

FAIRY FLOSS



# Pacific Palms Public School



# Fete



**SUNDAY SEPTEMBER 16<sup>TH</sup> 2012**

**9-1 at PACIFIC PALMS SCHOOL**

Boomerang Drive, Boomerang Beach

**MARKET STALLS, FACE PAINTING  
 JUMPING CASTLE AND MEGA SLIDE,  
 EGG & BACON ROLLS, SAUSAGE SIZZLE  
 HAMBURGERS, CAFÉ AND CAKE STALL,  
 FRESH FRUIT, CHILDRENS CRAFT,  
 LIVE PERFORMANCES -music, dancing...,  
 2<sup>ND</sup> HAND BOOKS AND DISCS, PLANTS,  
 GAMES ZONE, TEMP TATTOOS, RAFFLES,  
 SNOW CONES, SNACKS, FAIRY FLOSS!**

Stall enquiries welcome (no takeaway food or drinks)

New products space -----\$20.00

second hand space -----\$15.00

Enquiries - Melanie 0424 625 238 or school office 6554 0249

(Please make all cheques payable to Pacific Palms P&C Association)

ALL PROCEEDS BENEFIT THE FANTASTIC CHILDREN OF  
**PACIFIC PALMS PUBLIC SCHOOL**

Pacific Palms Public School - Newsletter 6<sup>th</sup> September 2012  
"Your safe and caring community school"  
website: [www.pacificpal-p.schools.nsw.edu.au](http://www.pacificpal-p.schools.nsw.edu.au)

## OUR STUDENTS EXCEL

### *Hunter Regional Athletics Carnival*

Congratulations to the following students who travelled to Newcastle on Friday, 31 August to represent the Manning Zone at the Hunter Regional Athletics Carnival. What an amazing achievement for our talented athletes. Congratulations to Hannah W who was successful and will now attend the State Athletics Carnival.



Back: Angus A, Jessica G, Hannah W, Ellie J. Front: Bridget e, Mya, Tristan.

## WELCOME TO THE DAYS AHEAD

The following events are happening over the coming days and weeks:

### UP AND COMING EVENTS CALENDER

<b>Fri, 7 Sept</b>	Book Covering Morning Tea - 9 am to 12 noon
<b>Fri, 7 Sept</b>	Assembly in the hall @ 2 pm - Class item by 4/5 N. All welcome.
<b>Tues, 11 Sept</b>	Internet Safety for Your Child - Presentation for Parents - 5.45 to 7 pm. (More information included in this newsletter)

## UP AND COMING EVENTS CALENDER cont.

<b>Sun, 16 Sept</b>	School Fete - Come along and enjoy a great day while supporting our school.
<b>Mon, 17 Sept</b>	P & C Meeting @ 3.30 pm. New members welcome.
<b>Thurs, 20 Sept</b>	"Shine On" matinee and evening performance at Club Forster. Tickets available at the office.

## SCHOOL HAPPENINGS

### ***Book Covering Morning Tea***

We are holding a book covering morning tea in the library on Friday, 7 September from 9 am to 12 pm. Thank you to those parents that have already indicated they will be attending. Your help is greatly appreciated.

### ***Internet Safety for Your Child - Presentation for Parents***

We invite you to attend a special presentation on Internet safety. This presentation will be held on Tuesday, 11 September from 5.45 pm to 7 pm. Child care will be available. **ThinkUKnow** is an Internet safety program delivering interactive training to parents, carers and teachers. The presentation will prepare you with the basics to keep youth safe online. It is never too early or too late to prepare yourself for the online world. We look forward to seeing many of our parents at this important presentation. Child Care will be available. *(A copy of the invitation is included in this newsletter)*

### ***"Shine On" - Thursday, 20 September 2012***

"Shine On" is held every two years at Club Forster and involves all Great Lakes Learning Community Schools. Individual students, choirs, bands, recorder and percussion groups showcase the creative and performing talents within the Great Lakes area. Tickets for "Shine On" are available at the front office for both the matinee and evening performance at a cost of \$8 per adult and \$6 per student.

## PACIFIC PALMS ART FESTIVAL

Ann Masters, representative of the Pacific Palms Art Festival, presented Kerry Tulloch with a \$4000 donation to our school.

Special thanks to the following people for their continued support of the Pacific Palms Art Festival:

- All sponsors, especially major sponsors Reg Richardson AM and Doug North of Surgical Specialists Sydney.
- Judge - Reg Richardson
- Committee
- Artists
- Youth Art Entrants
- P & C
- Maureen Perkins, Caterer
- Nick and Tori Montague, Blueys Cellars
- All the volunteers who gave up their time to help on the weekend.

The winner of the People's Choice Award was Nicole Bramble.

Congratulations to all winners and to Sally West whose painting was the overall winner, "Blueys Motel" which is now hanging on display in the front office.

The winner of the raffle was Mr Chris McMaster of Smiths Lake.





Hunter Region NSW National Parks & Wildlife Service presents:



**DISCOVERY**  
WALKS, TALKS AND TOURS

'Spring 2012'

**WilderQuest! 'Bush & Beach Detectives!'**

at Elizabeth Beach, Booti Booti National Park

Search for unique creatures along the coast! Especially for children aged 5-8 years.

Start your adventure online at [www.WilderQuest.nsw.gov.au](http://www.WilderQuest.nsw.gov.au) Grade: Easy

When: Friday 28<sup>th</sup> September

10am-12noon

Tours cost: \$15 per child, adults are FREE if accompanying children.

**Wildflowers & Whales**

at Cape Hawke lookout, Booti Booti National Park

Learn all about whales on their migration and enjoy a Spring walk! Grade: Easy

When: Friday 5<sup>th</sup> October

1pm-3pm

Cost: \$10 per person

Booking and pre-payment is essential for all tours as numbers are limited. Book online at <http://www.wildwildworld.com.au> or contact Hunter Regional Office on ph 02 49848200.

*discover just how much fun the school holidays can be!*

The NPWS is part of the Office of Environment & Heritage.

Hunter Region NSW National Parks & Wildlife Service presents:



**DISCOVERY**  
WALKS, TALKS AND TOURS

'Spring 2012'

**'Let's Explore-Wingham Brush Nature Reserve'**

Discover the wonders of Wingham Brush. Meet the strangler figs and the flying foxes! Grade: Easy

When: Wednesday 3 October

Time: 1pm-3pm

Cost: \$10 per person.

**'Wildflowers & Whales'**

Saltwater National Park

Visit our new whale viewing platform, learn about whales & wildflowers- a great day out!

Grade: Easy

When: Thursday 27 September

Time: 10am -12noon

Cost: \$10 per person.

Booking and pre-payment is essential for all tours as numbers are limited. Book online at <http://www.wildwildworld.com.au> or contact our Regional Office on ph 02 49848200.

**Look out for the Discovery Ranger on the day!**

*discover just how much fun the school holidays can be!*

The NPWS is part of the Office of Environment & Heritage.

## INFORMATION FOR OUR PARENTS

### ***School Vegetable Garden Helpers Needed***

Thank you to the gardening volunteers who have already given their time to the garden. If you enjoy gardening, and have some spare time, your help in the garden would be greatly appreciated. Solomon of 5/6W (Garden Master) recently grew some impressive broccoli.



### ***School Fete - Sunday, 16 September 2012***

Our school fete will be held on Sunday, 16 September from 9 am to 1 pm at the school.

You can help out at the school fete by:

- bringing cakes/slices along on the day to donate to the cake stall
- helping to cook the BBQ
- if you would like to perform an item contact Melanie
- donating a prize for the chocolate wheel (big or small)
- donating books and discs for the book stall

It is not too late to book a stall space, please contact **Melanie** on **0424 625 238** or drop your money into the office with name and contacts.

## MESSAGE FROM THE PRINCIPAL

### ***Book Series for Young Children***

I am passionate about students developing the love for reading and there's nothing like a series to inspire the bookworm in your child. Just think of the way kids reacted to the Harry Potter novels.

Establishing a good relationship with the first book in a series means children can generally be confident they will feel the same way about the rest of the series.

## MESSAGE FROM THE PRINCIPAL cont.

The books in a series often become easier to read as time goes on. Once your child is familiar with the first book's characters, the landscape, style and the author's voice, they can simply sit back and enjoy all the subsequent tales.

Another benefit of the book series is that kids can identify with kids who love the same series.

They can discuss the plots, predict what's going to happen in the next series, and talk about the characters they like and dislike.

You may like to introduce your Kindergarten child to Russell Hoban's Frances, a high-spirited badger that experiences all the usual childhood dilemmas, including the arrival of a new sibling.

For the next age group there are classics like Ruth Park's The Muddle-Headed Wombat, Michael Bond's Paddington Bear or contemporary series like Anna Fienberg's Tashi, beautifully illustrated by Kim Gamble, in which the bold storyteller is a pixie-like character who relates many tall tales and is always the hero. Another contemporary series is Moya Simons' Walk Right in Detective Agency, the humorous adventures of two best friends who solve quirky cases.

For upper primary school students, Emily Rodda's Deltora Quest series supplies endless hours of enjoyment in a fantasy world reproduced in three separate series, while her shorter Wizard of Rondo trilogy is popular and tightly written.

Deborah Abela's Max Remy and Duncan Ball's Emily Eyefinger are great light reads providing a childhood friend who will always be remembered affectionately. The same can be said of the boys' own 007, H. I. Larry's secret agent, Zac Power.

**...with admin when you should be looking after your customers?**

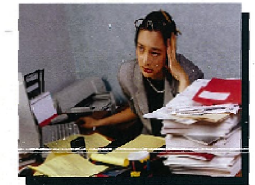


### Some of the things we can do for you:

- ◇ Write tender responses and client proposals
- ◇ Proof-read and format Essays, Theses, Papers, Presentations
- ◇ Carry out Internet research
- ◇ Create content for your website
- ◇ Write content for your blog
- ◇ Create effective, audience-friendly, PowerPoint presentations on your product and service offerings
- ◇ Develop automated costing sheets in Excel format
- ◇ Create and manage your client and product databases
- ◇ Update your existing documents and templates
- ◇ Create branded templates for letters, newsletters and other business documents
- ◇ Transcribe dictated material into Microsoft Word format
- ◇ Create PDFs from existing or new documents
- ◇ Use Publisher to create flyers, brochures, and user-guides
- ◇ Source other specialists who can provide services to your business
- ◇ And much more ...

### With Great Lakes Virtual PA you will:

- ✓ Access all the skills, knowledge and experience you need without the staff costs
- ✓ Have no infrastructure costs
- ✓ Pay for what you need as you need it
- ✓ Have no 'lock-in' contracts to sign
- ✓ Be assured of a quality, on-time, on-budget solution



**Don't collapse under the weight of things to do.**  
Let us lighten your administration and managerial load.

**Not sure if the extra load justifies an extra employee? Use us until it does.**



Great Lakes Virtual PA

Contact us now for an obligation-free quote:

Mobila: (0)409 542 053  
E-mail: [christine@glvpa.com.au](mailto:christine@glvpa.com.au)  
Skype: [chris.glvpa](https://www.skype.com/en/contacts/australia/chris.glvpa)  
Web: [www.glvpa.com.au](http://www.glvpa.com.au)  
Mail: PO Box 395 Forster NSW 2428



Pacific Palms Bowling Club Ltd

# AGM

Sunday 21<sup>st</sup>  
October  
10am Start  
Doors Closed

\*\*\*\*\*

Snacks and a drink  
for financial members  
attending.

Nominations now  
open for positions on  
the Board of  
Directors.

Please see Club for  
details and forms.



[www.pacificpalmsbowlingclub.com.au](http://www.pacificpalmsbowlingclub.com.au)  
[ppbowlclub@westnet.com.au](mailto:ppbowlclub@westnet.com.au)  
A 12 SEATER COURTESY  
BUS IS NOW AVAILABLE  
FOR PICK UP AND TAKE HOME  
PLEASE ENQUIRE  
AT THE CLUB FOR DETAILS.  
INFORMATION FOR MEMBERS

## WEEKS EVENTS

### MON

Darts 7pm

### TUES

BINGO 11.00am  
Members Happy Hour  
3.30pm-5pm

### WED

Ladies Bowls 10am  
Fishing Club Raffle 7pm

### THUR

Mens Bowls 1pm

### FRI

Raffles & "Super 100"  
Tickets on sale from 7pm

### SAT

TAB Racing

### Sun

Junior Bowls

Social Bowls 1pm

\$5.00 per person

## Friday Night Raffles

Tickets on Sale at 7pm

**SUPER 100**, TC LTPS 12/12666

15 Chances to Win

(Can reach a maximum of \$2000),

INCREASES \$100 EVERY WEEK IF NOT WON

As at 7/9/12

# \$200

 in cash

## Members

## Reward



### \$50 Club Voucher

Drawn at 5pm  
each Monday

Winner does not have to be  
present and will be  
notified to claim their  
voucher.

## Bingo

Tuesdays at 11.00 am  
All Welcome



IS GAMBLING  
A PROBLEM FOR YOU ?  
G-LINE (NSW) IS A  
CONFIDENTIAL  
ANONYMOUS & FREE  
COUNSELLING  
SERVICES FREECALL  
1800 633 635

## MESSAGE FROM THE PRINCIPAL cont.

### SASS Recognition Week

I would like to acknowledge the hard work done by our School Administrative and Support Staff (SAS Staff) as part of National SASS Recognition Week. Every day of the school year SAS Staff face new challenges in the running of our public schools and the provision of quality education which our children will need for life in the 21st century. They are constantly adapting to change so that our children can have the best education possible. The SAS Staff at our school are a dedicated group of professional workers. Recognition Week gives me the opportunity to acknowledge our SAS Staff and let them know that they are valued members of the school community and our school would not function as well as it does without them.

So a big THANK YOU to all our SAS Staff for the hard work and dedication. There is no way we could do such wonderful things for our students without their help.

Our SASS personnel include:

- **School Administration Manager:** Robin Rowe
- **School Administration Officers:** Angela Edwards, Lori Salt and Mylee Cheers
- **General Assistant:** John Wood
- **School Learning Support Officers:** Tony Russ, Edwina Vasers, Cindy Judson, Mel Shoesmith, Virginia Healey, Natasha MacArthur, Tina Jones, Lorraine Byrnes, Katrina Read

*Rod Ryan*  
*Relieving Principal*

## Entertainment

Fri Nite  
28<sup>th</sup> Sept



## FREE TRIVIA



Sept 20th  
6.30PM

## INTERNET SAFETY FOR YOUR CHILD

### PRESENTATION AT SCHOOL

*Tuesday - September 11th*

**Time:** 5:45 – 7:00pm

***Pacific Palms Public School invites you to attend a special presentation on Internet safety.***

**ThinkUKnow** is an Internet safety program delivering interactive training to parents, carers and teachers using a network of accredited trainers. **The presentation will prepare you with the basics to keep youth safe online.** ThinkUKnow has been developed by the Australian Federal Police (AFP) and Microsoft Australia. The 60 minute presentation, which includes time for Q&A, is delivered by two accredited volunteers paired together to take advantage of both law enforcement and industry-specific skills and knowledge. Real life case studies and videos are shown to assist in getting the message across.

It is never too early or too late to prepare yourself for the online world. In this session you will learn about technologies children are using, their benefits and their threats. Most importantly, if things do go wrong you will be taught where to go so you are not alone.

✂.....

### Internet Safety for your Child

I would like to attend this information workshop:

NAME (S).....

I require child care for .....children. Age (s).....

*(Children will be cared for in one of our classrooms. We will provide pizza and a popper and they can come dressed in their pyjamas if they like!)*

***Please return this form to school by Friday September 7th***



**October 6**

An open invitation to children (and parents) to participate in the triathlon festival on Oct 6. The festival has events for all levels. In particular the **MINIMAN** is designed for young primary school children aged 7 to 12 who would like to experience the thrill of completing a triathlon.

**7 - 9yo:** 50m Swim / 2km Bike / 500m Run,  
**10 - 12yo:** 150m Swim / 4km Bike/ 1km Run

For the bigger kids (parents and high school teenagers) who would like to try their hand at a slightly longer event there is the **Enticer** triathlon. This event has a 300m swim, a 6.5km bike ride and a 2km run. You can do this event on your mountain bike quite easily so don't feel you need a racing bike to participate.

Go to [www.eliteenergy.com.au](http://www.eliteenergy.com.au) and click on the triathlon event box then go to the Forster event.



## GRAND FINAL

Men's Zone Soccer Grand Final

Pacific Palms Panthers v T.B.A

Sat 15th September 2:30 pm @ Palms Oval

Come and cheer on your local team as they attempt to take out the 2012 Men's Zone Soccer Championship.

Enjoy the family friendly carnival atmosphere as the kids play and you bask in the sunshine as the action unfolds in front of you.

B.B.Q, canteen and cold drinks will be available and live music, food and drink will continue into the evening after the presentation.

It has been over 15 years since the Palms has hosted such an event so do not miss out on what promises to be a celebration that will go down in history.

SEE YOU AT THE GAME!

### CARTOON ART HOLIDAY WORKSHOPS

- VENUE HOLY NAME SCHOOL - FORSTER
- TIMES 9AM - 3PM
- WHEN Week 1 and 2 TUESDAYS and THURSDAYS
- AGE KINDER TO YEAR 3
- COST \$ 40.00 PER STUDENT, PER DAY (all equipment included)

FULL PAYMENT REQUIRED BEFORE STARTING

NO EXPERIENCE REQUIRED

BOOKINGS: RING PAM PH: 65 57 6901 OR MOBILE: 0423364060

LIMITED SPACES SO BE QUICK AND BOOK IN

### CARTOON DELIGHT WORKSHOPS

PAINTING DRAWING CARTOONING OIL PASTELS

# INSIGHTS

by Michael Grose - No. 1 parenting educator



## Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. **Respect others.** Make kids aware that what they send can offend. Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.



2. **Think before you send.** Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

3. **Treat online passwords like your house key.** Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. **Block bullies.** Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. **Don't reply to harassment.** Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. **Save the evidence.** If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. **Tell someone.** The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.


parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations  
PO Box 167 Balmarring Vic 3926 p + 61 3 5983 1798 f (03) 5983 1722 e office@parentingideas.com.au  
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*Palms  
Netball &  
Soccer  
Presentation*

*Join us for  
games, BBQ, raffles  
& loads of fun*

Sept 9th at noon

Where: Palms Oval

BYO : Chairs & esky

Wet Weather: Palms School Hall



**KIDS DISCO  
NIGHT**

**With DJ Travis**

**At Pacific Palms Recreation  
Club**

**School holiday fun**

**WEDNESDAY 26TH**

**SEPTEMBER AND**

**WEDNESDAY 3RD OCTOBER**

**6PM-9PM**

**AGES 15YRS AND UNDER**

**FREE ENTRY**

**GAMES AND PRIZES**

**COURTESY BUS AVAILABLE**

**PH. 65540207**

