

THE PALMERS POST

FAMILY NEWSLETTER

MAR 2022

VOL 2

SPORTING SCHOOLS GRANT

We have been lucky enough to secure funding from Sporting Schools Australia for Tenpin Bowling each Friday for the rest of term.

EASING RESTRICTIONS

Restrictions to ease in schools were released. A phased approach commenced on Monday 28th Feb.



EXCURSION DAY - MARTIAL ARTS



IN THE CLASSROOM



TENNIS LESSON



EXCURSION FUN



PRINCIPAL NEWS

Welcome to Week 8

It is lovely to be back into the swing of things at school this week. Students are working well and making great use of the basketball/tennis courts while the playground is still too wet and muddy.

For families adversely affected by the floods, the Maclean Flood Centre is open with great support and resources. Kevin Hogan has also offered assistance for those requiring help with the clean-up. Grants and monetary support are offered by NSW Government. Many donations have been offered to the school by different organisations. Please be in touch if there is anything you require.

Harmony day is Monday 21st March. Students are asked to wear Orange. We will undertake activities that celebrate cultural diversity and inclusion.

We wish Joseph Novicky the very best at North Coast swimming in Coffs Harbour tomorrow. Joey will compete in 50m Freestyle, 50m Backstroke and 50m Breaststroke. This is a great achievement.

Our school is undergoing works over the Easter Break. This will give us greater access to our school buildings.

Our students attended Maclean High School Transition today. They left feeling quite nervous but have returned very confident and sharing stories of a great day.

Don't forget to donate Easter Eggs for our upcoming P&C Easter Raffle.

UPCOMING EVENTS

Wednesday 16th March

- High School Transition

Thursday 17th March

- North Coast Regional PSSA Swimming Championships

Friday 18th March

- Tenpin Bowling
departing 9.30am - 11am

Monday 21st March

- Harmony Day -
Wear Orange

Wednesday 30th March

- Netball Gala Day Yrs 3 - 6

Thursday 31st March

- Big Vegie Crunch 10am

Wednesday 6th April

- Easter Hat Parade

Friday 8th April

- Last day of Term 1

Wednesday 22nd April

- Students return Term 2

Tuesday 3rd May

- School Photos



FLOOD SUPPORTS

The flood recovery centre is open in Maclean- 50A River Street Maclean.

The centre is able to assist with grants, financial support and a large range of support services . Please drop in if you have been flood affected- they are willing and ready to help.



The Uniting Church Red Dove Op-Shop at 18 Angourie Road Yamba are offering to families of Palmers Island School affected by the floods free clothes and kitchen items to those needing them. Please make yourself known at the front of the shop, so that they can assist you.

Yamba Rotary will be holding a Free BBQ Breakfast for Palmers Island Residents:

This Sunday - 13th March 8am - 10am

Next Sunday - 20th March 8am - 10am

On the Corner of Dally and Gordon Streets.

Egg & Bacon Rolls, Sausage Sandwiches and Soft Drinks.

PIPS P&C

Many hands make light work

INVITATION TO 2022 P&C

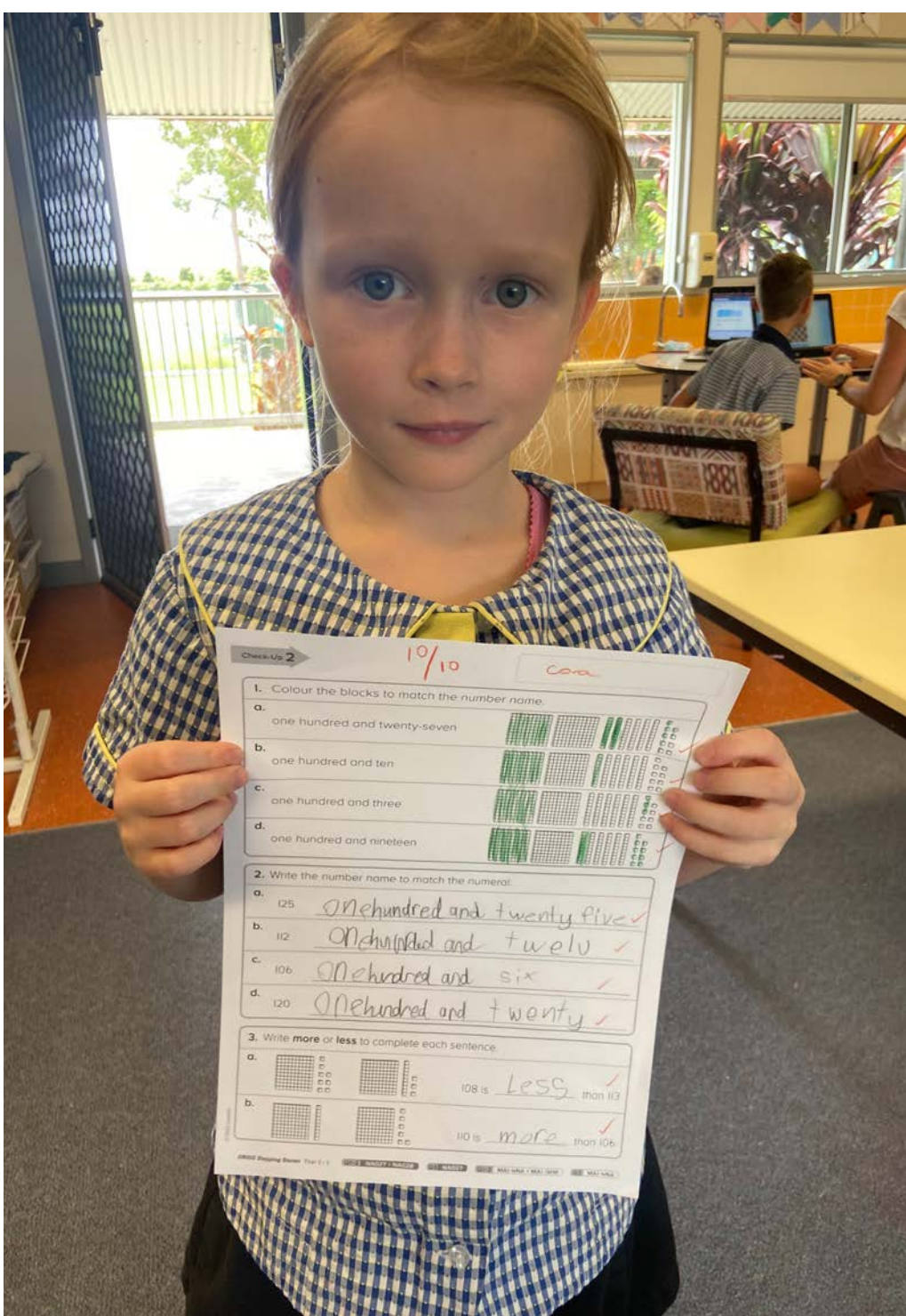
ANNUAL GENERAL MEETING

Thursday 24 March from 5:30 pm

@ Palmers Island Public School

Over the past few years we've had fun working together, and with the school, the school's parents and carers and community to fundraise to help improve PIPS facilities for our kids. We are proud of our recent achievements including building the rainforest garden, upgrading the playground and resurfacing the tennis court. We are looking forward to rolling up our sleeves in 2022 to raise more money to do more improvements. If you would like to join, help out the P&C, or put forward some ideas, we would love to see you there!







EASTER

RAFFLE

DONATIONS

**THE P&C COMMITTEE WOULD
GREATLY APPRECIATE
DONATIONS OF EASTER EGGS TO
GO TOWARD THIS YEARS EASTER
RAFFLE**

**DONATIONS TO BE HANDED TO
OFFICE BY
WEDNESDAY, 30TH MARCH**







NEWS FROM MR LITTLE'S CLASSROOM

Hello from K, 1, 2,

The recent floods have unfortunately affected us in many ways, disrupting learning at school and impacting homes all around the Clarence. Now we are back at school we've been fortunate to share with Mrs Essex's class while we wait for fresh carpet in our big K, 1, 2 room as parts of the room became waterlogged. A big credit to my class who have taken it in their stride and have happily re-engaged in their learning each day and paid attention to the changes around play due to the muddy school grounds.



Our kindies have been just introduced to their first letter and letter sound - M m. We are practicing our handwriting and thinking of words that begin with that sound. Year 1 have been learning and revising their digraphs and reading texts that use all the sounds they know. Year 2 are learning about and writing persuasive texts. They have already written about their favourite season by stating their opinion and at least two reasons why.

In numeracy Kindies have been familiarising themselves with numbers and quantities up to 10 and have started to gather data and put it in yes or no graphs. Some questions include; Do you take a bus to school? Do you like broccoli? etc etc. Our year 1 group have been learning ordinal numbers and carefully matching their first, second, third and beyond with the corresponding number. As a homework task, ask the students to recount their day using ordinal numbers. Year 2 have been learning about place value of numbers over 10, and are working hard each day to complete their tasks.

To get us back in the right mood for school, Palmers students have had some amazing days of learning and fun before our grounds opened again. I'm so proud of the way our students behaved and looked after one and other on our days away at YPS, Black Diamond, Tennis and Yamba Community pool. It was fantastic to see how respectful our students were to their teachers and how ready they were to show of their skills. Looking forward to bowling at the end of this week!

That's it for now.
Kind regards
Mr Little





NEWS FROM MRS ESSEX'S CLASSROOM

Supporting Student Voice after a disaster – www.Emerging Minds

Our little community is slowly trying to recover from the recent floods, and our children will be affected in different ways. Allowing your child to have a voice is about acknowledging that young people are experts in their own lives and have the right and desire to be actively involved in the decisions that impact them.

Sometimes during disasters or times of crisis, children and young people can feel helpless and invisible. While this may not be done intentionally, it's important that children and young people are engaged in disaster recovery as they can offer unique experiences and perspectives.

Preparedness is important and helps you and your children to work together to get ready practically and emotionally for a potential disaster. This can increase your confidence and ability to deal with a disaster, think more clearly and act according to your emergency plan.

One of the most important ways you can minimise a child's stress and anxiety in an emergency situation is through coping well yourself. The skills that educators have are what students need to help them regroup, recover and make the best of the opportunities that come their way.

As educators we will work with your children by helping them in their response to the challenges of a disaster or trauma event and, as always, we can continue to help children develop resilience in the way we teach, interact with and model positive behaviour to our students.



psychological first aid

PFA is based on the most recent evidence on what helps children to recover after a frightening or traumatic event. It is used in the same way physical first aid is used – as a way to assess and protect people who are in an emergency threatening their lives or wellbeing. PFA is an internationally accepted concept and strategy supported by the World Health Organisation, which has developed specific guidelines for use across the world.

PFA for children in a disaster or emergency is based on five important concepts:



The immediate aftermath of a disaster can be overwhelming for all members of a community but focusing on these fundamental ideas can help give you and the children in your care much needed focus and direction to help support physical and psychological recovery for everyone.

If you or your child needs assistance during this time please contact

Lifeline **13 11 14**

Kids Helpline **1800 55 1800**

Mrs Essex





NEWS FROM MR BURGESS'S CLASSROOM

It's great to be back at school again, inside the classroom working hard with all the kids. I bet we were all hoping for a 'normal' year this year but it has been anything but so far. I can't believe we're already 8 weeks into this term and have 3 to go before our Easter break. Time flies when you're having fun.

Thanks to Mrs Wiseman for organising our 'best day ever' excursion. It was something we all needed to lift the spirits for the kids during a challenging time away from school and their friends. It was a fantastic day and I especially enjoyed the Mixed Martial arts with Combat Wombat Wanita giving some great examples to the class.

Please if you haven't already, sign up for our class dojo. It is a great way to have a look inside at what the class is completing every day. Photos and videos can be posted of the class in our class story to keep updated on what the class is working hard on.

Kind regards,
Mr Burgess



In Literacy, our class is continuing through our Narrative writing units. Students are learning about exciting introductions, character development and how to structure a narrative. We will continue to work to develop our skills until the end of the term and publish our narratives. Our afternoon sessions have been filled with more coding fun. Students are enjoying exploring the makecode program and are creating some fantastic projects with their partners. Our class have already completed several projects such as a flashing heart, name tag, step counter and many more.

Our first High School transition is on this Wednesday. It will be a great experience for our Year 6 students to explore and participate in some activities for the first time. Our school will also be playing Ten pin bowling on Friday mornings until the end of term. Make sure to bring your permission note back.

WHAT'S ON IN OUR CLASS

News

- *High School Transition, Wed 16th March*
- *Joey is off to North Coast Swimming Championships. Good luck Joey!*
- *Check-in assessment (Week 9)*

COMMUNITY NEWS



Claim 2 x \$100 Active Kids Vouchers

** MORE INFORMATION ON NEXT PAGE

DEAR MUM & DAD, I NEED TO SIGN UP!
 playfootball.com.au
 Any questions yamba.fc@gmail.com
 Get in now to secure your spot!

yamba breakers netball club

REGISTRATIONS ARE OPEN FOR SATURDAY NETBALL WE WELCOME NEW AND RETURNING PLAYERS

EMAIL
 YAMBABREAKERSNETBALLCLUB@GMAIL.COM
 TO FIND OUT MORE OR VISIT OUR FACEBOOK PAGE
 Call Shelly for more info 0432948476

Use your active kids voucher

register now for early bird special Games all played at Maclean Netball courts. follow our facebookpage for all up to date info

Registration is online, now open for the 2022 season.
 We welcome both new and returning players.
 Kick off will be in April, so sign up now for an exciting, fun filled season of football.

FEES FOR 2021

Miniroos	4-5 years (Pre-School, turning 5 in 2021)	\$80
Miniroos	5-7 years	\$125.00
Juniors	8-11 years	\$155.00
Juniors	12-14 years	\$185.00

Players must be registered before they play.
 Club registrars Wendi Moffitt - 0474057997 / Tania Shugg - 0419621774

Parents - Don't forget to apply for a \$100 voucher for each child enrolled at school to help offset the cost of football registration fees before you register your child.
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

Nutrition Snippet

SIMPLE SWAPS.

Store bought muesli bar -> Healthy muesli bar

Try our chewy **fruit and seed bar** recipe!

- ✓ Less nasties
- ✓ More goodness
- ✓ Tastier!

For this recipe and more visit: healthylunchbox.com.au

Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?

A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the **website**:

- [Interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy [recipes](#) and [snack ideas](#).
- Informative [blogs](#) about healthy eating for the family.
- [Sign up](#) to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au

Nutrition Snippet

AUTUMN FRUIT AND VEG

Apples, bananas, and cucumbers are in season and usually cheapest in autumn.

Try these snack ideas:

- [Stewed apples and sultanas](#)
- [Banana pikelets](#)
- [Cucumber and cream cheese sandwiches](#)
- [Healthy apple crumble](#)

For these recipes and more visit healthylunchbox.com.au

BE PART OF YAMBA HISTORY
YAMBA BUCCANEERS
SINCE 1975



JOIN NOW

DO YOU WANT TO PLAY RUGBY?

Under 8s to Seniors

Junior coaches and volunteers needed

Contact us via:

@yambabuccaneers
@yambabuccaneers@hotmail.com
yambabuccaneers@hotmail.com
#yambabuccs



Active Kids

VOUCHERS

Active Kids Vouchers provide \$100 towards sport and active recreation costs for children. Two vouchers are available per child, one now and one in July.



They can be applied for via the Service NSW website or app.

Vouchers can be used for a range of activities including:

- team sports
- swimming
- dance
- surfing
- martial arts
- gymnastics
- tennis
- skateboarding



HEALTHYEATING
ACTIVE LIVING



Grafton Junior Hockey 2022

Welcome!!!

FREE Come and Try Sessions
All kids welcome!!

If your child is new to hockey—come and have a go!!

If your child has played before - come and have a game!! Get ready for the season!!

Come & Try Days - Thursday 3rd, 10th & 17th March

Kinder, Years 1 & 2 @ 4pm

Years 3 & 4 @ 4.40pm Years 5 & 6 @ 5.20pm

** Mouthguards & Shinpads compulsory

GHA will provide a hockey stick if you don't have one

Registration Information and assistance available at FREE Come & Try afternoons.

Come & Play Hockey!!
All skill levels : Family Friendly



CLAIM TWO \$100 ACTIVE KIDS VOUCHERS

All NSW school-enrolled children are eligible for two \$100 Active Kids vouchers each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December and voucher two is valid July to December.** After 1 July, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS

- 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

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab





2022 NSW COUNTRY



U12'S SKILLS DAY

SATURDAY 9TH APRIL - YAMBA

SUNDAY 10TH APRIL - QUEANBEYAN

SATURDAY 23RD APRIL - BATHURST

SUNDAY 24TH APRIL - LEETON

THESE SKILL DAYS ARE FOR ANYONE JUST STARTING OUT WITH BASKETBALL AS BEGINNERS TO REPRESENTATIVE LEVEL. THE MOST IMPORTANT ASPECT IS THAT ALL ATHLETES HAVE FUN AND LEARN SOMETHING NEW.

TIME: 9:30AM - 3:00PM

ONE DAY CAMP (THREE SESSIONS TO ATTEND + LUNCH BREAK)

REGISTRATIONS CLOSE COB 48 HOURS BEFORE CAMP

CAMPS ARE OPEN FOR ANY CHILD BORN 2011, 2012 & 2013

ALL ATHLETES NEED TO BRING A BALL, DRINK BOTTLE & LUNCH

TO REGISTER ONLINE

WWW.BNSW.COM.AU/PLAYERS/UNDER-12-PROGRAMS/

COST \$75

Sunsmart Snippet

Sun protection is everyone's responsibility.



Remember, it is important to protect your own skin and role model sun protection behaviours for those around you or in your care.

Tip: Keep a broad-brimmed hat and SPF 30+ (or higher), broad-spectrum, water resistant sunscreen by the door, ready to put on before heading outside.

sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box



BOBCATS FOR LIFE

Its Time!!

to join our football family

You cant score a goal if you dont take a shot

REGISTRATIONS OPEN NOW

How to register: facebook.com/MacleanBobcats

More info: admin@macleanfootball.com.au



LACHY HAMILTON QUINTET

Lachy Hamilton was awarded the James Morrison Academy of Music's "Excellence in Performance" award upon graduating in 2018 and is an "up and coming musician on the Australian jazz scene to keep an eye on" – James Morrison

Join us for jazz night at the Clarence Valley Conservatorium featuring Lachy and his quintet.

**FRIDAY 25 MARCH
7:00 PM**

Tickets: Adult \$30 Concession \$20 Students \$10

www.cvcon.nsw.edu.au | cvcon@cvcon.nsw.edu.au | 6643 3555



CALVIN ABDIEL



**THURSDAY 31 MARCH 7:00PM
CLARENCE VALLEY CONSERVATORIUM
8 VILLIERS STREET, GRAFTON
ADULT: \$30 CONC: \$20 CHILD: \$10**

FOR BOOKINGS VISIT WWW.CVCON.NSW.EDU.AU OR PHONE 6643 3555

EASTER HOLIDAY SPORTS CAMP 2022

The 2022 Holiday Sports Camp is on this April. Sports to be played will include: tennis, including the Maclean Jnr Championships with the winner to receive a CASH PRIZE (racquets available), soccer, tug of war champs, big ball & much more. Finishing with & sausage sizzle on Wednesday. Canteen facilities available at courts. Lots of prizes to be won. Including a brand new racquet!!!

When: Mon 11th, Tues 12th, Wed 13th APRIL
Where: Ryan Park Tennis Complex Maclean.
Time: 9:00am-1:00 pm
Cost: \$120 (Day rate \$50)

Any further inquiries please phone Alan on 0416 016 775

Return Form

Easter Holiday Camp 2022

Please circle one of the following categories:

- K – Grade 2 2. Grade 3 - 5 3. Grade 6 - 9

Photographs YES or NO

Complete and return permission slip with payment by Friday 8th April.

Name: _____ DOB: _____

Email: _____

Mob: _____

All monies payable to Alan Jurd Coaching.

Bank details: NAB Bsb: 084 730 A/C 83 489 1700 Po Box 270 Yamba NSW 2464

Email form back to alan.jurd@bigpond.com / mb: 0416 016 775.

Sports Vouchers Can Be Used.

CLARENCE VALLEY YOUTH WEEK 2022

3 APRIL to 14 APRIL

SUN 3 APRIL - 10AM-3PM
SALTY SUN AND SURF
YOUTH DAY
TURNERS BEACH, YAMBA

MON 4 APRIL - 3.30PM-5PM
DROP IN & PIZZA
GOUTTS CROSSING SKATE PARK

TUE 5 APRIL - 4.30PM-6PM
DROP IN & PIZZA
TOWNSEND PARK

WED 6 APRIL - 4PM-5PM
DRAMA MONARCHS
HEADSPACE GRAFTON

WED 6 APRIL - 3.30PM-5PM
DROP IN & PIZZA
GRAFTON SKATE PARK

THU 7 APRIL - 4PM-8PM
LIVE N LOUD
GRAFTON LIBRARY CARPARK

THU 7 APRIL - 4PM-5.30PM
DROP-IN & PIZZA
ILUKA SKATE PARK

FRI 8 APRIL - 4PM-5.30PM
NO SWEAT & ONLY CHILL
POOL PARTY
YAMBA COMMUNITY POOL

SAT 9 APRIL - 11AM-5PM
KICK FLIPS & TAIL WHIPS
SKATE/SCOOTER COMP
GRAFTON SKATE PARK

SUN 10 APRIL - 9AM-12PM
COLOUR RUN
JABOUR PARK, SOUTH GRAFTON

MON 11 APRIL - 3.30PM-5.30PM
DROP IN & LASER
COUTTS CROSSING SKATE PARK

TUE 12 APRIL - 4.30PM-8PM
OUTDOOR CINEMA
WHERRETT PARK, MACLEAN

WED 13 APRIL - 11AM-3PM
ART IN THE PARK
GRAFTON SKATE PARK

WED 13 APRIL - 4PM-5PM
DRAMA MONARCHS
HEADSPACE GRAFTON

THU 14 APRIL - 4PM-5PM
LGBTQI+ YOUTH
DROP IN & PIZZA
CHANGING LANES SHED, GRAFTON

THU 14 APRIL - 4PM-6PM
DROP IN & LASER
ILUKA SKATE PARK

ALL YOUTH WEEK EVENTS ARE DRUG AND ALCOHOL FREE.
 UNDER 12'S MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT. ALL EVENTS
 ARE FREE AND WILL FOLLOW COVID-19 GUIDELINES. BOOKINGS ARE ESSENTIAL.
 PLEASE CONTACT ALLIRA 0428 420 808 FOR MORE INFORMATION AND TO MAKE A BOOKING.