

# PALMERS PRESS

*Palmers Island Public School Newsletter*



**NATIONAL SCIENCE  
WEEK**

**16-20  
AUGUST**

**BOOK WEEK**

**23-27  
AUGUST**

**BOOK FAIR & BOOK  
CHARACTER PARADE**

**25 AUGUST**

**HIGH SCHOOL  
TRANSITION DAY**

**25 AUGUST**

## *Whats On*

### PRINCIPALS NEWS

**Welcome to week 5**

Our beautiful winter days have seen students outdoors enjoying the rainforest, gardens, basketball and multi-purpose courts, newly painted handball courts, and of course the playground.

This week, Strawbs and Steve laid the synthetic turf yesterday in preparation for the two outdoor Olympic table-tennis tables to be installed which we acquired via a sporting schools grant. We can't wait to see them in action.

## Ribbons

Our School Carnival Athletics Ribbons have finally arrived and look amazing. We will be handing these ribbons out at Friday's assembly.

## Science Week

Next week is Science Week and this years theme FOOD. Different by Design. In celebration of this years event we have decided to visit the Peach Farm, the following week, on Thursday 26th August. Edwina and staff will give the students a guided tour of the peach orchid, make a pizza lunch and feed the animals. More information will come home shortly.

## Book Week

This year we will celebrate book week from Monday 23rd August - Friday 27th August. Students are encouraged to come dressed as their favourite character on **Wednesday 25th August**. This week will run in conjunction with our yearly book fair. To support COVID safe



practices during the book fair parents wishing to attend can book a timeslot. Please note that mask wearing is required along with QR code check-in. If you are unwell please reschedule your time. Students are welcome to purchase during lunch breaks and in library sessions.

## **PreKinder and 2022 Enrolments**

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.

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



# WOW!



WE RAISED \$110  
FOR CYSTIC FIBROSIS



CRAZY  
hair  
DAY

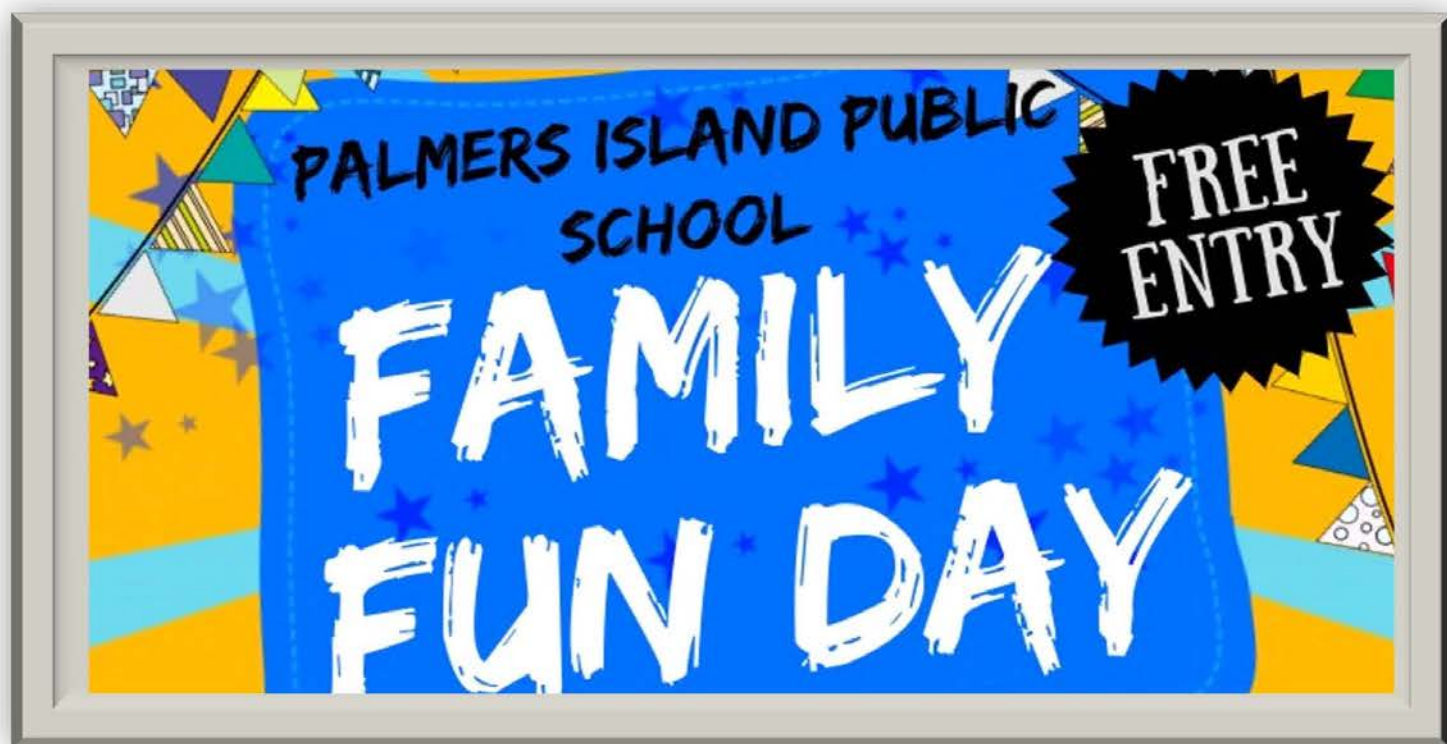




# DATE CHANGE

## Saturday 16 OCTOBER

With the growing COVID restrictions, the P&C is rescheduling the Family Fun Day. This way we are doing our bit to make sure our school and community are COVID safe. We thank everyone for their support and understanding.



### BUT WE STILL NEED YOUR HELP!

Please keep helping out as we get ready for October with donations of chocolates and supplies for baller jars.

Chocolate Wheel; donating chocolate bars like Mars, Snickers, Cherry Ripe etc

Baller Jars; we supply the jars and you send in anything to fill the jars like bag lollies, pair socks, stuffed toys, nails, paper clips, pencils ..... anything that fits in a jar

*PLEASE DROP ALL CHOCOLATES OR BALLAR JAR GOODIES TO THE OFFICE*

MORE INFO ABOUT THE BAKE SALE, RAFFLES AND VOLUNTEERING WILL COME OUT CLOSER TO THE EVENT.

# COVID-Safe School Operations

Overview			Guidance on mask wearing
<b>Level 1</b> School operating in a COVID-safe/COVID-normal way	<ul style="list-style-type: none"> <li>Schools can operate in a COVID-normal way</li> <li>Students and staff to not attend school if they have symptoms, negative COVID-19 test required prior to returning to school</li> <li>Parents, carers and visitors are allowed on-site</li> <li>QR code check-in and check-out required for all staff and visitors</li> <li>COVID safety plans required in line with NSW Health advice (such as large gatherings or events)</li> <li>Activities such as singing, chanting, choirs, bands and school performances allowed in line with broader Health settings</li> </ul>	<ul style="list-style-type: none"> <li>Inter-school sport in line with community sport guidelines</li> <li>Community use in line with broader Health settings</li> <li>SRE/SEE (externally provided religion and ethics classes) operational</li> <li>Community Language Schools operational</li> <li>P&amp;C on site</li> <li>Additional cleaning measures in place</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>Staff and students are supported to wear a mask or face covering should they choose to do so.</li> </ul>
<b>Level 2</b> COVID-safe; restrictions on activities and non-essential visitors	<p>As per Level 1, except:</p> <ul style="list-style-type: none"> <li>Non-essential visitors not allowed on-site (including parents and carers)</li> <li>Mask wearing recommendations</li> <li>Staff identified as vulnerable supported to work from home</li> <li>Activities such as singing, chanting, choirs, bands and school performances allowed in outdoor settings only</li> <li>Assemblies must have COVID-Safe practices in place and no parents/carers are allowed</li> </ul>	<ul style="list-style-type: none"> <li>Excursions within Local Government Area only, and strongly recommended to be outdoors and within walking distance</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.</li> </ul>
<b>Level 3</b> COVID-safe; further restrictions on activities and non-essential visitors	<p>As per Level 2, except:</p> <ul style="list-style-type: none"> <li>Mask wearing requirements</li> <li>Introduction of staggered breaks and reduced mingling of student cohorts wherever possible</li> <li>Activities such as singing, chanting, choirs, bands and school performances not permitted</li> <li>No assemblies</li> <li>No excursions</li> </ul>	<ul style="list-style-type: none"> <li>No community use (except early childhood services and OOSH services)</li> <li>No uniform shops</li> <li>No SRE/SEE (externally provided religion and ethics classes)</li> <li>No Community Language School on site</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above.</li> </ul>
<b>Level 4</b> Learning from home encouraged, schools are open for families who need it	<ul style="list-style-type: none"> <li>Families are encouraged to keep their children at home, with no student to be turned away</li> <li>Schools activate plans to support continuity of education for all students learning from home.</li> </ul>	<p>Where students and staff are at school, Level 3 guidelines apply, except:</p> <ul style="list-style-type: none"> <li>No community use (except early childhood services)</li> <li>No canteens</li> <li>Further detailed guidance available on the Department's website.</li> </ul>	<ul style="list-style-type: none"> <li>While in indoor settings in schools, masks or face coverings are mandatory for all staff, and all students in Year 7 and above.</li> </ul>



# CLASSROOM NEWS - MR LITTLE & K/1/2

WEEK 5 - Term 3

Hello From K, 1, 2,

We've had some fantastic weeks of numeracy and literacy learning despite the low numbers of students due to the covid restrictions. It's been wonderful to spend some more one-on-one time with our students to get to know how they learn and how to make them more successful learners. With our class now just about full again we can see the ones who were away haven't missed a beat. Thanks to all our parents for looking after us by paying attention to the restrictions.

In literacy we've been reviewing our learned sounds and concepts in my class. We've been analysing stories and breaking down words. Kindies have learned a new sound 'ch' for chick and are practicing it everyday while Ms Ellem's class are learning all about persuasive writing.

We've just opened the 360 degree camera kit and have been having a huge amount of fun taking photos around the school. Check out the links we send home through Dojo to see our creations.

That's all for now.

Kind regards  
Mr Little





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

WEEK 5 - Term 3

It has been a pleasure this past week to get to know the students in 3/4/5/6.

I am impressed with the students diligence and hard work completing all tasks required of them.



We have started a class mixed media art project using different mediums to create an art piece. It has been a lot of fun so far and we are all excited about finishing it.

Please continue to do your homework and return it to class on Friday.

Kind regards,  
Ms Lotz



# CLASSROOM NEWS - MRS ESSEX

WEEK 5 - Term 3

## **Learning Difficulties and Learning Disorders -How can we support these children.**

When your child feels good about themselves, they'll be better able to deal with learning and other challenges.

Here are some ideas to help with this.

- Explain to your child that having a learning disorder doesn't mean they're not as smart as other children. Your child's psychologist or speech therapist can suggest ways of explaining your child's learning disorder in a way your child can understand.
- Always praise your child for having a go at something and sticking with tasks like homework.
- Celebrate the non-academic things your child is good at. These might be sport, music or drama. Or your child might be kind and friendly, great at cooking, and so on.
- Help your child challenge negative thoughts. For example, 'Don't let what happened today get you down. Think about how much you've improved this year. You just might need a bit more time and practice to get this right'.
- Encourage your child to work out what they need to get over difficulties - for example, do written instructions and diagrams help? Do they prefer spoken instructions? And make sure your child knows that it's OK to ask for help if they need it.
- Use [calming down strategies for children](#) to deal with strong emotions like frustration and embarrassment.

## **Causes of learning disorders**

We don't yet fully understand what causes learning disorders. It's likely that the causes vary among children.

Some learning disorders might happen because parts of a child's brain have difficulty processing information.

They might also happen if a child has difficulty staying focused and maintaining attention in class - for example, if they have a condition that affects their behaviour, like ADHD.

In other children, language problems can contribute to learning disorders.

## **How we cater for Learning Difficulties at PIPS**

We run a couple of Literacy and Numeracy intervention programs to help build your child's skills such as Mini Lit and Djenti.

## **One on one support**

A learning disorder is an accepted disability under the Australian Disability Discrimination Act. Your child has the right to the same educational opportunities as other students.







# 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](http://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



# COMMUNITY NEWS

## HAPPY DENTAL HEALTH WEEK



KEEP YOUR SMILE FOR LIFE

Oral health is important  
for overall wellbeing!

### BRUSH & FLOSS

Clean your teeth 2x daily

### EAT HEALTHY

Avoid sugary & acidic food/drink

### CHECK UP

Visit the dentist for regular check ups

### ELIGIBILITY FOR PUBLIC DENTAL SERVICES

Children 0-18  
with a MEDICARE Card

FREE

Adults

A MEDICARE card + Health Care Card or  
Pension Card

The 5:2  
routine

### 5 MEANS

No more than five eating  
times a day  
(3 meals + 2 mid-meal snacks).  
Teeth need 2 hour breaks

### 2 MEANS

Brush teeth twice a day.  
After breakfast and  
before bed time.

### PRACTICE THE 5:2 ROUTINE

Stay healthy and  
prevent decay!



Health  
Northern NSW  
Local Health District



Northern NSW  
Oral Health Services  
**1300 651 625**



## Department of Paediatric Dentistry Sydney Dental Hospital



During these stressful and challenging times, it is easy to fall out of our regular routines.

Healthy routines can help us feel more calm and in control.

To help stay on track with a healthy routine, our Healthy Smiles Team would encourage you and your family to try:

## THE "5:2" ROUTINE



Image taken before COVID-19 pandemic

Dietitian Lindy says:

**5 means** - no more than  
five eating times a day  
(3 main meals + 2 mid-  
meal snacks)

Teeth need 2 hour breaks

Don't let your child snack  
and sip all day!

### What is the "5:2" routine?

Oral Health Therapist  
Aylin says:

**2 means** - brush teeth twice  
a day  
After breakfast and before  
bed time

Use your favourite soft  
toothbrush and a fluoride  
toothpaste

Dentist  
Elara says:

Practice the 5:2  
routine every day

To stay healthy  
and prevent  
decay!





## Public Dental Services

**Provide both general and emergency dental services**

**Public Dental Services are free for all children under 18 with a Medicare card**

**Public Dental Services are free for adults with one of the following concession cards**



## Public Dental Services in NSW



To make a dental appointment, contact your local public dental service. They will ask for your Medicare card details. If you are an adult, you will also need your concession card details.

Help to access this service:

- In your language call Translating and Interpreting Services on **131 450**
- If you have a hearing or speech impediment call National Relay Service **1300 555 727**

Local Health District	Phone number
Sydney and South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW, Mid North Coast and Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee and Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West and Western NSW	(02) 6809 8621 or 1300 552 626

Go to the closest hospital emergency department if you have:

- Swelling in your face or neck
- Bleeding from your mouth that will not stop
- A serious injury to your face

**For more information visit our website on:**  
[www.health.nsw.gov.au/oralhealth](http://www.health.nsw.gov.au/oralhealth)