

PALMERS PRESS

Palmers Island Public School Newsletter



**CRAZY HAIR DAY / WEAR RED
CYSTIC FIBROSIS FUNDRAISER**

**WEDNESDAY
4 AUGUST**

**P&C MEETING
5.30PM**

**THURSDAY
5 AUGUST**

Whats On

PRINCIPALS NEWS

Welcome to week 3

Congratulations to Mr Burgess and his wife Chloe on the birth of their daughter Talulah. We are all very excited to welcome the bub to our Palmers Island PS family. In Mr Burgess absence we welcome Ms Lotz as his replacement.

Thanks to Dubbo Lawrence and Eric Lyons who helped Strawbs put in the totem poles as an entrance to our rainforest. The rainforest is getting lots of attention at the moment with students playing and working there during their breaks.

Small Schools Athletics Carnival

Congratulations to our students who represented our school at the Small Schools athletics carnival. It was a great day despite the cold start. We had a number of students in reserve positions and will be notified if needed. Students qualifying for the Northern Rivers Carnival on Friday 20th August are:

Savanah Bylos - 10yrs Girls, 100m Dash
Keegan Bylos - 8 yrs Boys, 100m Dash
Levi Harvey - 9 yrs, 100m Dash
Izzy Croft - Snr Girls, Discus



Palmers Island Athletics Movie

If you haven't had a chance to check out the Movie Mr Little has made documenting our Athletics Carnival, be sure to pop on to Dojo and follow the link.

Palmers Island P&C Fete / Family fun day

The Family Fun Day has been postponed to 16th October due to the threat of increased COVID restrictions. Please continue to support this event by collecting items for chocolate wheels and Tombola jars.

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.

Table Tennis

We are looking forward to the installation of our 2 outdoor table tennis tables soon to be assembled next to the play ground equipment. Weather permitting, these tables will be ready for lunch time action next week.

A promotional flyer for Palmers Island Public School. The background is blue with a circular inset showing two young children, a girl and a boy, sitting at a table with a bucket of colored pencils. The text on the flyer includes: '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', and 'CONTACT US 66460114 PALMERSISL.P-SCHOOL@DET.NSW.EDU.AU'.

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

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

<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. 	<ul style="list-style-type: none"> Where students and staff are at school, Level 3 guidelines apply, except: <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 3

Hello from K, 1, 2,

We've had a wonderful week of learning all about our VR sets in our class. Our students have explored the mind in virtual reality, witnessing neurons fire between synapses and we have explored our solar system, visiting different planets in an effort to understand scale. We look forward to working together with the 3, 4, 5, 6 class, making Interactive scenes with their 360 cameras.

Our kindies have learned their first diagraphs and are about to learn even more such as sh, qu, ee, and zz and z. My class have been learning ow and ou sounds in words and soon we will learn aw and au sounds. They are being continually tested on their tricky word and diagraph knowledge. Ms Ellems class are learning about contractions and using speech and dialogue in text. They have been working hard on writing their stories on the computer.

In Maths we've been completing our units on Data in Kindy, Year 1 and Year 2. We've been working all together to graph and show data about favourite ice cream flavours, letters in our name and how many books we read. Year 2 students have been working one on one with Miss Lisa who's testing their quick fact knowledge and by all reports they have improved immensely.

That's all for now.

Kind regards

Mr. Little



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

WEEK 4 - Term 3

We would like to welcome Ms Lotz to Palmers Island Public School. Ms Lotz will be working with 3/4/5/6 for the next six weeks while Mr Burgess is on leave.

We would like to congratulate Mr and Mrs Burgess on the birth of their beautiful daughter Tallulah.



CLASSROOM NEWS - MRS ESSEX

WEEK 4 - Term 3

Learning Difficulties and Learning Disorders - what are they?

I found this great article on Raisingkids.net.au. If you wish to read the full article check out their website or alternatively if you have any questions please don't hesitate to contact us here at PIPS.

Learning difficulties are problems with reading, writing and/or maths.

Learning disorders are specific, serious and ongoing problems with reading, writing and/or maths, which are diagnosed by health professionals. Dyslexia, dysgraphia and dyscalculia are examples of learning disorders.

'Learning disorder' is the term that health professionals use when they're diagnosing a specific problem with reading, writing and/or maths. Some people use 'learning disability'. These terms mean more or less the same thing.

Learning difficulties and early signs of learning disorders

Learning difficulties and early signs of learning disorders are **often picked up in the first two years of school**, when children start classroom-based learning in reading, writing and maths.

If your school-age child has learning difficulties or a learning disorder, you might notice that they:

- dislike reading, writing or maths and/or find reading, writing or maths hard
- have a lot of trouble spelling common words, using rhyming words or counting
- find it hard to spot the sounds and syllables in words - for example, the 'k' sound in monkey
- find it hard to link a number to the associated word - for example, '5' and 'five'
- don't feel confident about schoolwork.

If your child has early learning difficulties, it doesn't automatically mean they have a learning disorder. Some children take longer than others to develop literacy and numeracy skills. Or there might be other things that make it hard for children - for example, they've missed a lot of school or they have hearing or vision problems.

Worried about learning difficulties or learning disorders: what to do

If you think your child is having early difficulties with reading, writing and maths, it's important to get these problems checked out early. There are several things you can do.

1. Talk with your child's teacher

2. See your GP

Your GP might refer you to another health professional like a paediatrician, psychologist, speech pathologist or audiologist for further assessment and tests.

These professionals can help you work out whether there are other things that are making it hard for your child to learn - for example, problems with sight, hearing, language development, or attention and focus.

3. Ask about school-based skills programs

4. Ask for a formal assessment for learning disorders

Specialised learning support for children with learning disorders

If your child is diagnosed with a learning disorder, it's important to get support for your child as soon as possible.

With this support, your child can **improve their skills and start to make good progress** with their learning. This will help your child stay engaged with school

At school, support might include:

- more intensive or frequent work with a learning support officer to support your child's individual needs
- changes to the learning environment - for example, your child might learn better if they sit closer to the front of the classroom or away from distractions
- changes to learning and assessment activities - for example, your child might be able to have extra time to do assessment tasks or exams
- assistive technology - there are many devices and software that can make things easier for your child by turning text to speech, checking spelling, predicting words, presenting information visually, and so on.

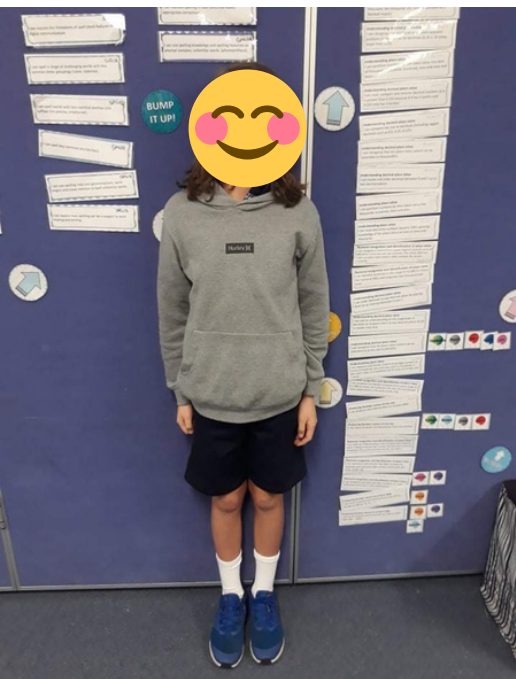
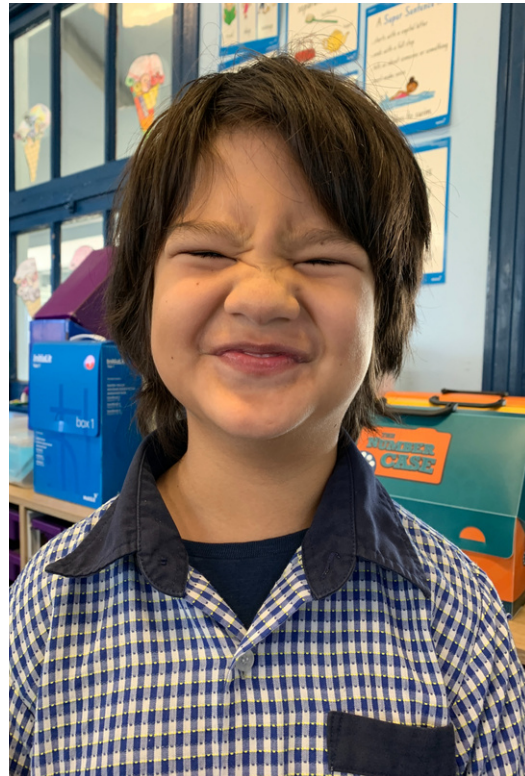
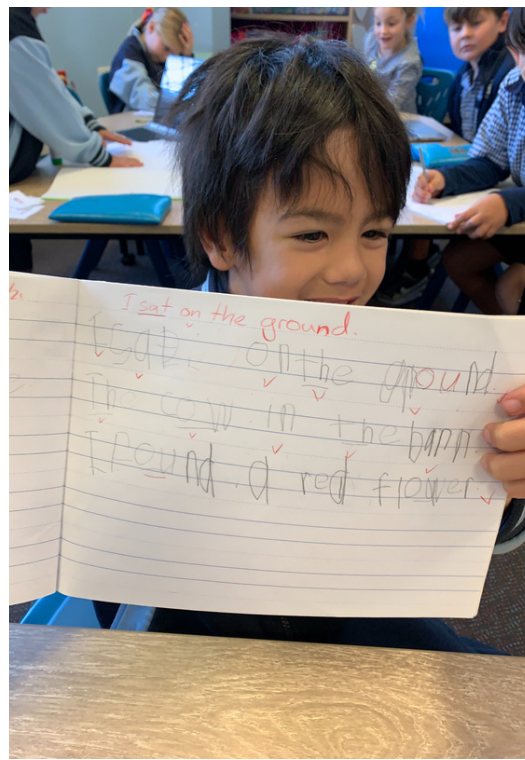
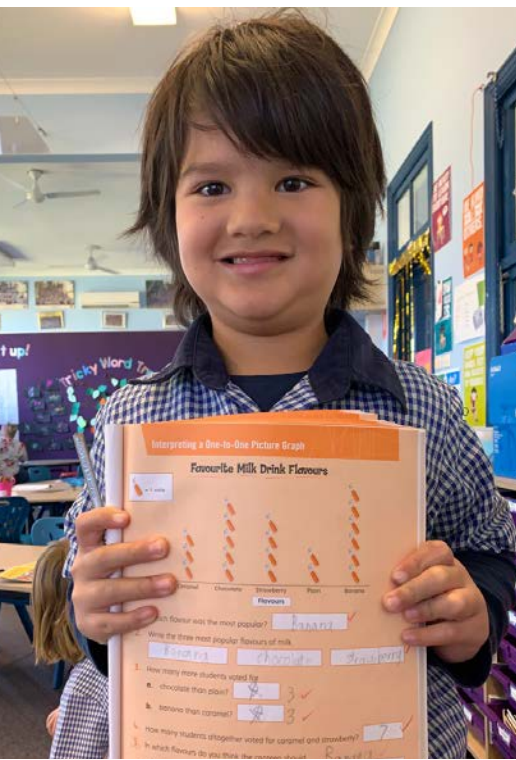
Outside school, you could look into support like specialist coaching or tutoring in your child's specific areas of difficulty.

It's also a good idea to ask your child's teacher and other professionals **what you can do to support your child's learning**.

Your child might have difficulties like attention deficit hyperactivity disorder (ADHD) or language problems, which are contributing to their learning disorder. If so, your health professionals will work with you and your child on a plan to address these difficulties too.

When you're choosing therapies or supports for your child, look for ones that are backed by scientific evidence. Therapies or supports that haven't been scientifically tested might not be worth your money and time. It's always a good idea to talk to a professional to get reliable advice about therapies and supports.





COMMUNITY NEWS

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	



Nutrition Snippet

BEAUTIFUL BROCCOLI STALKS



Did you know you can use the stalks as well as the florets?

High in fibre and vitamins broccoli stalks are a nutrient powerhouse!

Chop them up and use in a **stir fry**, add to a soup or toss them in a **salad** rather than throwing them out!

For these recipes and more visit: healthylunchbox.com.au



Rural Lifestyle Options Australia
NDIS provider of choice

For almost 30 years, Rural Lifestyle Options Australia has been dedicated to addressing unmet need across rural and regional communities. Our commitment to the people who access our services remains resolute, proudly underpinned by our motto of "Big enough to provide the service, small enough to look after you."

Our friendly Lifestyle Support Workers can support you under the NDIS with:

- Getting ready for your day
- Cleaning your home and maintaining your garden
- Banking tasks
- Attending appointments
- Personal tasks
- Self care
- Going ten pin bowling or participating in team sports
- Going fishing or learning how to swim
- Going on movie outings or learning how to dance
- Attending trips to concerts and events
- And much more...

NDIS Intake Officer Lisa Rea can be contacted on 0436 450 107 for a coffee and chat at any time.



To learn more about how we can support you or your loved one, visit www.rloa.org.au

Nutrition Snippet

HEALTHY SNACKS.



Need some healthy snacks for the lunch box or after school?

Click on our '[Inspiration and ideas](#)' tab for lots of easy recipes.

For this and more visit: healthylunchbox.com.au



CVCON
CLARENCE VALLEY CONSERVATORIUM

CONCERT IN THE PARK

Performances by
CVCon Jazz Ensemble
CVCon Concert Band
Flute Ensemble

2.00PM
SUNDAY 8 AUGUST 2021
MARKET SQUARE, PRINCE STREET,
GRAFTON

BOOKINGS ESSENTIAL
Tickets available from
Clarence Valley Conservatorium
8 Villiers Street, Grafton Ph. 6643 3555
or online www.cvcon.nsw.edu.au