

PRINCIPAL NEWS

Welcome to week 4

Firstly, I would like to congratulate our Ten-Pin Bowling team on their wonderful result at the NSW State Ten-Pin Bowling Championships. The boys narrowly missed out on first place by three pins however, they walked away with a very respectable 2nd place. Congratulations Levi, Joey, Tobias, Blake and Aijah. Thank you to Mr Richards for organising this event.

Our Year 5 students are preparing for their upcoming leadership opportunities in 2024. Currently, students are designing their year six shirts and preparing election speeches. We look forward to their speeches in the coming weeks. Captains will be announced at our presentation night.

Thank you to Anne (Logan's Mum), who has been supporting students with choir songs for our end-of-year presentation. She has much experience in choir and singing.

We have been talking to students again about the importance of online safety including online bullying. We recommend that all families who's child play games, use messaging services or social media make themselves familiar with the AFP "you think you know" resources: <https://www.thinkuknow.org.au/>

Our annual Swim Safety program will commence for all students K-6 in week 6. Please ensure that your child has returned notes and permission. All students are assessed by a qualified swim teacher and placed in appropriate groups. There are groups for children who have completed the Swim Safety program which focuses on safety and fitness.

Flood Funds - all flood funds must be used by the end of November. It can be used for uniforms (including shoes from the uniform shop), school excursions, swim school, book club and any other school costs.

Thank you to those families who supported our Year 6 Hotdog and milkshake day. Our Year 6 students raised \$311 towards their school gift, and \$65 for the Day for Daniel, Daniel Morcombe Charity Foundation.

BEFORE AND AFTER SCHOOL CARE



To Parents/ Caregivers

My name is Linda, I have worked in large services for over 15 years. Our Their care service has been operating 1 month now at Palmers Island Public School in the room next to the office. Please come in and meet and greet.

We provide Breakfast at BSC and afternoon tea for ASC. We are an approved service with government subsidy. NSW service sometimes offers parents a discount in outside school care hours as a coupon.

Children may attend 1 day a week or every day or casual when needed.

Regards,

Linda Dobbs
Coordinator
Palmers Island Public School TheirCare
M: 0400800922
Ph: 1300 072 410
E: Palmers Island@theircare.com.au
W: www.theircare.com.au





TheirCare
Where Kids love to be!

Amazing Before + After School Care Programs

Palmers Island Public School



About the program

TheirCare provides adventurous and stimulating Before & After School Care Programs in a safe environment for all children. During sessions children develop life skills, friendships, confidence and creativity through play.

Palmers Island Public School has partnered with **TheirCare** to provide this service to your school which includes quality care, booking flexibility, amazing programming for your children and commitment to deliver on our promise to your school community.

Operation Times	Monday-Friday	Fees*	Out of Pocket	Average^
Before School Care	7:00am – 8:45am	\$20.00	\$3.41- \$20.00	\$3.41
After School Care	3:00pm – 6:00pm	\$26.00	\$3.90 - \$26.00	\$3.90
Late Booking Cancellation Fee	Within 24 hours	\$4.00		
Cancellation Fee	Same Day	Full Fee		

Service Phone Number: 0400 800 922

Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

How to Enrol

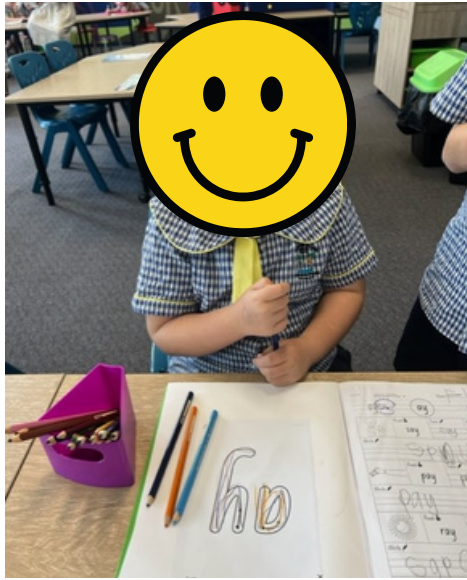
Visit **TheirCare** website: www.theircare.com.au and click on 'Book Now' in the top right hand corner to register your child's details.

*Standard fees excluding incursion / excursion costs

^Based on ABS published average family income for the suburb the school is located

TERM 4	WEEK	MON	TUES	WED	THURS	FRI	SAT/SUN
OCT	1	9	10	11	12 Piano	13	14/15
OCT	2	16	17	18	19 Piano	20 Assembly	21/22
OCT	3	23	24	25	26 Piano	27 Year 6 Fundraiser & Day for Daniel Wear Red	28/29
OCT/ NOV	4	30	31 High School Transition Tenpin Team travel to Sydney	1 Tenpin Sydney	2 Piano	3 HIPS Handball Assembly	4/5
NOV	5	6	7	8 K/1/2 Currumbin Excursion	9 High School Piano	10	11/12
NOV	6	13	14	15	16 High School Piano	17 Assembly	18/19
NOV	7	20	21	22	23 High School Piano	24	25/26
NOV/ DEC	8	27	28 Year 6 Graduation Dinner Bowling Club 5.30 - 7pm	29	30 Piano	1 Assembly End of Year Movie - Cinema	2/3
DEC	9	4 Parent/ Teacher meetings	5 Inclusion Day Grafton	6 Presentation Day - BBQ 5.30pm Presentation 6pm	7 Piano	8	9/10
DEC	10	11	12 Palmers Idol	13	14 Piano	15 Students last day Colour Run	16/17

NEWS FROM MISS WEBBER



Hello from K/1/2,

Week 4 already!

Mudyala Yaygirr Language Event

Last week, our students had a fantastic opportunity to immerse themselves in a rich cultural experience by visiting Maclean Public School, alongside several other schools, for the Mudyala Yaygirr Indigenous Language event. The day was filled with fun activities, including games, singing, and the delightful taste of bush tucker. It was an excellent opportunity for our students to learn more about the vibrant Indigenous culture of our region.

Literacy & Numeracy Adventures

Our little ones in Kindergarten have been busy exploring new sounds and using them to read and write new words. In maths lessons, they have been revisiting 2D shapes and diving into the world of teen numbers. Year 1 students have been learning words with 'y' (like "baby") and 'ey' (like "key") sounds at the end of words. In mathematics, they are working on mastering related addition and subtraction facts. Year 2 students are expanding their spelling knowledge with words ending in '-tion' (such as "station" and "motion"). In mathematics, they are delving into the world of 2D & 3D shapes.

Geography Lessons

In our geography lessons, students from Kindergarten to Year 2 have been focusing on special places and how we take care of them. These valuable lessons will help our students develop a strong connection to their environment and understand the importance of preserving it for the future.

K-2 Excursion to Byron Bay Wildlife Sanctuary (8th November)

The much-anticipated K-2 excursion is just around the corner. We have sent home permission slips this week with the details of the day. The excitement is building, and we can't wait to meet the animals and learn about their habitats.

This excursion will enhance students understanding in science lessons this term, as we learn about living things and their habitats.

Kind Regards,
Miss Webber

NEWS FROM MRS ESSEX

Swim School 2023

Hi parents,

Swim school will be on week 7 and 8 this term. Mrs Groth will have notes ready to go home soon. The school covers the cost of the swim program however you will need to pay for pool entry. If you have funds left from the flood fund or you have a season pass for the Yamba Community Pool you will not have to pay.

School swimming and water safety programs are modified to allow the individual to realise their full potential in the water. The aims being to:

1. provide enjoyable, safe experiences in an aquatic environment
2. provide instruction in swim strokes
3. provide instruction in skills which promote safety and survival in the water
4. provide social experiences during aquatic participation.

The 10 day swimming and water safety program has multiple facets and something to suit all capabilities.

New, and reluctant swimmers

This program builds water safety skills and confidence in poor swimmers. The focus is on the development of correct swimming techniques and the development of water safety confidence.

Developing swimmers

The program sets progressive benchmarks, developing water confidence, improving stroke efficiency and providing students with basic skills in water safety and survival.

Competent Swimmers

Teachers employ a flexible approach catering for all needs, regardless of which program is being participated in by the students. So for the kids that are already competent swimmers we will teach swim survival techniques.

This program focuses on personal safety, survival techniques including life jacket use and rescue skills. The program aims to develop the practical skills and knowledge related to keeping safe in the water and the ability to help others in emergency situations.



NEWS FROM MRS ESSEX

FAQ:

Times? Swimming is from 12:30 till 1:30, students will attend all morning classes as per normal and will get ready to go to the pool after lunch.

Coming to school? As we are starting swimming later in the day, students will need to arrive in school attire and they will get dressed in swimming attire later in the day. Worried about your child getting dressed? There are girls and boys changerooms, any students that need a hand with doing up shoelaces or buttoning shirts will have staff available to help.

Worried about your child being supervised? The group sizes will be smaller for the students who lack confidence and capabilities in the water. We have highly qualified staff and swim instructors running the classes.

Can I come and watch my child? Yes of course. You will have to pay pool entry however and if you have another child you may need to check with pool staff as to whether there is room for them to swim. Generally, the pool is closed to younger siblings and the general public.

Canteen? The kids are not allowed to purchase from the shop, however Mrs Wiseman does buy all the kids a bag of lollies and hot chips on the final day.

What to bring? Rashie, sunscreen, hat, towel/s, goggles. Kids can have a pair of thongs/slides or crocs to wear to and from pool.

WATER! Please bring water.



NEWS FROM MR RICHARDS



Welcome to Week 4!

I have some great updates to share about the wonderful things happening in our classes:

Year Three: In Year Three, students have been impressively mastering mathematical equations, particularly those involving 4 digits plus 4 digits. They have been working really hard on solving equations in sequential order.

Year Four: Our Year Four students have been focusing on reading for comprehension. They're actively engaged in small reading groups, where they work on essential skills such as turn-taking, attentive listening, and answering questions. It's an important step in their literacy journey.

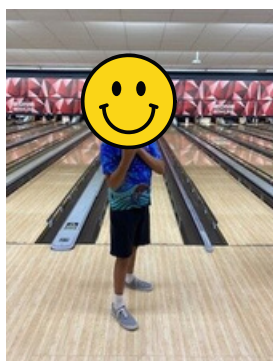
Year Five: Year 5 students are in an exciting phase, finalising their school captain speeches and designing their Year 6 t-shirts for the next academic year. It's a significant time in their primary school journey.

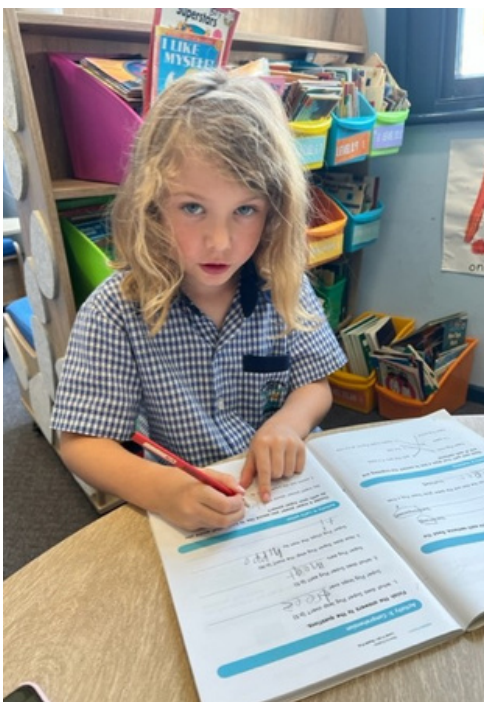
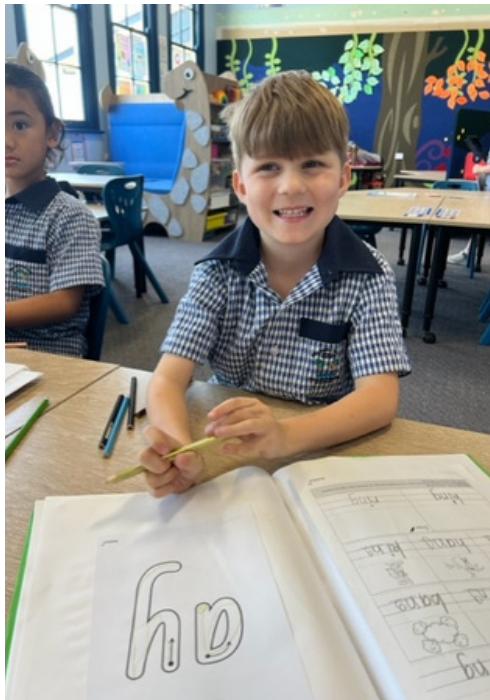
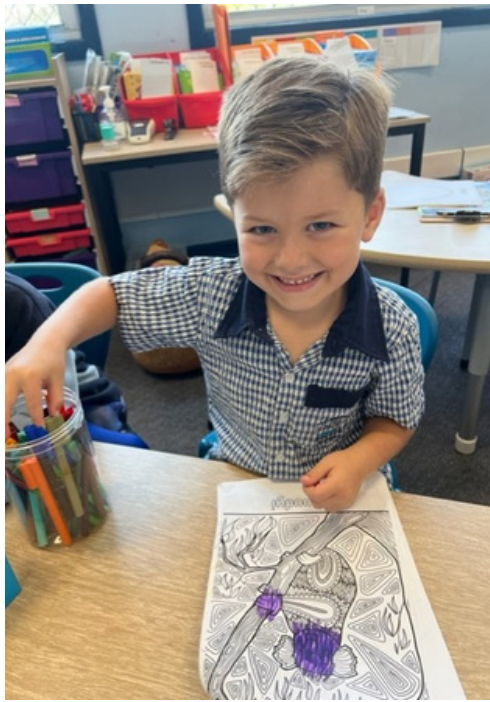
Year Six: Our Year 6 students recently completed their final High School Transition Day at Maclean High School. It was a resounding success, contributing to their growing confidence as they prepare for their transition to high school next year.

Congratulations to the Bowling Team: We're thrilled to announce that our 10-Pin Bowling team had a remarkable week, securing a silver medal—a tremendous achievement for our school. Kudos to Joseph, Tobias, Blake, Levi, and Aijah for their outstanding effort.

Upcoming Water Sports: We're looking forward to the start of our water sports activities in Week 6, 7, and 8, which will include swimming, followed closely by surfing. These activities promise to be a fun and educational experience for our students.

That's all for now.
Mr. Richards





COMMUNITY NEWS

Nutrition Snippet

TUNA PILAF

Serves: 6 Prep time: 10 mins Cooking time: 30 mins



Ingredients

1¼ cup basmati or long grain white rice
1 tbsp olive oil
1 brown onion, diced
1 tsp mild curry powder
2½ cups salt reduced stock
1 cup frozen carrots, peas & corn mix
1 x 425g tin tuna in springwater, drained
2 tomatoes, diced
Juice of 1 lemon
1/3 cup fresh parsley, chopped

Method

Step 1: Rinse rice under cold water until water runs clear. Drain and set aside.

Step 2: Heat the olive oil in a large pan over medium heat. Add the onion and curry powder and cook until soft. Add the rice and cook, stirring, for 1 minute.

Step 3: Add the stock, cover and simmer over low for 7 minutes or until the stock is nearly absorbed.

Step 4: Stir through the carrots, peas and corn. Cover and cook for 3 minutes.

Step 5: Flake the tuna into large pieces. Add to the rice with the tomatoes, lemon juice and parsley. Stir carefully until just combined.

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



Cancer Council
Healthy Lunch Box

Nutrition Snippet

NEED SOME LUNCH BOX IDEAS?



Check out our range of [healthy lunch box examples](http://healthylunchbox.com.au) to give you inspiration!

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

WHAT'S IN SEASON FOR SPRING?

Buying seasonal fruit and veg is cheaper, tastier and better quality.



The change in seasons brings a plentiful supply of veggies such as zucchini, spinach and tomatoes. Give these recipes a go:

- [Zucchini and corn fritters](#)
- [Hidden veggie tomato pasta sauce](#)

Find these recipes and more on our '[What's in season for spring](#)' blog.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Sunsmart Snippet

Sun safety is everyone's responsibility.



By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside.

sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box