



# PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

6 JUNE 2013

*"Your safe and caring community school"*

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

ISSUE 3 | TERM 2 | WEEK 6

## OUR STUDENTS EXCEL

### Walk to School Day

Children from Kindergarten to Year 6 gathered at Blueys Beach shops and North Boomerang car park and walked to school on Wednesday, 5 June to celebrate "Walk to School Day". When they arrived at school, students were treated to a delicious, healthy breakfast. Thank you to Mary Yule and all staff and volunteers who supported the event.



ACTIVE KIDS  
ARE HEALTHY KIDS



### Aussie Bush Camp - Year 3 & 4

Wow! What an amazing three days Stage 2 students and teachers had away at Aussie Bush Camp. The behaviour of the students was outstanding; with the staff at Aussie Bush Camp commenting on their beautiful manners, positive attitude and careful listening skills.

Students stepped out of their comfort zones and took on new and exciting challenges. Challenges included the giant swing, high ropes, indoor rock climbing and canoeing. They also experienced damper making, orienteering, archery and bush craft.

Students had the opportunity to interact with each other in a unique setting. They loved the care and enthusiasm provided to each and every one of them by the amazing camp instructors. The opportunity to camp out in tents, although cold was a fun experience.

All in all, the Aussie Bush Camp will leave a lasting impression in the minds of everyone that attended for years to come.



## WELCOME TO THE DAYS AHEAD

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

### UP AND COMING EVENTS CALENDER

Fri, 7 June	Art Festival Opening Night. Tickets \$25 available at the front office.
Sat, 8 & Sun, 9 June	Art Festival - come along and view the spectacular artworks on display in the hall. Entry Adults \$2, children free.
Fri, 14 June	Athletics Carnival - Kinder to Yr 6 - parents welcome
Mon, 17 June	P & C Meeting @ 3.30 pm
Thu, 20 June	Disco Inferno excursion Years 5 & 6.
Fri, 21 June	Assembly @ 2 pm in the hall.



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### PSSA Netball - Pacific Palms v Chatham

On Monday 27 May 2013 our school netball team defeated Chatham Public School at Taree. The girls now progress to the next round and will play Hallidays Point Public School next Tuesday.

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



### EnviroMentors

Students took part in an environmental education workshop last week through the Great Lakes Council EnviroMentors program. Students were engaged by presenter Jacqueline Murray as together they identified sustainable actions and learnt how to consume less and become more sustainable in their daily lives.

Following the presentation, Rhyana was "going home to get some paper from the recycling bin to make something with it". It was wonderful to see the students taking in such an important message about reusing and sustainability.



## INFORMATION FOR OUR PARENTS

### Athletics Carnival - Friday, 14 June 2013

Our whole school athletics carnival will be held on Friday, 14 June 2013. Children can come to school dressed in their house colours. Parents and grandparents are welcome to attend to encourage and support their children. We look forward to seeing you for an enjoyable day. The P & C will provide a canteen on the day. Your donation of slices, cakes and biscuits would be appreciated. Please deliver them to the oval canteen on the morning of the carnival.

### New School Hat

A new broad brim style of school hat is now available for purchase at the Uniform Shop at a cost of \$12.



### Winter School Uniform

With the cooler winter weather setting in we remind parents of our Winter School Uniform.

#### • **Girls Winter Uniform**

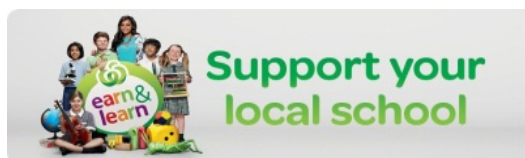
School jacket and or school jumper, navy tracksuit pants or long navy school pants (not tights). Navy or black stockings under culottes are acceptable.

#### • **Boys Winter Uniform**

School jacket and or school jumper, navy tracksuit pants or long grey trousers.

### Woolworths - Earn and Learn

We are still collecting Woolworths Earn and Learn stickers for our school. The more stickers we collect, the more resources we can collect. Thank you for your ongoing support!







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## COMMUNITY NEWS

### Art Festival

The annual Pacific Palms Art Festival will be held this long week - Saturday, 8 June and Sunday, 9 June 2013. Opening night tickets for Friday, 7 June 2013 are available for purchase at a cost of \$25. The Pacific Palms Art Festival is a major fundraiser for our school and your support is appreciated. Adult entry \$2, children free.

### Taekwondo - Fay Shacklock

Congratulations to Fay Shacklock, our much-loved Taekwondo instructor, who will become the first person inducted into the international Taekwondo Hall of Fame in the "humanitarian" category in recognition of three decades of helping others. We are very proud of you!

## PRINCIPAL'S NEWS

It is great to be back at school and to see how well school programs are progressing. I continue to be very proud of the dedicated team we have here at our school who provide such a quality learning environment for all students. Our Walk to School day was a perfect example. Great leadership was shown by Mrs Yule who organised all of this mostly in her own time. Then to have every member of staff assisting in some way is just wonderful - we are very lucky. A special thank you as well to Dom and the many parents who assisted with the breakfast. A great team effort for our children!

While I am back at school now after completing my time as Relieving School Education Director I have been appointed to a leadership role supporting other principals and those aspiring to the role. This will involve me being out of the school each Thursday and Friday. For this term Mr Ryan will continue as Relieving Principal on those two days.

Thank you to Ms Compton for the wonderful way she has looked after Mr Ryan's class during my absence. Mr Ryan will return to class Mondays, Tuesdays and Wednesdays from next week and Ms Compton will teach the class on Thursdays and Fridays only.

I am very aware of keeping our school as my first priority but it is also important that more experienced principals (I could say older!) are prepared to take on these roles. In addition my being out of the school from time to time gives other leaders in our school opportunities to step up into different roles. On that note I congratulate Mr Ryan on doing a great job in my absence and also Ms Godfree who has been very committed in the relieving Assistant Principal role.

### Aussie Bush Camp

Congratulations to our Stage Two students who travelled to the Aussie Bush Camp last week. Mrs Wood reported on their wonderful behaviour and what a credit they were to our school.

### Happy Holidays Mrs Wood and Mr Wood!

Mr and Mrs Wood will be taking long service leave until the end of term. During that time Ms Perkins will teach 4W full time and Mrs Rigby will be the relieving Assistant Principal in place of Mrs Wood. Mr Wood will be replaced by Peter Morgan.

### Semester 1 Reports

Preparation of Semester 1 reports is now well underway by our teaching staff. Student reports will come home on Wednesday, 26 June (Week 9). Teacher/parent interviews will be conducted during weeks 3 and 4 of Term 3.

### Technology: - Your Child's Privacy and Safety

Learn more about what your children may be doing online, including Facebook and pick up some top tips to help keep them safe. Go to: <http://www.schoolatoz.nsw.edu.au/technology>



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## Local Schools, Local Decisions Reform

Local Schools, Local Decisions is a reform that gives NSW public schools more authority to make local decisions about how best to meet the needs of their students. A fact sheet which provides a brief overview of the five reform areas and lists the key achievements for each area to date is available to download from:

[http://www.schools.nsw.edu.au/media/downloads/news/announcements/yr2013/lsl\\_d\\_reform\\_overview.pdf](http://www.schools.nsw.edu.au/media/downloads/news/announcements/yr2013/lsl_d_reform_overview.pdf)

**Kerry Tulloch - Principal**



## FREE FILM NIGHT

Surfers, swimmers, beach goers and film fans are invited to a free film night with screenings of the surf movie 'Sally' and marine doco 'Bag It'.

Sally features a progressive band of stylish surfers including Craig Anderson, Ryan Callinan, Mitch Coleborn, Mikala Jones and Mikey Brennan. Come along as they journey between tropical paradise and frigid southern ocean points.

Sally combines stunning cinematography and a sumptuous sound track in a tale of venturing forth, of stirring the soul and awakening the senses. This modern classic is a must-see.

The documentary Bag It follows 'everyman' Jeb Bernier as he tries to make sense of our dependence on plastic bags.

Jeb soon learns that the problem extends past landfills to oceans, rivers and ultimately human health. The film explores these issues and identifies how our daily reliance on plastic threatens not only waterways and marine life but human health too.



**Friday 14 June**

**6.30 pm - 8.30 pm**

**Pacific Palms SLSC**

Light refreshments provided

**Bookings not required**

Contact: **Isabelle Strachan**  
from Great Lakes Council

[isabelle.strachan@greatlakes.nsw.gov.au](mailto:isabelle.strachan@greatlakes.nsw.gov.au)

(02) 6591 7222



**f** Find us on Facebook!  
Search for "Marine Discovery Series Hunter Central Rivers".

This event is being coordinated by the Hunter-Central Rivers Catchment Management Authority (CMA) and Great Lakes Council with funding from the Australian Government's Caring for our Country initiative and support from Pacific Palms Surf Lifesaving Club.



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 [hor@cmansw.gov.au](mailto:hor@cmansw.gov.au) | Web [www.hor.cma.nsw.gov.au](http://www.hor.cma.nsw.gov.au)

## Healthy Dads, Healthy Kids

**Hey Mums:**

**Has your partner enrolled yet?**

**Starts Thursday 25 July at Pacific Palms Primary School**



**A program for dads/stepdads & their  
primary school aged children**

**How will your partner and your children benefit?**

- He will learn how to trim down without having to give up the foods he loves
- He will spend quality time and have great fun with the kids
- He will be setting up the kids for a healthy life by learning about the latest information on healthy eating and physical activity for families

**Talk to Amanda Godfree at Pacific Palms Primary  
call Adam McMahon on 0412542585 or  
visit [www.greathhealth.org.au](http://www.greathhealth.org.au) for more details.**

In partnership with our community







# INSIGHTS

by Michael Grose - Australia's leading parenting educator

## 12 friendship skills every child needs

**Friendship skills are generally developmental. That is, kids grow into these skills given exposure to different situations and with adult help.**

Kids can be picky about who they play and mix with.

Popularity should not be confused with sociability. A number of studies in recent decades have shown that appearance, personality type and ability impact on a child's popularity at school.

Good-looking, easy-going, talented kids usually win peer popularity polls but that doesn't necessarily guarantee they will have friends.

***Those children and young people who develop strong friendships have a definite set of skills that help make them easy to like, easy to relate to and easy to play with.***

Here are twelve essential skills that children have identified as being important for making and keeping friends:

1. Ability to share possessions and space
2. Keeping confidences and secrets
3. Offering to help
4. Accepting other's mistakes
5. Being positive and enthusiastic
6. Starting a conversation
7. Winning and losing well
8. Listening to others
9. Starting and maintaining a conversation
10. Ignoring someone who is annoying you
11. Cooperating with others
12. Giving and receiving compliments

Friendship skills are generally developmental. That is, kids grow into these skills given exposure to different situations and with adult help.

In past generations 'exposure to different situations' meant opportunities to play with each other, with siblings and with older and younger friends.

They were reminded by parents about how they should act around others. They were also 'taught' from a very young age.

### Arrested development

The NEW CHILD grows up with fewer siblings, fewer opportunities for unstructured play and less freedom to explore friendships than children of even ten years ago.

A parenting style that promotes a high sense of individual entitlement rather than the notion of fitting in appears to be popular at the moment.

**These factors can lead to delayed or arrested development in these essential friendship skills, resulting in very unhappy, self-centred children.**

Here are some ideas if you think your child experiences developmental delay in any of these essential skills or just needs some help to acquire them:

1. **Encourage or insist that kids play and work with each other:** Allowing kids the freedom to be kids is part of the message here but parents have to be cunning with the NEW CHILD and construct situations where kids have to get on with each other. For some kids "Go outside and play" is a good place to start!!
2. **Play with your kids:** Interact with your kids through games and other means so you can help kids learn directly from you how to get on with others.
3. **Talk about these skills:** If you notice your kids need to develop some of these skills then talk about them, point out when they show them and give them some implementation ideas.

Kids are quite ego-centric and need to develop a sense of 'other' so they can successfully negotiate the many social situations that they find themselves in.

As parents we often focus on the development of children's academic skills and can quite easily neglect the development of these vitally important social skills, which contribute so much to children's happiness and well-being.

**Published by Michael Grose Presentations. All rights reserved.**

**For more ideas, support and advice for all your parenting challenges visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)**

**While you are there subscribe to Happy Kids, Michael's hugely popular email newsletter.**





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## BUDDHA BY THE BEACH

### WINTER SPECIAL

WEDNESDAY AND SUNDAY NIGHT

### CHEFS SELECTION

Entree / Main or Main / Dessert

**\$25 per head**

5-7 pm

As of 12 /6/13



For bookings ph: 65540877



## MOVIE PREMIER

**TUNCURRY NETBALL CLUB  
BENEFIT NIGHT FOR KIM STEELL**

**THURSDAY 20th JUNE**

**Cost \$15.00 \*\* Movie Starts 6.15**  
Enjoy nibbles & drinks before the movie from 5.30pm.

**TICKETS SELLING FAST**

**Call CINDY : 0401952291**

**ONLY 2 WEEKS TO GO**



**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](http://www.lifeskills4kids.com.au) or call 6555 9877 for more information and bookings.



#### SOCCER CLINICS - JULY SCHOOL HOLIDAYS

Used by international clubs such as Manchester United and Arsenal, Coerver Coaching develops the individual technical skills of all player levels.

Hallidays Point	1 - 3 July	8-11yrs 12-16yrs	9am-12pm 1pm-4pm
Taree	4 - 6 July	8-11yrs 12-16yrs	9am-12pm 1pm-4pm
Kempsey	8 - 10 July	8-11yrs 12-16yrs	9am-12pm 1pm-4pm

The cost is \$130 and includes an adidas soccer-ball, training jersey, water station, home-training program, 9 hours expert coaching by a Coerver accredited coach and a Certificate.

To register or further enquiries contact Jeff Summers (Regional Director) on 0402 211 738 or email: [jeffsummers76@gmail.com](mailto:jeffsummers76@gmail.com)





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## Pacific Palms Community Centre presents **BEST OF THE FEST** Forster Film Festival Winners



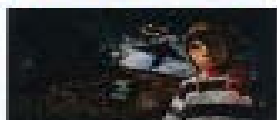
**Cook Book**  
(Comedy, London, 5 min) Shot without dialogue, about the hazards of cooking a romantic meal.



**30 Gifts to 30 Strangers**  
(Documentary, Sydney, 3 min) A visitor celebrates his 30<sup>th</sup> birthday by giving.



**3 X 3**  
(Comedy, Portugal, 5 min) Security guard in a sports complex competes with a janitor who also spend each night there.



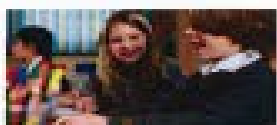
**Crow Feathers**  
(Animation, London, 9 min) Mask characters combine with animation in this experimental short narrative.



**Momentos**  
(Drama, Portugal, 6 min) Simple and touching plot about reconciliation and hope.



**The Dance**  
(Comedy, Canada, 10 min) A man tries to win the affection of a co-worker by trying to be what he thinks she wants.



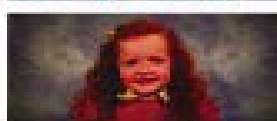
**Julian**  
(Comedy, Sydney, 14 min) A student's need to do what he thinks is right begins to unravel his world.



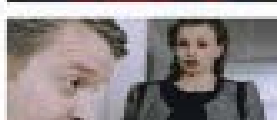
**The Telegram Man**  
(Drama, Australia, 15 min) Set in NSW country town, starring Jack Thompson, Gary Sweet, Sigrid Thornton.



**A Place Like This**  
(Documentary, Australia, 7 min) A man, his garden, and the experiences that define us.



**School Portrait**  
(Mock Doc, London, 3 min) School photographer offers a bleak future, but one child just won't stop smiling.



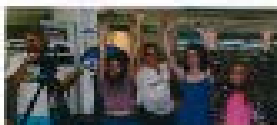
**A Short Film on Conformity**  
(Comedy, Norway, 10 min) Surreal tale about working as a team.



**Adventures of a Cardboard Box**  
(Drama, Norway, 8 min) Imagination can animate even the most mundane things.



**Sight**  
(Sci Fi, Jerusalem, 8 min) A glimpse into the future of augmented reality with facebook linking to our eyes.



**Exit Clause**  
(Drama, Forster, 5 min) Great Lakes Library short story comp winner. Local talent, local location. Introduced by writer.

**Saturday**  
8 June  
6.30 for 7pm

**Pacific Palms Community Centre**  
Lakes Way  
Elizabeth Beach

Light refreshments included. Children under 12 free.

Tickets \$15 available at Pacific Palms Visitor Information Centre & Forster Visitor Information Centre 1800 802692

**SPECIAL GUESTS**  
*The Bungwahl*  
*Green Machine*