-essential visitors not allowed on-site (including parents and carers)
 - Mask wearing recommendations
 - Staff identified as vulnerable supported to work from home
 - Activities such as singing, chanting, choirs, bands and school performances allowed in outdoor settings only
 - Assemblies must have COVID-Safe practices in place and no parents/ carers are allowed

- Excursions within Local Government Area only, and strongly recommended to be outdoors and within walking distance
- Further detailed guidance available on the Department's website.

- While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.

Level 3

COVID-safe; further restrictions on activities and non-essential visitors

- As per Level 2, except:
- Mask wearing requirements
 - Introduction of staggered breaks and reduced mingling of student cohorts wherever possible
 - Activities such as singing, chanting, choirs, bands and school performances not permitted
 - No assemblies
 - No excursions

- No community use (except early childhood services and OOSH services)
- No uniform shops
- No SRE/SEE (externally provided religion and ethics classes)
- No Community Language School on site
- Further detailed guidance available on the Department's website.

- While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.

Level 4

Learning from home encouraged, schools are open for families who need it

- Families are encouraged to keep their children at home, with no student to be turned away
- Schools activate plans to support continuity of education for all students learning from home.

- Where students and staff are at school, Level 3 guidelines apply, except:
- No community use (except early childhood services)
- No canteens
- Further detailed guidance available on the Department's website.

- While in indoor settings in schools, masks or face coverings are mandatory for all staff, and all students in Year 7 and above.

CLASSROOM NEWS - MR LITTLE & K/1/2

WEEK 1 - Term 4

Hello from K, 1, 2,

We are back into the full swing of things here in K, 1, 2. The workload is a bit of shock to the kids but we have a big term ahead and no time to waste. Everyone is saying they had a fantastic holiday but they are also looking forward to 'doing lots of work', 'being kind' and 'seeing their friends'.

In Literacy kindies have just started learning the digraphs 'th' and 'wh'. Franky knows what a digraph is – two letters that make one sound! Ms Hem and Mrs Wiseman's class have begun their lessons this term, and are even looking through dictionaries to find words and their meaning which they have found fun and interesting. My class have been learning /or/ sounds spelled with or, ore, aw and au as well as the FLOSS rule. They have started to sing a helpful rhyme too that is handy for everyone;

If the word is short,
And the vowel is short,
Double the end;
Don't get caught!

Numeracy is our big focus in the coming weeks. Kindies, Year 1 and Year 2 are being diagnostically tested to see their strengths and areas we can focus on individually and as a class. Miss Lisa has been very impressed with the students, particularly Wyatt who used strategies to work out some very difficult multiples and division questions. We have lots to do, but we are confident and ready to meet the challenge as a class. I'll be sending out homework next week. Please check dojo for a homework update next week.

That's all for now.

Kind regards
Mr Little

CLASSROOM NEWS - MR BURGESS & 3/4/5/6

WEEK 1 - Term 4

Hello everyone and welcome back for our final term of the year. I hope everyone enjoyed and took advantage of the beautiful weather we had during the break.

Students have started brilliantly this week and have really hit the ground running with their classwork. This term students will be sent home with an assessment task to complete for Literacy and History/Geography. Students will be given 5 weeks to complete these tasks and will be due back on November 5th.

Year 3/4 are completing an oral presentation on a topic of their choice or selected from the topics provided on the task sheet.

Year 5 are conducting a biography interview on a person of interest. These students will write interview questions and record the responses of the interviewee and deliver this in an oral presentation to the class.

Year 6 are writing a procedure on a topic of their choice and will present this as an oral presentation also.

For any questions on the assessment tasks, please feel free to dojo or call the school.

Regards,
Mr Burgess



CLASSROOM NEWS - MRS ESSEX

WEEK 1 - Term 4

The Importance of Play in your child's brain development

For most people, learning involves acquiring a specific new skill, such as memorising alphabets, counting, writing, etc. They often believe that playing is only for fun and involves no actual learning.

However, according to studies, playing is learning. Children learn through playing.

In early childhood, play can

- Stimulate early brain development
- Improve intelligence
- Spark creative thinking
- Improve communication, vocabulary and language, promote impulse control and emotion regulation

Self-regulation is one of the most essential skills for school readiness. Well-regulated children can wait for a turn, resist the temptation to grab objects from other children, control negative emotions, and persist through challenging activities. Emotion regulation is not only essential for academic success, but it can also predict a child's social success

- Grow social competence and empathy
- Better physical and mental health
- Teach life lessons
- Strengthens relationships with peers and carers.

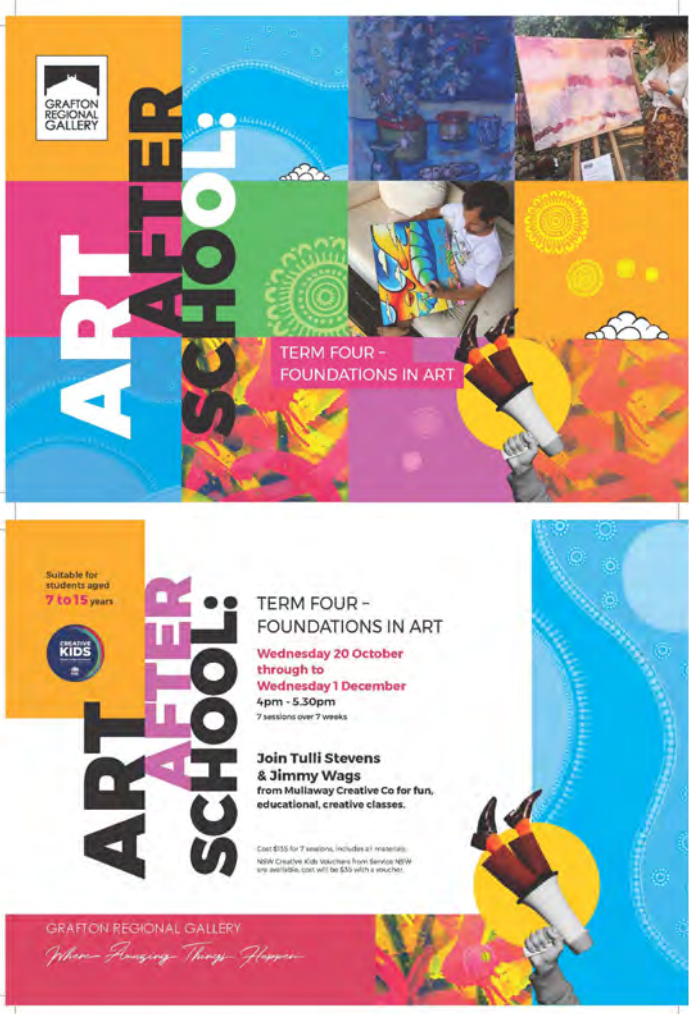
In the primary school setting children are more inclined to like rough and tumble play, such as climbing, wrestling and rolling around. This sort of play is also beneficial for your child as it develops strength, movement and social skills. It can help them,

- understand the limits of their strength
- explore their changing positions in space
- find out what other children will and won't let them do
- work out social relationships as they play roles, take turns and sort out personal boundaries.

We know play is an important part of your child's development - it goes hand in hand with the bumps, bruises and scrapes!



COMMUNITY NEWS



GRAFTON REGIONAL GALLERY

ART AFTER SCHOOL: FOUNDATIONS IN ART

TERM FOUR - FOUNDATIONS IN ART

Suitable for students aged 7 to 15 years

OPENING KIDS

TERM FOUR - FOUNDATIONS IN ART
 Wednesday 20 October through to Wednesday 1 December
 4pm - 5.30pm
 7 sessions over 7 weeks

Join Tulli Stevens & Jimmy Wags from Mullaway Creative Co for fun, educational, creative classes.

Cost: \$35 for 7 weeks, includes all materials. NSW Creative Kids Subsidies from Grafton RPS are available, cost will be \$35 with a voucher.

GRAFTON REGIONAL GALLERY
Where Amazing Things Happen

Nutrition Snippet

NEED SOME LUNCH BOX IDEAS?



Check out our range of healthy lunch box examples to give you inspiration!

For ideas and recipes visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



GREAT LUNCHBOX

1 + 2 + 3 + WATER

1. PACK SANDWICH, ROLL, WRAP

2. ADD VEGETABLE & FRUIT SNACK

3. PICK 1-3 MORE HEALTHY SNACKS

Healthy Lunch Box recipe

Couscous cakes



Ingredients

- ¾ cup couscous, preferably wholemeal
- 1 tsp reduced-salt vegetable stock powder
- 1 cup boiling water
- 1 clove garlic, crushed
- ¼ cup parsley or coriander
- ½ cup tinned chickpeas, drained & rinsed
- 2 large eggs, lightly beaten
- 1 lemon, zested
- Olive oil

- Makes 8 patties

Method

Place the couscous and stock powder in a large bowl and add boiling water. Stir, cover and sit for 5 minutes.

Chop the garlic in a food processor. Add the parsley or coriander and pulse until finely chopped. Add the chickpeas and pulse until chopped.

Fluff the couscous with a fork. Add the chickpea mix, eggs and lemon zest and mix well. Refrigerate for 15 minutes. Press into a ¼ measuring cup to create cakes. Repeat with the remaining mix.

Heat olive oil in a frypan over medium heat. Add the couscous cakes in batches so not to over crowd. Press them down gently with a spatula to flatten. Cook until golden on both sides.

For more recipes visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

COMMUNITY NEWS



CREATIVE ART KITS \$120

Use your \$100 creative kids voucher to purchase

The Creative Art Kits for kids at home have been very popular. I will continue to create the kits for families who love having quality creative educational activities and materials for their children.

In the kit I have included a 6 lesson program with instruction and worksheets + all materials which includes Watercolour disk set, brushes, paper, air dry clay, glue, coloured collage paper, woodless pencil set in tin, sharpener and eraser + oil pastels.

Order now by contacting Kerrie 0488 070 069
info@yambaartspace.com

Active Kids & Creative Kids Vouchers

The **Active Kids** program is a NSW Government initiative that encourages kids to be more physically active. Two \$100 vouchers can be claimed each year by parents and guardians of school children aged 4.5-18 years. The vouchers can be used for enrolment fees in sport and active recreation. The second voucher is now available and is ready to be claimed and used!

The **Creative Kids** program provides a \$100 voucher per calendar year for school children aged 4.5-18 years. Vouchers can be used for tuition costs for performing & visual arts, dance, coding, languages, literature, music and other eligible creative and cultural activities. Engagement in creative activities benefits children's interpersonal, intellectual, social and emotional development.

Find an Active Kids or Creative Kids provider on the Service NSW website or ask your local activity provider if they accept the vouchers.



Ideas for Active Kids Vouchers:

Skating	Rugby League
Bowling	Rugby Union
Martial Arts	Basketball
Horse Riding	Futsal
Swimming	Table Tennis
Surf Life Saving	Tennis
Athletics	BMX
Golf	Gymnastics
Cricket	Hockey
Netball	Rowing
Soccer	Dance
Touch Football	Orienteering
Many other sports and recreations	

How to claim your voucher



Mary Sm|



- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your SERVICE tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself