

THE PALMERS POST

FAMILY NEWSLETTER

MAY 2022
ELECTION

VOL 4

Don't forget your baking for Saturday's Election. If you are able to volunteer please contact the office or a member of our P&C. This is always a great fundraiser for our school.



IN THE CLASSROOM



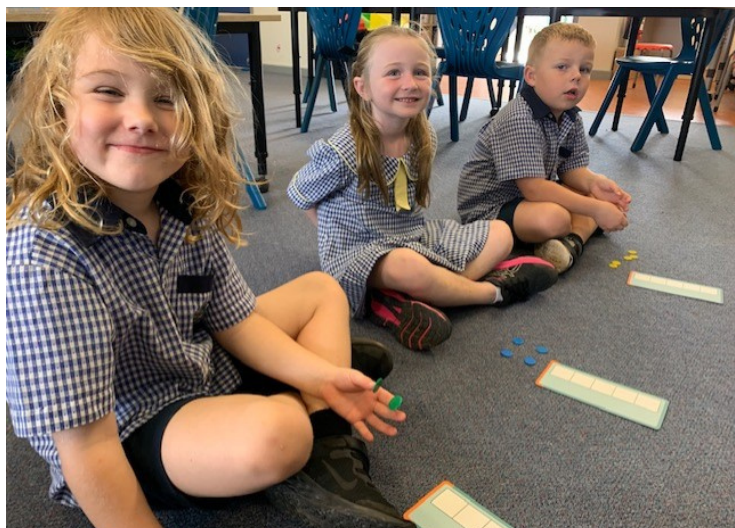
IN THE CLASSROOM



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IN THE CLASSROOM



PRINCIPAL NEWS

Welcome to week 4

We are told that carpet will arrive and be laid this Friday in Mr Little and Miss Lisa's room, we are so excited to finally get back into our classrooms and for Mrs Essex to finally unpack her new furniture after the floods. Unfortunately works uncovered asbestos and moisture problems. Now remedied carpet can go down!

We wish our students travelling to Casino this Friday for the Northern Rivers Cross Country Carnival all the best. We look forward to hearing how Lani, Isla, Keegan, Joey and Reef go.

It is a very busy week in sport - we see students, Keegan and Savannah Bylos, take part in the PSSA soccer trials. What a great experience and best of luck to you both.

This week we see some staffing changes. Ms Sherman our Assistant Principal, Curriculum and Instruction has accepted the position as relieving Principal at Harwood Island Public School until the end of the year. Mrs Berman who has been undertaking RFF will relieve in the role throughout this duration. We wish Ms Sherman and Mrs Berman the very best in their new roles.

Congratulations to our years 3&5 students who successfully undertook NAPLAN last week. We are all very proud of your efforts and application to these assessments. Students who were absent will complete catch up assessments throughout this week.

UPCOMING EVENTS

Wednesday 18th May

- PSSA Soccer

Friday 20th May

- Walk to safely to school day

Tuesday 24th May

- School Photos

Friday 27th May

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

Mon 30th May - Fri 3rd June

- Reconciliation Week

Thursday 2nd June

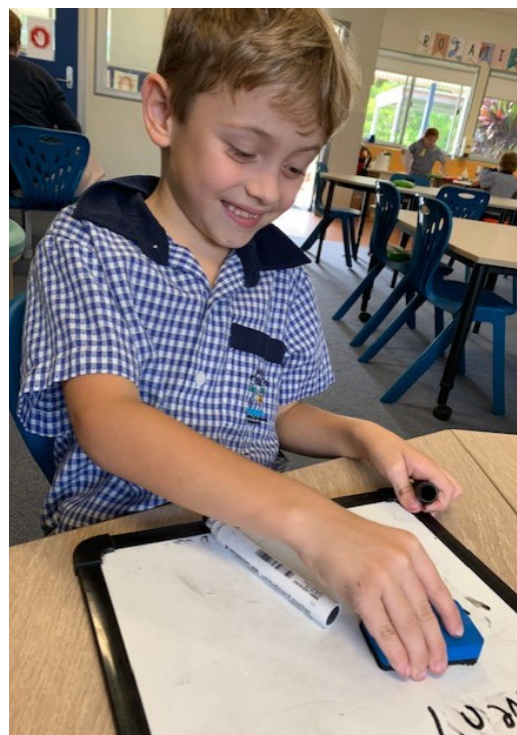
- Clarence Valley Close the Gap Day

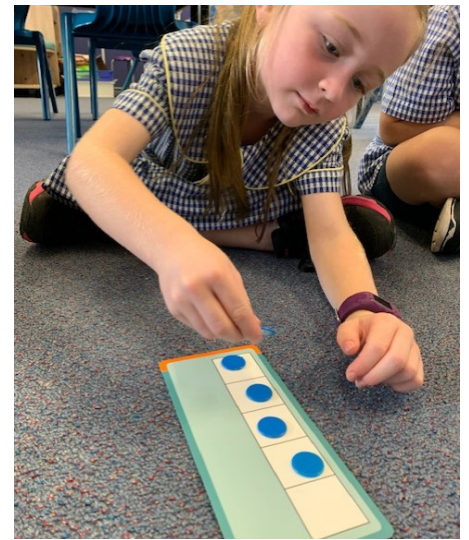
Monday 13th June

- Public Holiday - Queen's Birthday

Tuesday 14th June

- Australian Dental Health visit





NEWS FROM MR LITTLE'S CLASSROOM

Recently, I've started asking my students how they can take responsibility for their learning. Instead of being passive learners, how can my class be active learners, or even teachers in my class. When we work together, as teachers and learners we can engage in the lessons in more impactful ways.

In Literacy our kindies are learning their third set of letter and letter names. They are practicing sounding out familiar and unfamiliar words. If there is something they've forgotten or are unsure of, I ask them to focus on that thing today during the lesson. Year ones have been working hard reading longer two syllable words, and learning new sounds. We will all be practicing our tricky word spelling more often in class too. Year twos have been having a great time story writing on their computers. Cora's story of little people swimming in a sink was both creative and wonderfully written.

In our Maths sessions each lesson introduced or builds upon a concept. Our kindies have been practicing the correct way to count with their fingers (left hand pinkie first!) and showing me how numbers between 1-9 are related to numbers 0 and 10. My year ones have meticulously studied concepts of tens and ones and can show 4 different ways to make a digit up to 100, using blocks, words, numbers and number expanders. These concepts are vital building blocks in numeracy, so with our ears and minds switched on, students are teaching these concepts back to me.

Fingers crossed we can return to our regular classroom, but we will just have to wait and see. A big thankyou to all our students for being absolute troopers, getting their work done everyday, and bringing back their homework on Fridays.

That's all for now.
Mr Little



NEWS FROM MRS ESSEX

SCREEN TIME!

During the upheaval of the last couple of years – through lockdowns and floods our children have naturally had more time at home entertaining themselves. Unable to play sports or catch up with friends (whilst parents are trying to work from home!) it has been a natural progression in many households that screen time has increased.

My go-to for up to date information on all things internet and social media is the E safety commissioner. I highly recommend this site for any parent. We always need to stay one step ahead!

eSafety Commissioner

Screen Time How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

Signs to watch out for

- Less interest in social activities like meeting friends or playing sport
- Not doing so well at school
- Tiredness, sleep disturbance, headaches, eye strain
- Changes in eating patterns
- Reduced personal hygiene
- Obsession with particular websites or games
- Extreme anger when being asked to take a break from online activity
- Appearing anxious or irritable when away from the computer
- Becoming withdrawn from friends and family



How to help your child manage their online time

- Stay engaged and encourage balance
- Create a plan – involve your child, they may respond better
- Set a positive example – reduce your own screen time
- Use parental controls

Set some boundaries

- Don't allow devices in bedrooms
- Turn all devices off for an hour before bed
- Everyone switches off devices at the dinner table
- Charge devices overnight in a place where the kids can't access them.

What is the right amount of screen time?

We know parents are time-poor, dealing with work and other life pressures, so screen time can be an easy alternative for keeping kids occupied.

But what is recommended?

Health experts suggest these screen time limits:



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines

What is screen time?

Screen time is the amount of time spent watching a screen or electronic media for entertainment. It includes:



Screen time does not include time spent on educational activities, such as for school work.



NEWS FROM MR BURGESS'S CLASSROOM

Hello parents,

We are 4 weeks into the term. NAPLAN has passed and we can now move into a bit more 'normality' during our days.

Walk to school safely day is Friday. It would be great to see a turnout of our kiddies meeting at the village and walking together with our teachers to school. It is a fun way to start the morning and have a nice chat about road safety.

On Friday we also begin a basketball skills program running for the rest of term. This will be integrated into our sports on Friday and they will have fun learning skills and drills from basketball sensation Garbie Croft. It was amazing to see the improvement of the kids last year after this program and I am sure they will look forward to learning more skills.

In the classroom this week our literacy focus is now on writing persuasive texts. Students will be learning about the structure, features and how to voice their opinion and support their arguments with evidence when creating a persuasive text.

In numeracy year 3 & 4 are completing their module and will have a quarterly revision test after its completion. Students are completing the fundamentals of money and learning how to create and construct column graphs. Year 5 & 6 are completing subtraction strategies with decimals and place value.

School photos has been moved to next Tuesday the 24th. Hopefully we get a bit more positive weather to keep the smiles on our faces.

Zone cross-country is on next week. Good luck to our students competing in Casino.

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



HEALTHY EATING 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



Nutrition Snippet

PUMPKIN



Pumpkins are in season in autumn and winter.

Try these recipes kids will love:

- [Pumpkin and Sweet Potato Scones](#)
- [Pumpkin and Cheese Pikelets](#)
- [Roast Pumpkin and Tomato Pasta Sauce](#)
- For more recipes and to find out about the different types of pumpkins read our blog: healthylunchbox.com.au

healthylunchbox.com.au



Cancer Council Healthy Lunch Box

Enjoy autumn veg



Try our delicious pumpkin pikelet recipe

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.

SOLIDMOB, CLEARANCE, RAYW, Social Futures, etc.

FOR MORE INFORMATION CONTACT CLARENCE VALLEY YOUTH OR CALL 0428 228 908

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

MAKE THE MOST OUT OF BREAD



Bread can be a great base to get other healthy foods like vegetables into your kids.

- Try these [sandwich filling ideas](#)
- Get inspired with our [toast blog](#).
- [Choose wholemeal, wholegrain or high fibre breads](#)
- Mix it up with different types of bread e.g. wraps, rolls and pita pockets.

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

