



# PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

17 OCTOBER 2013

*"Your safe and caring community school"*

[www.pacificpal-p.schools.nsw.edu.au](http://www.pacificpal-p.schools.nsw.edu.au)

ISSUE 9 | TERM 4 | WEEK 2

## OUR STUDENTS EXCEL

### Term 4 Class Captains

Congratulations to the following students on being selected by their peers to be Term 4 Class Captains. As part of this role they will be responsible for representing their class and completing important jobs around the school. We wish them all the best in their important new roles.

### Class Captains - Term 4

KR	Mila	Cooper
KC	Beau	Swain
1R	Chanai	Jack
1T	Ellie	Aiden
2W	Zoe	Tyrell
2/3G	Amber	Ely
3W	Samantha	Sonny
4W	Scarlett Mya	Jye
4/5B	Yssy	Charlie
5M	Ally	Pablo
6W	Amber	Ruby

### Year 1 Learning Buddies

5M and 1R have teamed up to learn together. Throughout Term 4 we will work with 1R in reading activities and other projects to foster student leadership and peer guidance as well as promoting school values and building relationships. We will work on different learning projects together every Tuesday afternoon. We met in Week 1 to get to know each other and are already having fun together!



## WELCOME TO THE DAYS AHEAD

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

### UP AND COMING EVENTS CALENDER

Thu, 17 & Fri, 18 Oct	Year 5/Year 6 Leadership Camp @ school
Mon, 21 Oct	P & C Meeting @ 1.30 pm - Mrs Wood to report on NAPLAN results.
<b>Wed, 23 Oct</b>	<b>NO Tae Kwon Do after school</b>
Fri, 25 Oct	Happy Start - 9.30 am to 12.00 noon for 2014 Kindergarten students.
Fri, 25 Oct	Assembly in hall @ 2.00 pm - 6W item and class speeches
Wed, 30 Oct	Parent Workshop from 3.00 - 4.00 pm. Topics Generation Next & Parenting Ideas (see newsletter for more info)



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## INFORMATION FOR OUR PARENTS

### ***Year 5/6 Overnight Leadership Camp***

We are all very excited about our Year 5 & 6 Leadership Camp being held this week. We will be taking the children on an exciting adventure for two days and one night - right here on the school grounds on Thursday, 17 October and Friday, 18 October 2013. The students will participate in a wide variety of activities designed to enhance their skills as leaders, build teams and develop their confidence in preparation for their final years of Primary School. Look out in the next newsletter for photos of our adventures!

### ***NAPLAN Results***



NAPLAN results for students in Years 3 and 5 were sent home this week. If you have any questions or queries about these results please do not hesitate to make an appointment to see your child's class teacher. On Monday, 21 October Lyn Wood will be providing the P & C with a summary of our school's results. You are more than welcome to attend this meeting.

### ***Active After School***

This term Active After School is offering Fundamental Movement skills on a Monday afternoon with Lani Williams and Yoga on a Thursday afternoon with Sarah Downs. Places in these 2 activities are limited so please return your child's expression of interest note to the front office as soon as possible.

### ***Chess Club***

Our Chess Club is running on Wednesdays at lunchtime. Students are welcome to attend who can already play Chess or would like to learn. We will be running a competition on Wednesday, 13 November at school for both advanced and intermediate players. Please encourage your children to take part in this great opportunity to learn Chess at school. Children across all years are welcome.



### ***Parent Workshop - Wednesday, 30 October***

A Parent Workshop will be held on Wednesday, 30 October from 3.00 - 4.00 pm. Presenters will cover the following topics:

**Generation Next:** Our P&C President, Melanie Ledgett, attended a seminar this year run by a group called Generation Next. They are dedicated to the mental health and wellbeing of young people and bring together many experts in the field. At our parent workshop, Mel will relay some of the things that she found really interesting from the day and will give attendees the contacts and resources that were provided. Of particular focus will be cyber safety and how our kids are connected to a larger world which is very much out of their control, and often ours! Other aspects which will be discussed are consumerism and fashion and the sexualisation of girls; brain development of young people and how to talk with kids.

**Parenting Ideas:** Virginia Healey and Georgina Woods will discuss the key points of the VIP Saturday parenting seminar they attended recently, which was presented by Michael Grose and Bruce Sullivan, two of Australia's most dynamic and up to date parenting presenters. The seminar focused on building strong, caring & co-operative family relationships. Items for discussion will include raising kids to be resilient, the new strict, sibling rivalry, dealing with the "No" child, and happy pants vs cranky pants.

### ***Chalk Catalogue - Final Reminder***

Just a reminder the P & C are finalising orders of the Chalk Catalogue. Please have your orders returned by Friday, 25 October to avoid disappointment. Thank you.



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## INFORMATION FOR OUR PARENTS

### ***Year 5 Leadership Program***

During Term 4 all students in Year 5 will participate in a six week Leadership Program, culminating with the election of the Captains, Support Team and House Captains for 2014. The Year 5 teachers and Mrs Shoesmith will be working together with the students. We place high importance on all students having leadership opportunities, however it is most important that they understand the roles and responsibilities associated with this commitment. Please contact the school if you have any further questions. We wish the students the best of luck in the coming term.



### **Timeline - Elections for Support Team**

<b>Week 7</b> <b>Thurs, 21 Nov</b>	Year 5 and staff vote for Support Team (4 girls and 4 boys)
<b>Week 8</b> <b>Mon, 25 Nov</b>	Support Team announced to Year 5 and staff - (Letters sent home)
<b>Tues, 26 Nov</b>	Support Team announced to whole school at morning assembly.
<b>Week 9</b> <b>Thurs, 5 Dec</b> <b>@ 9.00 am</b>	Special Assembly for Captain Speeches. Students in Years 2-5 and staff vote for School Captains.
<b>Week 10</b>	Voting takes place for Sports Captains at House Meetings.
<b>Week 11</b> <b>Mon, 16 Dec</b>	School Captains and House Captains announced at Presentation Night.

## COMMUNITY NEWS

### ***Thank you from Sophie***

Thank you to the wonderful Pacific Palms Community for your support of the Hill-Mather family at the Disco for Sophie held at the Recky in September. An amazing \$15000 was raised which will assist the family in the coming months as Sophie undergoes several operations, stem cell and chemotherapy treatments. The funds will be used by the family to help cover costs associated with Sophie's illness such as petrol (for travel to and from John Hunter Hospital and Westmead Children's Hospital), telephone bills as the family communicates whilst separated at times, medical bills and some funds will be held in trust to be used as required for Sophie's ongoing care in the future. Thank you once again to Pacific Palms Recreation Club for sponsoring the event, and to everyone who has shown such incredible support to Sophie and her family during this very difficult time.



## PRINCIPAL'S NEWS

Welcome back to Term Four! This term will be eleven weeks with the children's last day being Wednesday, 18 December.

Teachers then have two days of professional development finishing on Friday, 20 December. On these two days we will be covering topics including: asthma update, our Achieve program, our new assessment plan, revisiting our school vision (a statement about what we want for every child in this school). A busy but productive two days for teachers to end the year.





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## PRINCIPAL'S NEWS

### *Classes 2014*

At this stage we are teetering on 12 classes for next year (we currently have 11) so new enrolment information is very important. If you know of anyone moving to the area or perhaps a new kinder who has not yet enrolled please let us know.

### *NAPLAN Information Session for Parents*

A reminder that Mrs Wood will lead a session at school next Monday at the P & C meeting commencing at 1.30 pm. This will be a chance to find out more about the parents reports that you receive and to hear how the school uses the information to assist us in our planning.

### *Happy Start*

This transition to school program commences on Friday, 25 October. Year 5 students are looking forward to meeting their new buddies and helping them settle into school.

### *Leadership Camp*

A big thank you to all of the staff members who are assisting with the Year 5/6 camp which is on today and Friday. The children will be involved in lots of activities designed to further build their confidence, cooperative skills and prepare them for 2014 - for Year 6 transitioning to high school and for Year 5 becoming the senior students of the school. These camps, while only a couple of days, take a huge amount of work behind the scenes.

### *Mr Ryan - Relieving Principal*

I will be involved in leadership work for the next few days, during that time Mr Ryan will be Relieving Principal. I will return to school on Monday, 28 October.

**Kerry Tulloch**  
*Principal*

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## YMCA Youth Programs

### Programs Begin OCTOBER 21st



- Learn to play Futsal
- Learn to play Basketball
- Knuckle Up Boxing
- Homework Club
- Kindersoccer
- \*Kindergym
- Zumbatonic

**FREE FOR FAMILY  
MEMBERS**  
BOOKINGS REQUIRED FOR  
BASKETBALL AND FUTSAL

\*Conditions Apply

YMCA Great Lakes  
Lake Street Forster Phone: 65917199  
[www.greatlakesaquaticcentre.com](http://www.greatlakesaquaticcentre.com)





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## CANTEEN ROSTER TERM 4 2013

P&C Coordinator available Wednesday, Thursday and Friday 8.30am – 2.30pm  
Lunch is at 11.30am. If you are rostered on for lunch please be here by 9am.

**CANTEEN CLOSED ALL DAY TUESDAY**

*If you are unable to make your allocated day please ring around to find a replacement.*

### Week 1

Monday	Tuesday	Wednesday 9th Oct	Thursday 10th Oct	Friday 11th Oct
		Dom	Dom	Erin Judson Sam Semmens Tarian Woodhill

### Week 2

Monday 14th Oct	Tuesday	Wednesday 16th Oct	Thursday 17th Oct	Friday 18th Oct
Jill McSweeney Wendy Natoli Deb Murray Paige Harris	cooking	Dom	Dom	Dom Tracy Scope Lisa Morley

### Week 3

Monday 21st Oct	Tuesday	Wednesday 23rd Oct	Thursday 24th Oct	Friday 25th Oct
Jill McSweeney Wendy Natoli Deb Murray Lianna Koller		Dom Bec Potter	Dom	Dom Mardi Church Helena Marshall Virginia Healey

### Week 4

Monday 28th Oct	Tuesday	Wednesday 30th Oct MEAL DEAL	Thursday 31st Oct	Friday 1st Nov
Jill McSweeney Wendy Natoli Deb Murray Kristy Herring		Dom Alice Pannell Emma Campbells	Dom	Dom Anne Cashman Emma Walsh

### Week 5

Monday 4th Nov	Tuesday	Wednesday 6th Nov	Thursday 7th Nov	Friday 8th Nov
Jill McSweeney Wendy Natoli Deb Murray Naomi Schuelein		Dom Larissa Robinson	Dom	Dom Tracy Scope Rita Reece Sarah Downs

### Week 6

Monday 11th Nov	Tuesday	Wednesday 13th Nov	Thursday 14th Nov	Friday 15th Nov
Jill McSweeney Wendy Natoli Deb Murray Paige Harris	cooking	Dom Shay Webb	Dom	Dom Sam Semmens Erin Judson

### Week 7

Monday 18th Nov	Tuesday	Wednesday 20th Nov MEAL DEAL	Thursday 21st Nov	Friday 22nd Nov
Jill McSweeney Wendy Natoli Deb Murray Lianna Koller		Dom Bec Potter	Dom	Dom Sally Connon Anne Cashman Virginia Healey

### Week 8

Monday 25th Nov	Tuesday	Wednesday 27th Nov	Thursday 28th Nov	Friday 29th Nov
Jill McSweeney Wendy Natoli Deb Murray Kristy Herring		Dom Alice Pannell	Dom	Dom Emma Walsh Mardi Church

### Week 9

Monday 2nd Dec	Tuesday	Wednesday 4th Dec	Thursday 5th Dec	Friday 6th Dec
Jill McSweeney Wendy Natoli Deb Murray Naomi Schuelein		Dom Katrina Gray	Dom	Dom Petra Richter Katrina Ashford

### Week 10

Monday 9th Dec	Tuesday	Wednesday 11th Dec	Thursday 12th Dec	Friday 13th Dec
Jill McSweeney Wendy Natoli Deb Murray		Dom Adele Workum	Dom	Dom Rita Reece

### Week 11

Monday 16th Dec	Tuesday	Wednesday 18th Dec		
Jill McSweeney Wendy Natoli Deb Murray		Dom		

**PLEASE NOTE:** There are a few unfilled places that I would love some help with, particularly Wednesdays and Thursdays. If you are able to spare a few hours on any of these days it would be great to hear from you.  
My email address is [domkunjil@yahoo.com.au](mailto:domkunjil@yahoo.com.au) or alternatively phone 0402556853.  
Thank you, Dom.





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## 10 WAYS TO PROMOTE **GOOD MENTAL HEALTH & WELL-BEING IN KIDS**

- 1** MODEL GOOD **MENTAL HEALTH HABITS**
- 2** MAKE SURE THEY GET **ENOUGH SLEEP**
- 3** **ENCOURAGE** KIDS TO EXERCISE
- 4** GIVE THEM **CREATIVE** OUTLETS
- 5** PROVIDE A **SPACE** OF THEIR OWN
- 6** **TALK** ABOUT THEIR TROUBLES
- 7** HELP THEM TO **RELAX**
- 8** HAVE TWO **ROUTINES** -  
WEEKDAY AND WEEKEND
- 9** FOSTER **VOLUNTEERING** AND  
**HELPFULNESS**
- 10** BRING **FUN AND PLAYFULNESS**  
INTO THEIR LIVES



For information from Michael Grose about raising exceptional kids...



1. Subscribe to Happy Kids newsletter  
on [parentingideas.com.au](http://parentingideas.com.au)  
and receive latest parenting ideas  
and information.



2. Visit [parentingideas.com.au](http://parentingideas.com.au)  
to find ready to go resources  
and books



3. For the best parenting ideas and  
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## Scientists reveal wonders of marine park

Many people may be surprised to know that the Port Stephens-Great Lakes Marine Park is home to a diverse range of temperate and tropical marine life. Come along to this FREE event and learn all about what can be found in this ecologically significant area.

### Marine turtles

with Chris Gallen, Technical Officer, NSW Department of Primary Industries.

Chris will talk about the biology of the turtle species found in the park and the movements of turtles such as 'Jodie', a female Hawksbill turtle washed up at Forster.

A large amount of plastic was found in Jodie's stomach but she was lucky to be rehabilitated at Taronga Wildlife Hospital and a satellite tag was attached to her shell so researchers could track her movements.

### Marine species of the Port Stephens-Great Lakes Marine Park

with David Harasti, Marine Scientist, NSW Department of Primary Industries.

David will provide a summary of what can be found in the park and include information on some of the more unusual species such as seahorses, mimic octopuses and anglerfish.

David is an award-winning underwater photographer and will show some of his favourite images from the marine park.

Friday 25 October 2013

6.30 to 9.00 pm

**Pacific Palms Surf  
Life Saving Club**

For more information contact

Brian Hughes on  
(02) 6551 8994 or email  
[brian.hughes@cma.nsw.gov.au](mailto:brian.hughes@cma.nsw.gov.au)



Images: David Harasti

*These free talks are part of the Marine Discovery Series coordinated by the Hunter-Central Rivers Catchment Management Authority (CMA) in partnership with Great Lakes Council and the Great Lakes Underwater Group.*



**Catchment Management  
Authority**  
Hunter-Central Rivers



Keep up-to-date with Marine Discovery events:  
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