

PALMERS PRESS

Palmers Island Public School Newsletter



Whats On

**DAY FOR DANIEL
WEAR RED**

**FRIDAY 29
OCTOBER**

BOOK WEEK

**WEEK 5
1 - 5 NOVEMBER**

**BOOK FAIR &
BOOK CHARACTER
PARADE**

**WEDNESDAY
3 NOVEMBER**

**YR 6 HOT DOG
FUNDRAISER DAY**

**WEDNESDAY
3 NOVEMBER**

PRINCIPALS NEWS

Welcome to week 4

Our school and region continue to operate on Level 3 restrictions. For our school this means essential visitors only to be allowed onsite. Masks must be worn by staff indoors. It is recommended that primary students wear masks indoors. 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. If your child or a member of your household becomes infected with COVID-19, please contact the school immediately.

Tomorrow we will be participating in Day for Daniel. Students are asked to wear **red** and bring a gold coin donation to support the cause. The students will participate in activities focused on keeping safe. These activities focus on both online and physical safety.

Book Week Fair and Character Parade

The scholastic book fair has arrived and the book fair begins next week, commencing Monday 1st - Friday 5th November. Families are welcome to come and look at the book fair. To comply with Covid safety restrictions, we will be taking 10-minute bookings, to allow families the chance to check out the wonderful range of books available for purchase. Please contact the office to book a time.

The Book Character Parade will be held on Wednesday, 3 November at 9.30am. Come dressed as your favourite book character. Families of students are welcome to attend.



SCHOLASTIC Book Fairs

You're invited to our Scholastic

BOOK FAIR

Reading Oasis: A Cool Place to Discover Hot Books!

PIG the MONSTER
Aaron Blabey

Macca the Backpacker
MATT COCHRANE

Paris
JAMES PURVIS

DOG MAN
Mothering Heights
DAV PILKAL

Ham Helsing
VAMPIRE HUNTER
RICH MOYER

SKIN DEEP
HAYLEY LAWRENCE

Find these books and hundreds more at the fair!

Date: _____ Time: _____
Place: _____

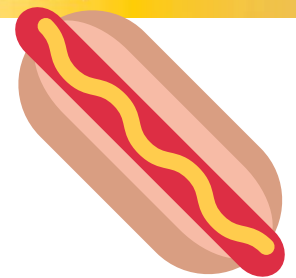
Wednesday 3rd November

EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL

SCHOLASTIC

Hot Dog Day - Year 6 Fundraiser

On Wednesday 3rd November Year 6 will hold a hot dog day to fundraise money to finish the chicken coop. Hot dogs are \$3.50 and icy poles are \$0.50 each. An order form has been sent home today.



Book your tour today!

Palmer's 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 has recommenced with Wednesday full-day lessons through-out the term. Our Pre-Kinder students will participate in full day readiness programs so they are fully integrated and ready to start at day 1 in 2022.

Miss Ellem has reported our Pre-Kinder students are working beautifully each Wednesday.

Selective high school placement process for placement in Year 7 in 2023

Applications for Year 7 entry to selective high schools in 2023 are now open. Applications will close on 17 November 2021.

Find information about the application and placement process and apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

All applicants are required to sit the Selective High School Placement Test to be held on Thursday 10 March 2022.

The application dashboard system enables parents to log in to make updates and add attachments even after an application is submitted. Parents can also communicate directly with the High Performing Students Team through the system's 'messages' feature.

Parents having difficulty completing or submitting an application, can contact the High Performing Students Team by email ssu@det.nsw.edu.au or by calling 1800 880 367.

Keep updated on the selective high school placement process at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

Aurora College virtual selective school

Aurora College is the NSW Department of Education's virtual selective school. 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 are chosen in the same way as students in all other selective classes in NSW government schools - via the NSW Selective High School Test.

Connect locally, learn globally ...

Join the virtual school for rural and remote students

Aurora College is NSW's virtual school for high potential and gifted students in rural and remote government schools.

Our school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally.

The 'bright lights' of Aurora learn with their classmates from across the state in timetabled lessons using cutting-edge technologies in a virtual learning environment.

Aurora teachers are highly qualified and experienced subject experts with specialised training in delivering best practice learning and teaching to high potential and gifted students.

Applications for placement in Year 7 in 2023:

- open Tuesday 19 October 2021
- close Wednesday 17 November 2021

For further information, visit www.aurora.nsw.edu.au or phone 1300 287 629.



For enrolment information, please visit:
<https://aurora.nsw.edu.au/our-school/enrolment-information/>



COVID-Safe School Operations

Overview

Guidance on mask wearing

<p>Level 1</p> <p>School operating in a COVID-safe/ COVID-normal way</p>	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Staff and students are supported to wear a mask or face covering should they choose to do so.
<p>Level 2</p> <p>COVID-safe; restrictions on activities and non-essential visitors</p>	<p>As per Level 1, except:</p> <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.
<p>Level 3</p> <p>COVID-safe; further restrictions on activities and non-essential visitors</p>	<p>As per Level 2, except:</p> <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.
<p>Level 4</p> <p>Learning from home encouraged, schools are open for families who need it</p>	<ul style="list-style-type: none"> 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. 	<p>Where students and staff are at school, Level 3 guidelines apply, except:</p> <ul style="list-style-type: none"> No community use (except early childhood services) No canteens Further detailed guidance available on the Department's website. 	<ul style="list-style-type: none"> 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 4 - Term 4

Hello from K, 1, 2,

We've been busy working hard with Mrs Wiseman and Ms Ellem finalising literacy and numeracy programs before the end of year. Students have been completing assessments. We look forward to Day for Daniel tomorrow. Student can wear red and we will participate in safety messages including online safety.



welcome to
Augie Little!



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

WEEK 4 - Term 4

Welcome to week 4.

Homework has been sent home for the term last week and it was great to have a good response from the students completing their tasks as part of their daily routine. While students also have their home assessment tasks to complete, it would be great for students to develop and continue their fundamental tasks of reading, times tables, and their spelling words weekly.

Thank you to Mrs Bonnie for co-ordinating, we are currently writing letters and sharing artwork with the residents and employees of Caroon. This has been a great task for students to connect with others and form pen pals to ask questions and check-in on the residents and staff during a time of difficulty.

During sport we branched out and learnt about golf. Students had fun trying out an unfamiliar sport. We learnt about technique and attempted to perform chip shots. It was great to see the students approach a difficult sport with resilience and not give up when challenges arose.

Day for Daniel is on Friday if students could wear something **red** to show support and bring a gold coin donation.

Next week is book week and the book parade will take place on Wednesday. Year 6 will also be fundraising for the school and have organised a hot dog day.

Regards,
Mr Burgess

CLASSROOM NEWS - MRS ESSEX

WEEK 3 - Term 4

Last week I talked about Wellbeing and I was going to expand on the topic by talking about the different types of mental health issues we face as a society. However, I found a great article from NUPA (Nutrition and Physical Activity in Primary Schools) that I felt was worth sharing this week.

Teacher and Student Wellbeing ...(Nupa, 2021)

Staying healthy and well during a global pandemic is important for both teachers, parents and students. It is easy to forget about looking after yourself in times of stress, constant change and upheaval. Consider the following in your daily routine in order to boost your energy levels and be there for your students and families.

Healthy Sleep

Getting enough sleep is important for physical and mental health. Having a consistent sleep routine (sometimes known as good sleep hygiene) can improve the quality of your sleep. Here are some tips:

- Plan to go to bed and wake up the same time each day (even on weekends)
- Turn off screens and television at least half an hour before bedtime
- Keep your bedroom dark whilst sleeping
- Avoid eating large meals close to bedtime
- Try activities to relax and unwind before bed such as reading a book, having a bath or listening to some relaxing music or a meditation.



Stay Active

Regular exercise is important both for physical and mental health. Aim to be active for at least 30 minutes per day. This may be one 30 minute session like a walk or bike ride, or several shorter 10-15 min sessions each day. Try not to do strenuous exercise right before bedtime as this may make you alert and you may find it difficult to sleep.

Staying active is important in the classroom too so consider using brain breaks or energisers for both yourself and your students if you find you are sitting for long periods of time. Go Noodle (gonoodle.com) has some great active brain break ideas. (we've talked about this before, at PIPS we like to insert high energy brain breaks throughout the day to keep the kids energised and on-track)

Maintain a Healthy and Balanced Diet

Food and mood are closely linked. What we eat can impact our stress levels, sleep quality, concentration and overall mental wellbeing. Mood boosting foods include:

- Vegetables and fruit – provide us with fibre to support gut health. There is a lot of emerging research around gut health and brain function. These food groups are also rich in antioxidants, which may also play a role in regulating mood.
- Wholegrains – are a source of healthy fats (for brain function) and fibre to feed our good gut bacteria.
- Lean meats, fish, eggs, nuts, seeds and legumes – provide the building blocks for many brain chemicals that influence our mood. Oily fish, nuts, seeds and olive oil are also a great source of healthy fats which help support mental health.
- Dairy – many dairy foods like yoghurt contain probiotics that can boost our gut health, and improve our mood and mental wellbeing.
- Water – staying hydrated improves our ability to concentrate.



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

Personalised Puzzles!

2 x S/M Puzzles or
1 x LARGE Puzzle

www.kidzjigz.com.au



**Creative Kids Vouchers Accepted*

COMMUNITY NEWS

Yamba Touch Football Junior Comp 21/22

Potential competition categories:
(depending on team numbers)

***Please note that this is a guide only- register teams based on the ability of players**

Year 1 & 2 (mixed, girls or boys)

Year 3 & 4 (mixed, girls or boys)

Year 5 & 6 (mixed, girls or boys)



Wednesday Afternoons

5pm- 5:30pm

\$40 per player (6-12 years)

\$50 per player (13 years and older)

Register as a team

Competition runs

1st DECEMBER 2021 - 16TH MARCH 2022

Angourie Sports Fields

Yamba Touch is an Active Kids Provider for the 2021 Competition

Does your child have a team?

Step 1- Nominate a team manager to register the team. The team manager will follow these steps:

- Google search: Touch Football Australia and click on their website.
- Click on 'Register' on the top right hand of the screen.
- Select 'Register a Team'
- Search 'Yamba' and select the division you wish to register in.
- Complete your details to register your team.

Step 2- Let your team know the Team Name and that you have completed the above process.

To register as a player:

- Google search: Touch Football Australia and click on their website.
- Click on 'Register' on the top right hand of the screen.
- Select 'Player'
- Search your Team Name and select your team.
- Complete your details and payment.

Each individual player must register and pay before taking the field.



AGM NOTICE

Yamba Football Club is hosting its Annual General Meeting (AGM) on Monday 1st November at 6pm at the Yamba Football Clubhouse.

We welcome new faces to come down and volunteer to join this great committee.

There are a number of Committee members who will be stepping away from the club after many years of volunteering as their children are no longer playing.

Without more people stepping up and joining the committee, I'm afraid there won't be a club to play for, as without volunteers and a functioning committee, there can be no club.

All positions will be open and some of these positions are: Club President, Junior President, Secretary, Treasurer, Registrar, Coaching Co-ordinator, Communication and PR Officer, Canteen Co-ordinator.

Your support will be greatly appreciated.



Sunsmart Snippet

Don't forget your eyes



Sunglasses don't have to be expensive to be effective

When choosing sunglasses, ensure they meet the Australian Standard for eye protection, choose category 2 or higher and look for an Eye Protection Factor (EPF), ratings of 9 or 10 provide excellent protection.



www.sunsmartnsw.com.au

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.

How to claim your voucher

- 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.

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	