

THE PALMERS POST

FAMILY NEWSLETTER

MAY 2022

VOL 3

NAPLAN

We have another busy week this week with Year 3 and 5 completing the NAPLAN tests.



FIRST PLACE AT MACLEAN SHOW



FIRST PLACE AT
MACLEAN SHOW



NEXT PIANO GRADE
WELL DONE TOMMY!



2022 PIPS CROSS COUNTRY AT PIPPI BEACH



PRINCIPAL NEWS

Welcome to week 3

It is great to be back in to school after a week of working from home with COVID isolation.

Students have had a great start to the term with some wonderful new experiences including Cross Country at the beach and mixed netball Gala day along with a new venue for the Small Schools Cross Country.

We wish those students attending the NR Carnival the very best when they compete at the new venue in Casino next week.

This week we see the flood works really snowball. My fingers and toes are crossed that we will have new carpet installed for Mr Little and Miss Lisa's classrooms by the end of the week. Works on the playground and the installation of the bike track are set to commence in a fortnight. We are looking forward to dry weather to ensure these plans stay on-track.

Congratulations to all our students each of who entered a artwork into the Maclean Show. This year, once again, we had a raft of places, highly commended and best in show. Well done on your creativity.

The Lions Oz in conjunction with Toyworld have very generously donated to each student a bag of goodies. These will go home today with students. The packs have wonderful items for students to enjoy at home.

Our school does not charge a 'book pack' fee as we supply all stationary items, books, texts and online subscriptions to students. We do however ask a voluntary contribution for those who are able to do so. Please contact Mrs Groth if you wish to do so.

UPCOMING EVENTS

Mon - Thurs 10th - 13th May

- NAPLAN

Wednesday 18th May

- PSSA Soccer

Friday 20th May

- Walk to safely to school day

Friday 27th May

- NR PSSA Cross Country at Casino ****new venue**

Tuesday 24th May

- School Photos

Thursday 2nd June

- Clarence Valley Close the Gap Day

Tuesday 14th June

- Australian Dental Health visit



Solar Buddies

We have partnered with Maclean Rotary in a wonderful community project called Solar Buddies. Solar Buddy is an Australian charity uniting a global community with a big dream to gift six million solar lights to children living in energy poverty by 2030, to help them to study after dusk and improve their education outcomes.

What do we do?

- We Learn about energy poverty, renewable energy and global citizenship
- We Make a solar light and write a personal letter to your buddy
- We Illuminate futures of children living in energy poverty

The students of 3 4 5 6 will make the Solar light in the classroom, learning about the impacts of Energy Poverty as part of the program. The program gives the students the opportunity to be involved in something that will be life changing for many kids in third world countries. The program encourages student collaboration, intercultural understanding, and creative and critical thinking while inspiring students to consider how innovative design solutions can transform lives.

Mrs Essex



CROSS COUNTRY @ PIPPI BEACH







NEWS FROM MR LITTLE'S CLASSROOM

Hi families,

(Please note Mr Little is away – Mrs Essex is writing this on his behalf.) We have had an eventful start to the term. It was wonderful to see all class members participate in our Cross Country and final day of bowling. Congratulations to Cora and Mackenzie who went on to represent Palmers Island at the Small Schools Cross Country race day in Iluka. We are currently still sharing a room with Mrs Essex and whilst we are having a blast we can't wait to return to normal and get our old classroom back later this week!

There will be no homework this week – I am sorry. You can always take the opportunity to do some extra one on one reading with your kids, I will send home some new readers for the week. Hopefully Mr Little is feeling better soon. We look forward to his return.

Mrs Essex



Kinder is currently learning the new vowel sound /i/ in English. In Math we are learning how to order things, for example using the terms short, shorter, shortest. Long, longer, longest.

Year 1 students are learning all about nouns and verbs and are working hard to progress their reading and writing skills. In math they have started a new unit that is introducing 2-digit numbers.

Year 2 continue to work hard with Ms Lisa Morrow and Mrs Wiseman in their intensive literacy program. Whilst math is now focusing on 2-digit addition.

The whole school pulled together to make the Mother's Day body scrub we hope you all loved your gifts.

We had some great results from the Maclean Show, with the standouts from Byron and his collage artwork and Cora with her 'Scream!' drawing. Well done you two!





NEWS FROM MRS ESSEX

Sport and physical activity and its relationship with wellbeing.

The NSW Dept of Education has conducted a review of the relationship between physical activity and a child's wellbeing. The information concluded that, there is a clear positive association between physical activity and students' wellbeing outcomes.

The data is so convincing that as a school we have included regular high impact physical breaks into our own Strategic Planning for the next 3 years. As a staff, part of our daily planning can include up to 30 mins per day of high energy breaks. This may include a dance session, an online aerobics class or just some jogging on the spot.

Improvements relating to physical activity are consistently evident in academic outcomes reflected in;

- improved grades
- school attendance
- classroom behaviours (e.g. on-task behaviour)
- increased cognitive function (memory, processing speed, attention and, inhibition)

Psychosocial outcomes were reflected in;

- general wellbeing
- improvements in self-esteem
- improvements in resilience
- and a decrease in depression and anxiety

Students who participate in moderate physical activity (activity that raises students' heart rate and causes them to sweat for at least 60 minutes per day, such as walking, climbing stairs, riding a bike to school) tend to have better psychosocial well-being outcomes than students who do not participate in sports at all.

Students who do not engage in any kind of physical activity outside of school – neither vigorous physical activity, such as running, nor moderate physical activity, such as walking or dancing – tend to fare poorly in several psychological and social outcomes, and are more likely to engage in risky behaviours.

Signing your kids up for organised sports outside of school is so beneficial to both their fitness and wellbeing. They may need a little nudge, however the lifelong benefits kids receive from playing sport far outweigh a few little hiccups you may have to navigate in the meantime.

I regularly bang on about the benefits of team sport, I'm a huge advocate. Please don't hesitate to contact me if you'd like a little help in accessing a sport suitable for your child, or obtaining the \$100 Active Kids Sporting Voucher.



NEWS FROM MR BURGESS'S CLASSROOM

We have another busy week this week with Year 3 and 5 completing the NAPLAN tests this week. Last week included the Maclean show holiday, Netball gala day and the small schools cross country.

It was great to see so many of our student's art pieces receive prizes from the Maclean show. I know a lot of hard work went into creating these pieces of art and students adapted well with some great ideas to fit inside the categories. Well done to our 3/4/5/6 students who went to the netball gala day. I've heard great reports from Mrs Essex that all students tried their best and participated well. This was fantastic to see as most students did not have any netball practice or experience before attending the day.

I had the pleasure of attending the Small Schools Cross Country in Iluka last Friday. On what was an overcast day, the rain held out long enough for all students to complete the course without getting wet. With the help of each other cheering and encouraging, students overcame a bendy course. and finished the day with some fantastic results. Well done to all students who participated and represented the school proudly.

A special mention to Keegan, Lani, Joey and Isla for making it through to the next carnival and Levi, Tobias, Charlotte, Danica and Savannah for qualifying as reserves.

In the classroom we have been busy writing narratives and collaboratively planning and creating stories together as a group. This has helped students to work together in creating a narrative piece to include everyone's ideas and take responsibility in writing your own part of the narrative. Some of the stories created were fantastic. Mrs Sherman has also been in the class assisting us writing persuasive letters. We have also been writing to Jasper Road Public School thanking them for the support during the floods and explaining a little bit about our own personal experiences during these times.

Next Friday is walk safely to school day. Keep an eye on the dojo for this event. It was great last year meeting everyone at the village and enjoying a safe walk to school together as a group.

Kind regards,
Mr Burgess



COMMUNITY NEWS

Claim 2 x \$100 Active Kids Vouchers



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



Apply for a First Lap learn to swim voucher Service NSW



First Lap vouchers for kindy kids

The First Lap program has been expanded for the 2021/22 financial year to include children starting kindergarten in 2022, who missed out on vital water safety education during their pre-school years due to COVID-19 restrictions.

Water safety education is key to ensuring children learn vital safety and survival skills from a young age – a skill they will keep with them for life. The NSW Government aims to make water safety education more accessible for NSW families, through the First Lap voucher program providing \$100 vouchers for parents, guardians and carers of children aged 3-6 years.

Clarence Coast Magpies JRL Registrations are open!

- Minis boys and girls 5 - 9
- Mods boys and girls 10 - 12
- International boys 13 - 16
- International girls tackle 13 - 16
- Girls league tag 13 - 16



Registration website:
playnrl.com

For further information please call 0439 844 411 or email clarencecoastmagpiesjrl@gmail.com



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
yambabuccaneers@hotmail.com
#yambabuccs

Sunsmart Snippet

What's the UV right now?

Think UV not heat. UV can't be seen or felt and can damage your skin on cool or cloudy days.



Check the SunSmart app everyday to find out your local UV levels and sun protection times to protect yourself from skin cancer.

Remember to SLIP, SLOP, SLAP, SEEK and SLIDE when the UV is 3 or above.



sunsmartnsw.com.au



YOUTH WEEK 2022

COLOUR FUN RUN

POSTPONED UNTIL SUNDAY 22 MAY

FREE EVENT

JABOUR PARK 9 AM - 12 PM

WEAR WHITE

FUN OBSTACLES, ACTIVITIES AND INFORMATION STALLS
MUSIC, BBQ, PRIZES & MORE
GREAT FOR ALL AGES TO RUN AND HAVE FUN!

TO REGISTER ONLINE

SCAN ME FOR FREE TICKETS

ALL YOUTH WEEK EVENTS ARE DRUG AND ALCOHOL FREE. ANY CHILDREN UNDER 13 YEARS NEED TO ACCOMPANIED BY A RESPONSIBLE ADULT.

FOR MORE INFORMATION CONTACT CLARENCE VALLEY YOUTH OR CALL 0428 420 908

Claim a \$100 Creative Kids Vouchers

About Creative Kids

NSW Government is helping you save on everyday costs and more with more than 70 rebates and savings including Creative Kids, which is all about making it easier for school-aged kids (4.5 to 18 years old) to get involved in creative and cultural activities.

Parents, guardians and carers can claim a \$100 voucher per year to put towards the cost of lessons and fees with registered providers.

It's a great opportunity to let kids find their passion and learn new skills.

Vouchers can be used to contribute to registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other creative and cultural activities with our approved list of activity providers.



Yamba Art Space

Fabric Art Fun - Design & Decorate
Students draft designs for their canvas art apron, tote bag and printed fabric. Word Art, symbols, pattern and stencil making will be explored. Students learn fabric art application techniques using fabric markers, crayons & paint. Once complete students take home their fabric art items for use.

Program fee \$200

Artist Educator Kerrie Speirs

Creative Kids Provider

Primary ages 5 - 12yrs welcome

All materials supplied

8 week program starts week 2. Term 2.

Max. 8 students per class.

Class times:

Wednesday 3.45pm - 5pm

Friday 3.45pm - 5pm

Further details + bookings contact
Kerrie Speirs info@yambaartspace.com
phone 0488 070 069 (Wed - Sat)

Nutrition Snippet

CHOCOLATE MUFFINS



Serves: 12

Ingredients

- ½ cup plain flour, plus 2 tablespoons
- ½ cup wholemeal flour
- 1/3 cup cocoa powder
- ¼ tsp baking soda
- 2 large eggs
- 1 ripe banana, mashed
- ¼ cup reduced fat plain yoghurt
- 1/3 cup honey
- 1/3 cup reduced fat milk
- ¼ cup olive oil

Method

Pre-heat the oven to 180°C. Line a muffin tin with paper liners.

In a large bowl, whisk together the dry ingredients. In a medium bowl, whisk together the rest of the ingredients. Make a well in the centre of the dry ingredients and add the wet ingredients. Gently stir by hand until just combined.

Fill the muffin cups 2/3 to the top. Bake for 18-20 minutes, or until a toothpick comes out clean.

Place on a wire rack and allow to cool in the tin for 5 minutes, then remove and place on the rack to cool completely.

For more recipes visit:
healthylunchbox.com.au

