



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 May 2013

"Your safe and caring community school"

www.pacificpal-p.schools.nsw.edu.au

ISSUE 2 | TERM 2 | WEEK 4

OUR STUDENTS EXCEL

Class Captains - Term 2

Congratulations to our Term 2 Class Captains who were presented with their Class Captain badges at our last Friday morning assembly. We wish them all the best in their important new roles.



KR	Charlie	Jasper
KC	Lucy	Liam
1R	Jake	Imogen
1T	Ella	Flynn
2W	Jordyn	Izac
2/3G	Milly	Cassius



3W	Sage	Tomas
4W	Bella	Sam
4/5B	Tess	Beau
5M	Beth	Kyle
6W	Cambell	Tahlia

Junior Spirit Adventure Race

Congratulations to all the Pacific Palms students who took part in the Junior Spirit Adventure Race held on Saturday, 11 May 2013 on Forster Main Beach. What a fantastic adventure!!



PSSA Netball - Pacific Palms v Forster

On Monday 20 May 2013 our school netball team defeated Forster Public School. They now progress to the next round and play Chatham Public School.

Congratulations to Jade, Ally, Chelsea, Serena, Ruby, Madz, Misty, Jessica, Amber and Daisy on a fantastic result.



WELCOME TO THE DAYS AHEAD

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

UP AND COMING EVENTS CALENDER

Fri, 24 May	School assembly in the hall @ 2 pm. All welcome.
29 May to 31 May	Aussie Bush Camp - Year 3 and Year 4 students.
Wed, 5 June	Walk to School Day (a note will be sent home next week)
7, 8 & 9 June	Art Festival Weekend (come along and view the spectacular artworks on display)



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PSSA Soccer - Pacific Palms v Forster

On Monday 20 May 2013 our school boys soccer team were defeated by Forster Public School. Congratulations to Zac, Tristan, Tyrone, Sarawut, Jacob, Jayden, Kynan, Charlie, Zeb, Noah, Flynn, Oscar, Beau and Levi for displaying good sportsmanship and trying their best.

INFORMATION FOR OUR PARENTS

Aussie Bush Camp (Year 3 & Year 4 Students)

Our Year 3 & 4 students leave for Aussie Bush Camp next Wednesday, 29 May. Please arrive at school at 8.30 am and assemble in the COLA behind the hall. We will arrive back at school on Friday, 31 May at approximately 2.30 pm. If you have any questions regarding this excursion please do not hesitate to contact the school.

Woolworths - Earn and Learn

Please support our school on your next shopping trip to Woolworths. Simply collect the 'Earn & Learn' stickers at the checkout, place them on the form with the Pacific Palms School details and put them in the box. There is a Pacific Palms School box at Forster Woolworths and one in the front office at school. The more stickers we collect, the more resources we can collect. Thank you for your ongoing support!



Support your
local school

COMMUNITY NEWS

New Doctor in the Palms

We have been advised Dr David Norus will open his practice at Blueys Beach in July on Wednesday, Thursday and Friday from 8.00 am to 5.30 pm.

Art Festival

The annual Pacific Palms Art Festival will be held this June long weekend. Opening night tickets for Friday, 7 June 2013 are available for purchase at a cost of \$25. The Youth Art Competition is open to children aged 5 to 15 years with free entry. The Pacific Palms Art Festival is a major fundraiser for our school and your support is appreciated.

To find out more, contact
Isabelle Strachan Great Lakes Council
(02) 6591 7301
isabelle.strachan@greatlakes.nsw.gov.au
RSVP: THUR 30TH MAY

KIDS ART WORKSHOP

ONE MILE BEACH SOUTH (MEET AT PALMGROVE PLACE CARPARK)
SATURDAY 1ST JUNE
Session One: 11.15am - 12.30pm / Session Two 12.45pm - 2.00pm
MAXIMUM 10 CHILDREN FOR EACH SESSION / SUITABLE FOR CHILDREN 5 TO 12 YEARS

WHATS ON

- Learn about the rare Littoral (coastal) Rainforest through drawing, painting and collage
- Find out what is being done to conserve and protect these hidden rainforest treasures in One Mile and Burgess Beach

BRING WITH YOU

- All material and equipment will be supplied
- Refreshments will be provided

CHILDREN MUST BE ACCOMPANIED BY A PARENT OR CARER

Help protect and improve the ecological value of Littoral Rainforest





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PACIFIC PALMS PUBLIC SCHOOL

Minutes of P & C Meeting
Date: Monday, 13th May 2013

1.0 Welcome, Attendance, Apologies

ACTION

- 1.1 Meeting Opened: 3:30pm
- 1.2 Present: Virginia Healey, Melanie Ledgett, Kate McLean, Wendy Natoli, Rod Ryan, Petra Richter

Apologies: -

2.0 Agenda: Omissions/Alterations/Matters for General Business

- 2.1 Alteration to the Agenda -
- 2.2 Matters for General Business: -

3.0 Minutes of Previous P & C Meeting

3.1 Business Arising

Sandpit cover. Mel to look into getting some shade cloth. Boys (Brad, Marcel and Matt) to have a working bee to make up a cover. ML

4.0 Correspondence

4.1 Inwards Tabled

4.2 Outwards Tabled

Acceptance of the correspondence inwards & outwards as tabled.

Moved: V. Healey Seconded: M. Ledgett Carried

5.0 Finance Reports

P&C Account 28th February to 30th April, 2013

Opening Balance	\$8891.29
Income:	\$1677.30
Expenditure:	\$1131.10
Closing Balance	\$9347.49

Canteen Account 28th February to 30th April, 2013

Opening Balance	\$2052.08
Income:	\$4098.97
Expenditure:	\$5028.17
Closing Balance	\$1122.88

Uniform Account 28th February to 30th April, 2013

Opening Balance	\$2809.29
Income:	\$2950.28
Expenditure:	\$1247.99
Closing Balance	\$4511.58

Chaplaincy Account 28th February to 30th April, 2013

Opening Balance	\$6379.28
Income:	\$ 1.82
Expenditure:	\$4522.98
Closing Balance	\$1858.12

Long Service Leave Account 28th February to 30th April, 2013

Opening Balance	\$260.74
Income:	\$200.38
Expenditure:	\$ 0
Closing Balance	\$461.12

Finance Reports: Moved: V. Healey Seconded: K. McLean

6.0 Presidents Report - Melanie Ledgett

- Canteen time sheets - Wendy to ensure time sheets are sighted before wages are paid.
- Tables for the hall - move to purchase 12 tables (with a trolley) @ \$119 each
Moved: R. Ryan Seconded: V. Healey
- Catering equipment - Mel to look into purchasing catering equipment to cater for 120 people including table cloths (calico).
- Sink for canteen - move to purchase sink/ table and stools for up to \$2000
Moved: R. Ryan Seconded: V. Healey
- Grant application was put in (for Club Grants) to purchase something to secure the vegetable garden.

Acceptance of the Presidents Report as tabled.

Moved: V. Healey Seconded: K. McLean

7.0 Principals Report - Relieving Principal, Rod Ryan

- Kerry Tulloch will definitely be back by the beginning of Term 3 but could also return earlier than that.
- NAPLAN went well this year.
- Art Festival - Rod to talk to Anne Masters regarding P&C organising bar service on opening night.

Acceptance of the Principals Report as tabled.

Moved: V. Healey Seconded: M. Ledgett

8.0 General Business: NIL

9.0 Meeting Closed - 4:50pm

Next meeting Monday, 17th June 2013 - 3:30pm at school

AFTER SCHOOL CARE Munchkins on Macwood

At Smiths Lake, 0405 492 440

Mon-Thurs3.30-6pm

Price.....\$15 (discount for families)

Includes.....afternoon tea, homework help,
indoor and outdoor activities, craft and lots of love
and care.

I am an experienced NURSE and MUM of 3 and
have worked in childcare before.

The Pacific Palms School bus stops outside the
house, where I will be waiting. I have one child at
the school.

Please email munchkinsonmacwood@gmail.com
to put your name and day/s required.

Opening end of May.....Please note, there's no
centrelink subsidy as this is a private house.



Child Development Specialists
Occupational Therapy - Specialising: -

- Handwriting and Fine Motor Skills
- Children aged 2 - 18 years old
- Autism Spectrum Disorder / ADHD
- Sensory Issues
- Difficulty Concentrating in Class
- Learning Difficulties / School Readiness Skills
- Dyspraxia / Co-ordination / Gross Motor Skills

Intakes, Assessments, screeners and ongoing therapy now available.

What is an intake appointment? An intake appointment, allows you the opportunity to see an OT straight away with no waiting lists. During the intake you will discuss any concerns with the OT, who will then advise of what steps are required next for the best outcome for your child.

Mini-workshops - Forster

We are running a series of workshops on various subjects such as Handwriting Skills & Apps for learning. Open to all parents and teachers, these workshops are designed to help you learn and understand how you can best assist children to get the most out of the curriculum.

YOU CAN NOW VISIT US @ 2/4 Enterprise Court, Forster - Next to Kid Spot

Funding - available through GP Care Plans, Better Start Funding and Helping Children with Autism (FaHCSIA)

Go to www.lifeskills4kids.com.au or call 6555 9877 for more information and bookings.



INSIGHTS

by Michael Grose – No. 1 parenting educator



Make the most of teachable moments to promote resilience

How they cope will be determined by their resilience and the mindsets of the significant adults around them.



Kids live in the NOW. Fun comes before work in their dictionaries.

It's easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

The big learning opportunities are usually hidden as problems. Most commonly they are: change, loss, rejection, failure, disappointment and conflict.

Perhaps your child has experienced one of these common challenges:

- ▶ Been snubbed by a classmate or friend
- ▶ Missed being picked for a team even though they tried hard
- ▶ Worried about going to school camp
- ▶ Had something stolen from them
- ▶ Been taught by a teacher they don't get on with

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

When faced with a TEACHABLE moment ask yourself:

- ✓ **How can I teach my child to cope?**
e.g. Encouraging kids to talk about problems is a great coping skill.
- ✓ **What can my child learn about himself for next time?**
e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.
- ✓ **What can my child learn to avoid or turn this situation around?**
e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That's why it is such a hard job.

BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about 'stuff' and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.

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

Michael Grose Presentations

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ORGANIC FRUIT AND VEG BOX GROUP

Do you want chemical free organic fruit and vegetables and don't know where to buy them in the area? Become a member of 'POPCO' The Pacific Palms Organic Produce Cooperative's \$50 Organic Fruit and Vege box group.



POPCO is a not for profit cooperative for Pacific Palms locals. We buy in bulk fortnightly on Fridays, members are rostered on for 1hr every 4-6 weeks to help divvy up produce at the community centre where all the members pick up their box of yummy, fresh, chemical free, organic produce. Some members grow their own homegrown organic produce which is incorporated into the boxes and sold during the pickups. This is a great and thriving project that encourages locally grown produce, a building sense of community and localisation of food production.

If you would like more information or are interested in taking up one of the limited spaces available please call:
David 0419265257 or email: walsmandavid@gmail.com

After Notifying David please transfer \$100 (for 2 pickups) into the following bank account:

Bank: Holiday Coast Credit Union
Acc Name: Pacific Palms Community Association sub acc POPCO
BSB: 808214
Acc Number: 100157325

To make the accounting procedure simple for our Treasurer:

- 1/. please always put your name in the message section of the bank transfer.
- 2/. Please email the bookkeeper popco.books@gmail.com saying you have made the transfer.

Welcome !!!!!



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Pacific Palms Art Festival Youth Art Competition

OFFICIAL ENTRY FORM - 2013

THANK YOU FOR YOUR PARTICIPATION IN THIS IMPORTANT COMMUNITY EVENT.

ALL ENTRY FORMS MUST BE RECEIVED BY **Friday, 31st May, 2013.**

PLEASE COMPLETE THE FOLLOWING FORM AND DELIVER WITH PAINTING TO:

Pacific Palms Public School, Boomerang Drive, PACIFIC PALMS, NSW, 2428

Artist Details	
Surname:	First Name:
Street:	Town:
School:	Home Phone:
Age:	Date of Birth:

Three (3) entries only per artist.

*****Title*****	Section	*****Medium*****	\$\$\$Price\$\$\$

*I agree to abide by the Conditions of entry as set out in the pamphlet.

Signature _____
(Artist/Parent/Guardian)



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Size of Art Works

Paintings on Paper:

A3 size or smaller (including frames) - any medium

Paintings on Canvas:

30 cm x 40 cm or smaller (including frames) - any medium

Photographs:

A4 or smaller (including frames)

Those works outside the specified dimensions will not be included in the judging and will not be hung

Wet works will not be hung

Conditions of entry

1. All entry forms must be submitted to Pacific Palms School no later than **Friday, 24th May, 2013**.
2. Entries must be a current original work of the exhibitor.
3. All Artists must be 5 - 15 years to enter.
4. **Identification tags (supplied) are to be placed on the back of the art work.**
5. Entries must be ready for hanging.
6. **Delivery of exhibits:**
Delivery must be made to the Pacific Palms Public School by **Friday, 31st May, 2013**.
Due to space restrictions any artwork delivered late will not be included in the exhibition.
7. **Art works will be returned to the school of origin after the exhibition.**
Selected works will be on display on Saturday, 8th June and Sunday, 9th June, 2013 - 10 a.m. to 4 p.m.
Entry fee: Adults \$2 Children: FREE

SECTIONS

Primary Section : Kinder to Yr.6
High School Section : Yr.7 to 15 yrs.

1. **Oil or Acrylic**
on board or canvas
2. **Any Water-based Medium**
on paper
3. **Pastels**
4. **Drawing only**
Any drawing medium
5. **Photography**
6. **Open**
Mixed media, collage, Printmaking
7. **Environmental**

1 Identification Tag per Painting

Section: _____
Title: _____
Price: _____
Artist: _____
Media Used: _____

1 Identification Tag per Painting

Section: _____
Title: _____
Price: _____
Artist: _____
Media Used: _____

1 Identification Tag per Painting

Section: _____
Title: _____
Price: _____
Artist: _____
Media Used: _____