

P & C NEWS

Trivia Night

Congratulations to the P and C in particular Mel, Kate and Ian for the fantastic Trivia Night. It was great to see staff, parents and community members getting together to have fun as well as raise funds for the school. The night raised \$1,041. Special mention must go to our MC Rod Ryan and his wonderful assistant - Mel Shoesmith. We are so lucky to have a staff team who enjoy taking part in these activities.



Mel, Kate, Rod, Mel & Ian



Winning table



Second place table



Best "Dress up" table

Monster Easter Raffle

The P&C are organising a Monster Easter Raffle which will be drawn at our Easter Hat Parade on Thursday, 28 March. Prizes include Easter eggs, craft and other surprises. Tickets will be sent home early next week.



Pacific Palms Public School - Newsletter 7th March 2013
 "Your safe and caring community school"
 website: www.pacificpal-p.schools.nsw.edu.au

NO SCHOOL ASSEMBLY TOMORROW

Please join us for our Harmony Day assembly on
 Friday, 22 March 2013

OUR STUDENTS EXCEL

Zone Swimming Carnival

Congratulations to the following students who travelled to Wingham Pool on Wednesday, 27 February 2013 to represent our school at the Zone Swimming Carnival.



Back Row: Mackenzie, Misty, Jessica, Jacob, Zeb. Middle Row: Max, Kendall, Freyja, Tess, Ysabella, Alexandra, Tyrone. Front Row: Bella, Gabrielle, Samantha, Bonny, Kelton, Oscar.

WELCOME TO THE DAYS AHEAD

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

UP AND COMING EVENTS CALENDER

Fri, 8 Mar	<u>NO</u> School Assembly this week.
Fri, 15 Mar	Cross Country - 9 pm - new course. (Only students from Yr 2 who turn 8 this year through to Yr 6 participate.)
Fri, 22 Mar	Harmony Day - dress up. (See newsletter for more info)
Fri, 22 Mar	School Assembly @ 2 pm in hall.

INFORMATION FOR OUR PARENTS

Zone Swimming Carnival cont.

A special mention to Misty and Zeb who swam extremely well at the Zone Carnival and successfully made the qualifying times for the Regional Carnival. Well done Misty and Zeb.



Harmony Day

EVERYONE BELONGS
www.harmony.gov.au



Harmony Day is celebrated in March each year and is about bringing people together to celebrate Australia's community harmony and cultural diversity. Students and staff at Pacific Palms Public School will be celebrating Harmony Day on **Friday, 22 March**. We are asking everyone to come to school dressed in a national costume or the colours from a particular country's flag. At our assembly we will acknowledge some of the outstanding costumes and we will present some special Harmony Day certificates.

The message of Harmony Day is **Everyone Belongs**. In 2013 the theme is: **Many Stories - One Australia**.

Paperless Newsletter

Our school is aiming to have NO paper newsletters printed by the end of this term. The newsletter will be sent to your email address and will also be published on our website by Friday morning. As we are updating our records any families already receiving the newsletter by email will need to resend their email details. If you have not advised us of your email address please let the office know.

Parking

Please be aware when parking outside the school we need to consider our neighbours and would ask that you DO NOT park in allocated driveways. Thank you.

ACTIVE AFTER SCHOOLS PROGRAM

Pacific Palms Public School is participating in the Active After-School Communities program. The program focuses on developing grass roots sport and getting young people actively participating in sport in a fun, safe and inclusive environment. The program promotes the school's philosophy that healthy, active children are keen, motivated learners. The school is offering the program to interested students throughout the year, kicking off in term 1 with Taekwondo and Tennis after school for one hour on Tuesdays and Thursdays. Seventy students took up the offer to get active after school and have enjoyed the opportunity to learn a new sport.



Active After-School Community Coaching Session:

Community Coach Training will be held on 20 April from 9am - 3.30pm. This training is FREE! for parents and sporting clubs that would like to be involved in the Active After School Program. Please contact Adam Wren at adam.wren@ausport.gov.au or 4983 2094 or 0428 200 024. Enrolments are needed prior to attending the course.

Entertainment
James Bulley
Easter Thursday



March 28
7pm to 10pm

Easter Thursday
Giant Seafood Raffle



Thursday March 28th

50 Trays of Seafood

Tickets on sale

5.30pm

drawn at 6.30pm

Lunch
Specials
Every day
\$10.00

Meals on special board



www.pacificpalmsbowlingclub.com.au
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

No Ladies Bowls Till early March 2013

THUR

No Mens Bowls Till early March 2013

FRI

Raffles & "Super 100"

Tickets on sale from 6.30pm

SAT

TAB Racing

Sun

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

Friday Night
Raffles

Tickets on Sale
at 6.30pm

Drawn at 7.30pm

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 8/3/13

\$1200

in cash

Green Closed

From 14th January
for yearly maintenance

Resumes
Early April

Free

Trivia
21st March
6.30pm

Bingo

Tuesdays at 11.00 am



All welcome!

INFORMATION FOR OUR PARENTS cont.

Kiss and Ride Zone

The "Kiss and Ride" zone / No Parking area installed at the front of the school is to assist parents and carers to drop off and pick up children safely. For these zones to work effectively parents and carers need to:

- Be timely. You are only permitted to stop for two minutes.
- Ensure that they do not move more than 3 metres from the vehicle. A driver may get out of the car, open the boot and help children with their bags, but they must not move any further than 3 metres from their vehicle.
- Stop their vehicle as close as possible to the top of the zone, to allow following vehicles easy access.

These car spaces revert to normal parking spaces outside of the times indicated. Fines and loss of demerit points may apply if the zones are not used in accordance with the information above. If you require any further information, please contact Becky Hunter, Road Safety Officer at Great Lakes Council on 65 917370.

A MESSAGE FROM THE PRINCIPAL

Relieving School Education Director

I have been asked to take on a relieving School Education Director role for the remainder of this term. This will require me to support schools in the Port Macquarie/Kempsey area. This is a great opportunity and a great challenge. In my absence Mr Ryan will be Relieving Principal and Ms Godfree will be the Relieving Assistant Principal joining Mrs Wood and Mrs Merchant.

All of the planning done to make 2013 a great and productive year at our school is coming to fruition. I am confident that in my absence this will continue under the leadership of Rod and the Executive Team.

Kerry Tulloch - Principal

PACIFIC PALMS NETBALL CLUB

2013 TEAMS

Junior B Pacific Palms Building & Design Bonnie Robinson-Byrnes Rhyana McSweeney Leila Salt Gabrielle Edwards Fern Bannerman Rosie Muenger Samantha Furney Milly Walsh Stevie Woodhill Ava Jolley Audrey Eades Coach: Angela Edwards Training: Tuesday <i>(netball court behind school)</i> Ph: 0410 664 218	NETBALL NEWS Training: Netball training will commence for all teams next week. Saturday Netball: The first game of netball will be held on Saturday, 16 March 2013. This will be a grading day. Uniforms: If you require uniforms please contact Jill. Please contact your team's coach if you require any further netball information.	Junior A Aristocut Tamzyn McSweeney Tarryn Clifford Bella Lawson Lucy Connon Haddi Church Scarlett Ker Ella Furney Jia Healey Natasha Elliott-Rankin Grace Walsh Coach: Mardi Church Training: Monday <i>(Smiths Lake netball court)</i> Ph: 0438 222 548
B3 Pacific Palms Hair Design Serena McSweeney Amber Cashman Pepper Bannerman Elana McDonald Tahlia Morson Ruby Birrell Cambell Scott-Young Miranda Lewis Coach: Jill McSweeney Training: Monday <i>(Smiths Lake netball court)</i> Ph: 0408 560 696	B3 Amaroo Construction Tess Lee Yssy Jolley Kendall Vidal Indiana Yates Tess Montague Miranda Riley Jessica Gwynne Amber Morris Daisy Huthnance Coach: Cilla Lee Training: Wednesday <i>(netball court behind school)</i> Ph: 0409 926 151	B3 Pacific Palms Pharmacy Alexandra Edwards Jade Astorini Freyja Cornish Sienna Jones Misty Cornish Madz Reeves Chelsea Slack Mackenzie Vidal Coach: Belinda Boyle Training: Tuesday <i>(netball court behind school)</i> Ph: 0438 577 760



Pacific Palms Recreation Club
The Lakesway Pacific Palms
Ph. 65540207
Courtesy Bus available

New Bistro Menu Starts March 4th





Monday 11.30 am

Poker - Tuesday
Registration 6.30 pm





Friday Night Raffles.
34 meat, chicken and fruit and veg trays to win
Tickets on sale from 6.30pm



Recky Footy Tipping.
Round 1 begins 7th March.
Cost \$50
Chance to win up to \$2000



Music Classes

Music classes available for all ages up to 12 yrs. Early Childhood, Keyboard Classes and Kids Choir. Classes held in Tuncurry. Many classes are already fully booked so phone or email today if you'd like more information. Ph:65 546071 M:0419 650540
E:info@kindermusikwithjanelle.com.au W:www.kindermusikwithjanelle.com.au

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Getting kids to school ON TIME!

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

"Come on Jack! Get a move on. School starts in ten minutes and you're not even dressed yet!"

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents.

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✓ **Establish a morning routine.**

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven't fully prepared for the day.



✓ **Identify and remove distractions such as television.**

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✓ **Teach some of the basics of time management.**

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✓ **Arrive at school ten minutes early.**

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✓ **Model a good routine.**

It's pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!

Published by Michael Grose
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For more ideas, support and advice
for all your parenting challenges
visit: www.parentingideas.com.au

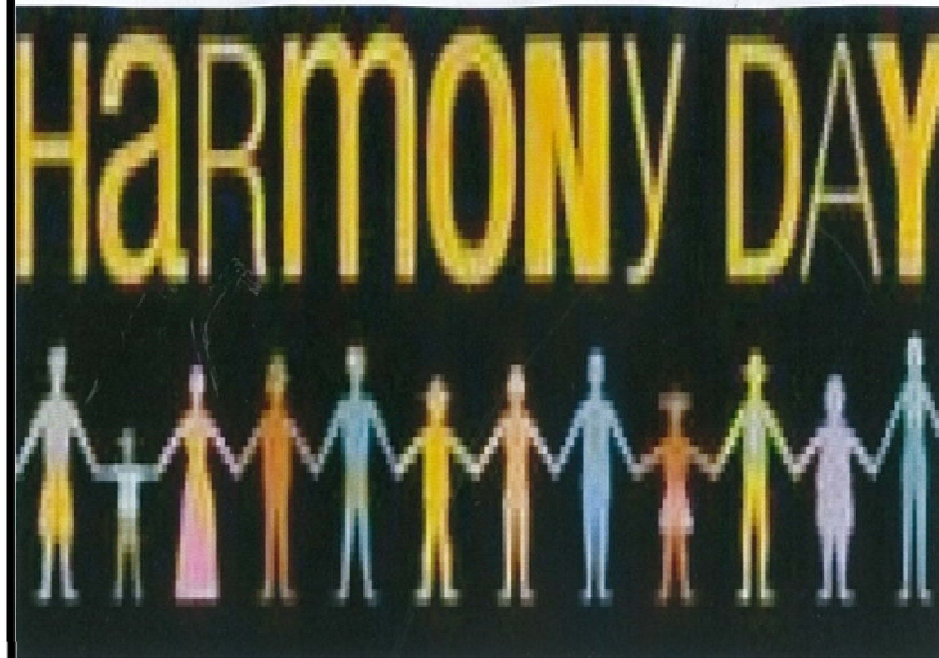


PO Box 167 Balaclava VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. office@parentingideas.com.au

www.parentingideas.com.au

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Harmony Day-2013



COME DRESSED IN A COSTUME FROM ANOTHER
COUNTRY OR WEARING THE COLOURS OF A FLAG

Friday, 22 March 2013

GOLD COIN DONATION ON THE DAY

bag it

A FREE Cinema Experience in Forster!



Come along to a FREE screening of the film, **Bag It** - a witty and thought provoking look at our increasing dependence on plastic.

Suitable for those aged 8 - 100!

Sit back, watch the movie and explore ways you can help look after the environment.

Hear about how local groups such as Take 3 are doing their bit to protect our marine environment. Tim Silverwood, local surfer and passionate environmentalist will talk about the Take 3 movement and help you identify how to make change.

Thursday 21 March

7.00 pm

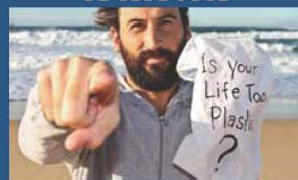
Great Lakes Library
Forster

Refreshments will be provided

Bookings essential by contacting

Isabelle Strachan
isabelle.strachan@
greatlakes.nsw.gov.au

02 6591 7301



CARING
FOR
OUR
COUNTRY



Catchment Management
Authority
Hunter-Central Rivers

Subscribe to *Catchment News*, the Hunter-Central Rivers Catchment Management Authority's monthly email newsletter, for the latest NRM news and events:

Phone 02 4930 1030 | Email hcr@cma.nsw.gov.au | Web www.hcr.cma.nsw.gov.au

Forster - Workshop

We are excited to announce that we will be hosting a Tool Kit for Kids workshop in Forster on the 26th March 2013 @ Club Forster.

- Are you a parent of a child that struggles with simple tasks such as eating, dressing, socialising, concentrating or co-ordination?
- Are you a teacher that wants to know how you can keep your class focussed and engaged all the time?
- Or do you work with children and would like to understand how Sensory Processing works and how it affects behaviour?
- Do you sometimes feel frustrated and powerless to help?

This one day workshop will empower you with the tools and knowledge that you need to help the children around you. Once you begin to understand Sensory Processing and how it works, you will begin to see the world through the eyes of the children.

This workshop is a fun user friendly event with movement, music and take away strategies to use right away, at home, school and day care.

Tools Kit for Kids is the work of Diana Henry, internationally recognized as a paediatric expert in Occupational Therapy and Sensory Processing.

For more details view our [invite on Facebook](#) or go to www.lifeskills4kids.com.au/workshops or call 02 6555 9877 or email: workshops@lifeskills4kids.com.au