

THE PALMERS POST

FAMILY NEWSLETTER

JUNE 2022

VOL 5

NORTHERN RIVERS PSSA CROSS COUNTRY
NEW DATE: FRIDAY 3 JUNE
NEW VENUE: QUEEN ELIZABETH PARK CASINO



IN THE CLASSROOM



BASKETBALL



IN THE CLASSROOM



WHEELCHAIR BASKETBALL



PRINCIPAL NEWS

Welcome to week 5

Yahoo we are back into our usual classrooms. Thank you to students and staff for your patience and making the most of the affected classrooms after the flooding event.

We have an exciting announcement!!!

Next Tuesday all students are invited to attend a wellbeing excursion to SeaWorld. This excursion is planned in conjunction with major works happening at the school which will mean we have no phone or computer access that day. What a great excuse for a fun-filled adventure. A note will go home tomorrow with permission and time information. Students will not need to bring anything with them and will be free of charge.

This week is Reconciliation Week, with the theme "Be Brave, Make Change." On Wednesday Ms Fiona Vesper, Yaegl artist, will visit our school via zoom to chat to students about her culture and her art.

Selected students from K-6 will travel to Malcean on Thursday for the 'Close the Gap' day.

Students representing our school and small schools in Cross Country are preparing for to race at Casino on Friday. Good Luck to Reef and Keegan.

We look forward to another furniture delivery arriving next week. This delivery is the first part of replacements from furniture damaged in the floods. The school is starting to look like it's beautiful old self once again.

UPCOMING EVENTS

Mon 30th May - Fri 3rd June

- Reconciliation Week

Thursday 2nd June

- Clarence Valley Close the Gap Day

Friday 3 June

- NR PSSA Cross Country at **VENUE QUEEN ELIZABETH PARK CASINO**

Tuesday 7th June

SeaWorld Excursion

Monday 13th June

- **Public Holiday** - Queen's Birthday

Tuesday 14th June

- Australian Dental Health visit

Wednesday 22nd June

High School Transition

Wednesday 29th June

Life Education Van

Date TBC - June

- School Photos

Friday 1st July

Last day of Term 2







NEWS FROM MR LITTLE'S CLASSROOM

Hello from K, 1, 2,

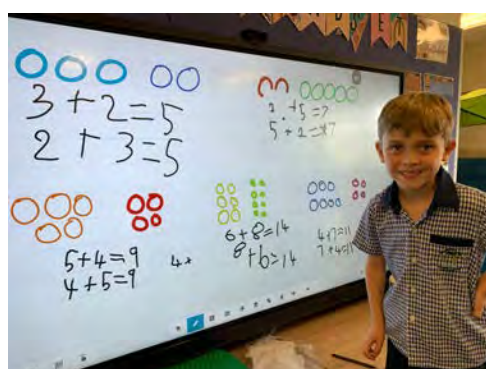
We are back! Back in the K, 1, 2, room ready to roll for the rest of the term. We are actually waiting for some more lino to be put down in the wet and storage areas, but the change of carpet and our furniture in the room is such a welcome change, recharging our learning for Term 2.

With our new beginnings in the classroom, we have learned lots of new literacy concepts such as nouns and verbs in year 1, and lots of new sounds in Kindergarten. The Kinders have shown remarkable progress in their latest tests, knowing all their sounds and letter formations. In Maths we've been practicing place value and number names for the last week in year 1. Kinders have been learning patterns and translating the patterns into movement such as dance or music.

We've had great time last week with an amazing Friday featuring basketball, wheelchair basketball and then tennis. Practicing gross motor skills and movement is fundamental for all our kids and these activities are perfect for developing their skills. They loved playing basketball with Garbie, showed their patience and understanding in wheelchair basketball and practiced their accuracy and teamwork in tennis.

That's all for now.

Kind regards
Mr Little



NEWS FROM MRS ESSEX

National Reconciliation Week 27 May – 3 June

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

What's the significance of 27 May and 3 June?

27 May marks the anniversary of the 1967 referendum when Australians voted to remove clauses in the Australian Constitution that discriminated against Aboriginal and Torres Strait Islander peoples. 3 June marks the historic 1992 Mabo decision in which the High Court of Australia recognised native title—the recognition that Aboriginal and Torres Strait Islander peoples' rights over their lands did survive British colonisation. The day before National Reconciliation Week, 26 May, is National Sorry Day, which was first held in Sydney in 1998 and is now commemorated nationally to remember and honour the Stolen Generations.

What is reconciliation in relation to Aboriginal and Torres Strait Islander peoples?

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians. Many significant steps towards reconciliation have been taken over the years. Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful change, future gains are likely to take just as much, if not more, effort.

How we celebrate here at PIPS?

We will be taking the opportunity this week to celebrate our Indigenous Australian's;

- Speaking to local Yaegl woman Fiona Vesper an aspiring and inspiring artist
- By reading some quality texts
- Learning about famous athletes like Cathy Freeman, Adam Goodes, Patty Mills and Evonne Goolagong Cawley
- Exploring the art and culture that is so significant to Australian Aboriginals and Torres Strait Islanders.
- Creating some of our own art



NEWS FROM MR BURGESS'S CLASSROOM

Hello from 3/4/5/6.

Last week was action packed and this week will be the same. Our photos were again postponed and will be set at a later date. Students enjoyed an action-packed Friday full of sport. Our morning basketball program continued and the weather finally allowed us to use our lovely basketball court. Students then participated in wheelchair basketball delivered by Paralympic silver medalist David Johnson. The kids absolutely loved this experience and it was great to see them challenged mentally and physically attempting different challenges and skills. Our afternoon was filled with tennis skills and drills with Mr Jurd. With all the sports the students completed they definitely earned a good night's sleep.

Mrs Essex gave all our classes a reading of 'Family Tree' by Josh Pyke. This was part of the national simultaneous story time. All the classes enjoyed the reading and discussion about our own families and the metaphors within the story.

In the classroom this week, our class has been participating in some morning stretching, pilates and yoga. We have been trying to incorporate 10 minutes a day to start our morning positively.

We have some artwork, discussions and other activities planned to commemorate our first nations people during reconciliation week.

In literacy we will continue to work on our persuasive texts and are learning the structure of how to support our arguments with evidence. Students are starting to include persuasive features such as cumulation, personal opinion and exaggeration within their arguments.

We have seen an excellent return of homework lately. Well done to the students and families that are incorporating it into their daily routine. Please remember to fill in the reading log with a signature each night for your child's reading.

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

APPROVED PROVIDER
ACTIVE KIDS
CLAIM YOUR \$100 VOUCHER TODAY
SPORT.NSW.GOV.AU/ACTIVEKIDS

NSW GOVERNMENT

NSW 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.

Enjoy autumn veg

Pumpkin is at it's best over the autumn and winter months – so make the most of including this delicious veg into your day. Try out our delicious pumpkin and cheese pikelet recipe today! For this recipe and more visit healthylunchbox.com.au

Healthy alternatives to ham

We know that ham is a lunch box staple for many families, however we should limit or avoid processed meats because of their link to certain types of cancer. But the good news is that there are lots of other healthier alternatives you can pop into the lunch box. Check out our healthier alternatives to ham at healthylunchbox.com.au

Make the most out of bread

Bread can be a great base to get other healthy foods such as vegies into your diet. For meal and snack ideas and inspiration, check out healthylunchbox.com.au

Chocolate muffin recipe

Don't throw those old bananas out – use them in our healthy and delicious chocolate muffin recipe. Get this FREE recipe at healthylunchbox.com.au

Nutrition Snippet

ZUCCHINI & CORN FRITTERS

Ingredients

- 2 zucchinis, grated & liquid squeezed out
- 1 cup frozen or canned corn kernels
- 1 cup red capsicum, finely diced
- 4 eggs
- ½ cup grated Parmesan cheese
- ½ cup chopped, fresh dill
- 6 tbsps wholemeal plain flour
- Olive oil spray

Method

Place the zucchini, corn, capsicum, eggs, Parmesan, dill and flour in a bowl. Mix well.

Spray a large fry pan with olive oil and heat over a medium heat. Working in batches, fill an ice-cream scoop (or large spoon) with the mixture and drop onto the pan. Flatten the fritters out slightly with a fork.

Cook for approximately 4 minutes or until brown, flip and continue to cook until that side is brown and cooked through.

Makes 8.

healthylunchbox.com.au

Nutrition Snippet

EAT TO THE SEASON.

Eating seasonal fruit and veg means:

- ✓ It's cheaper
- ✓ It's fresher and more nutritious
- ✓ It's better for the environment

For tasty winter recipes read our blog: healthylunchbox.com.au/blog/whats-in-season-for-winter/

Chocolate muffins

For this recipe and more visit healthylunchbox.com.au

Enjoy autumn veg

Try our delicious pumpkin pikelet recipe