



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

25 JULY 2013

"Your safe and caring community school"

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

ISSUE 5 | TERM 3 | WEEK 2

OUR STUDENTS EXCEL

Class Captains - Term 3

Congratulations to the following students on being selected by their peers to be the Term 3 Class Captains. As part of this role they will be responsible for representing their class and completing important jobs around the school.



| | | |
|------|------------|---------|
| KR | Marissa | Xavier |
| KC | Chloe | William |
| 1R | Charlianne | Jake |
| 1T | Ruby | Daniel |
| 2W | Gabrielle | Marley |
| 2/3G | Jessica | Aidan |



| | | |
|------|----------|----------|
| 3W | Ruby Mae | Oscar |
| 4W | Lucy | Callum |
| 4/5B | Jordan | Zeb |
| 5M | Tess | Jake |
| 6W | Serena | Sakunrat |

PSSA Netball - Pacific Palms v Gloucester

On Monday, 22 July our school netball team won their 6th game in the PSSA netball knockout competition. It was a challenging match against Gloucester Public School that went into extra time. The girls worked as a team, showed good sportsmanship and displayed great netball skills to eventually win the match by one point.

Our next game will be against a Port Stephens school and we wish the team the best of luck. A special thank you to Jill McSweeney, Angela Edwards, Deb Soper, Jaymee Galante, Bec Perkins and to everyone that has cheered us on at our games. Your support is most appreciated.

Congratulations Jade, Ally, Chelsea, Serena, Ruby, Madz, Misty, Jessica, Amber and Daisy.



WELCOME TO THE DAYS AHEAD

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

| UP AND COMING EVENTS CALENDER | |
|-------------------------------|---|
| Fri, 26 July | Soccer Gala Day |
| Wed, 31 July | Great Lakes Academic Assembly |
| Thu, 1 August | Education Week - Open Day from 9.45 to 1.30. Parents and families welcome. (see page 4 for further details) |
| Fri, 2 August | Zone Athletics Carnival |



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INFORMATION FOR OUR PARENTS

Support for the Hill-Mather Family

As some of our community members may be aware, one of our Year 1 students, Sophie Hill-Mather, was recently diagnosed with an illness which will see her hospitalised for some time whilst she undergoes treatment. Sophie's class, 1R, have sent her some beautiful cards and pictures which have really lifted her spirits.

Our school would like to purchase an Ipad for Sophie so she can keep up her learning in hospital and also have a bit of fun! **We are seeking donations from our families to purchase the Ipad. Please forward your donation in an envelope marked "Sophie" to the office.** Any remaining funds will be put towards supporting Sophie's family through this very difficult time.



School Voluntary Contribution Fee

As we are now half way through the school year we are taking this opportunity to remind parents about the School Voluntary Contribution Fee. First child is \$35 with additional children \$10 per child. The Voluntary Contribution Fee is capped at \$50. Thank you to those parents who have already paid. Just a reminder our Eftpos facility is available for your convenience.

Jollybops Science Show

Yesterday our students attended the Jollybops Science Show. A great time was had by all. They enjoyed watching the science demonstrations and participated in discussions about aboriginal culture.





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Excitement Builds for Book Week - 21 August

Book Week and our book fair is fast approaching and to celebrate we have decorated the Library in the theme of Reading Across the Universe. Students were very excited about our new space themed corner of the library and astronaut photo booth, which is being used as a reward for great Library work during lessons. Already we have had a number of students' photos taken in the astronaut booth holding one of their favourite books and hope that all students will be snapped by the end of term. Photos will be on display on the Interactive White Board during lunch times for students to watch.



To encourage great classroom reading leading up to book week, teachers will be rewarding students with a Great Readers slip to return to the Library competition box. Winners will be drawn from the box to receive vouchers to spend at the book fair and other prizes from the book fair goods.

We are planning to celebrate Book Week with a day of activities on **Wednesday, 21 August**. With families and friends, students can read in the Library in the morning, serve their visitors morning tea and come to our wonderful book fair with their wish lists. Celebrations will continue with a book parade and picnic lunch.

This was an extremely successful day last year raising around \$1600 worth of books to add to our library and lots of fun for students, staff and visitors. As the date draws closer, details will go home. If there are any parents or community members who would like to help with the book fair on the day please contact the school or myself. We are looking forward to another outstanding book week.



PRINCIPAL'S NEWS

Welcome new students and families and welcome back everyone else. We have had a wonderful start to the term with our netball team winning their latest game and everybody having a fantastic time at Jollybops. Next week is "Education Week" which runs from Monday, 29 July to Friday, 2 August. Education Week is a celebration of all things to do with education. We are acknowledging academic achievement at the Great Lakes Learning Community Assembly on Wednesday, as well as having open classrooms, lesson demonstrations in all classrooms and a music assembly on Thursday. Please join us on our open day to help celebrate all the wonderful things that our students achieve.

We are looking forward to seeing as many parents as possible for Parent Teacher Interviews.

Bus Line and Parent Pick up Organisation

To support the Achieve program and the new focus area of Organisation, Pacific Palms Public School has placed bus line and parent pick up signs in the COLA. Students will be walked up to the COLA at the end of each day by their classroom teachers and will be directed to the parent pickup area or the appropriate bus line. The parent pickup area is near the barbecue under the COLA and it would be appreciated if parents could speak to their children about staying in this area if they are going to be picked up. This helps our school ensure that we know where all students are at the end of the day and any late messages can be delivered.

Rod Ryan
Relieving Principal



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Program Achieve - Organisation

A Social and Emotion Learning Curriculum

This semester, Pacific Palms Public School is focusing on Organisation, a new Program Achieve foundation. The Organisation foundation teaches students to:

- Set goals to do their best work
- Listen carefully to parents and teachers instructions
- Plan time to complete work
- Respect personal and school property

Each class will participate in a series of lessons designed to develop positive habits of the mind- Setting Goals and Planning My Time.

Some ideas you could discuss with your child/ children that will help develop their organisation skills and support our lessons at school are:

- It is good to do my best work
- It is good to manage my time well to complete work
- It is good to care for my personal things and have a tidy work space



Education Week 2013

Celebrating our stories 29 July – 2 August



**PACIFIC PALMS
PUBLIC SCHOOL**

OPEN DAY

THURSDAY, 1 AUGUST 2013

- **9:45 am – 10.30 am** Accelerated Literacy Parent information/workshop session in the Library.
- **10.40 am - 11:10 am** Accelerated Literacy Demonstrations in all classroom
- **11.10 am – 11.40 am** Open classrooms
- **11.30 am – 12.20 pm** Enjoy a BBQ lunch with your children (\$2.00 sausage sandwiches/\$3.50 bacon and egg rolls)
- **12.45 pm – 1.30 pm** Concert, showcasing our musical talents

**We would love to see as many parents and families
as possible on this special day.**



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PACIFIC PALMS PUBLIC SCHOOL

Minutes of P & C Meeting
Date: Monday, 22 July 2013

Uniform Account 1st June to 30th June

| | |
|-----------------|-----------|
| Opening Balance | \$4511.17 |
| Income: | \$ 0.17 |
| Expenditure: | \$ 301.40 |
| Closing Balance | \$4209.94 |

Chaplaincy Account 1st June to 30th June

| | |
|-----------------|----------|
| Opening Balance | \$506.49 |
| Income: | \$ 0.07 |
| Expenditure: | \$ 0.00 |
| Closing Balance | \$506.56 |

Long Service Leave Account 5th April to 30th June

| | |
|-----------------|----------|
| Opening Balance | \$461.12 |
| Income: | \$ 0.52 |
| Expenditure: | \$ 0.00 |
| Closing Balance | \$461.64 |

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

6.0 Presidents Report – Melanie Ledgett

- **Tables** – Wendy to follow up delivery.
- **Fete** – Kate to look into signage.
- **Butterfly program** – this should run again later this year for girls and boys. It hasn't been run for three years and is a very worthwhile event with mentors coming in to talk about life experiences and skills.

Acceptance of the Presidents Report as tabled.

Moved: V. Healey Seconded: K. McLean

7.0 Principals Report – Rod Ryan (for Kerry Tulloch)

- **Pick up time** – signage is going up around school to indicate where pick up/meeting points are for parents/bus lines.
- **Education Week** – Open day is next Thursday. Starts at 9:45am with an information session on Accelerated Literacy followed by literacy lessons in class at 10:40am. Open classes will follow, then lunch. After lunch there will be a concert in the hall (12:45pm). P&C to provide sausage sandwiches/bacon and eggs rolls and possibly soup tbc.
- **GLLC Academic Assembly** is on Wednesday 31st August.

1.0 Welcome, Attendance, Apologies

ACTION

- 1.1 Meeting Opened: 1:40 pm
- 1.2 Present: Virginia Healey, Melanie Ledgett, Wendy Natoli, Rod Ryan, Jill McSweeney, Melissa Shoesmith, Kate McLean

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** – thank you to Marcel for making the cover!!
- **Chaplaincy** funding has been sorted out.

Moved: V Healey Seconded: M. Ledgett Carried

4.0 Correspondence

- 4.1 Inwards tabled – P&C Federation Insurance renewal.
- 4.2 Outwards Tabled – NIL

Acceptance of the correspondence inwards & outwards as tabled.

Moved: V. Healey Seconded: M. Ledgett Carried

5.0 Finance Reports

P&C Account 1st June to 30th June

| | |
|-----------------|-----------|
| Opening Balance | \$7582.51 |
| Income: | \$ 0.36 |
| Expenditure: | \$3438.23 |
| Closing Balance | \$4144.64 |

Canteen Account 1st June to 30th June

| | |
|-----------------|-----------|
| Opening Balance | \$3227.78 |
| Income: | \$1653.75 |
| Expenditure: | \$3135.89 |
| Closing Balance | \$1745.64 |



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- **Focus on Dads** – encouraging fathers to get involved in helping out in classrooms. This will become a focus this term.

Acceptance of the Principals Report as tabled.

Moved: V. Healey **Seconded:** M. Ledgett

8.0 General Business

- **Rubbish free focus** – Mel suggested each class should watch the "Bag It" movie. Classes will review over a week how much rubbish they have created, and work on reducing the amount of rubbish generated. Focus is to reduce single use plastic such as water bottles and snap lock bags.
- **Fete** – Mel has sourced three new exciting rides. P&C agreed to include these rides for the fete this year. Sponsors will receive free unlimited access for their family for the day. The possibility of a Haunted House was discussed – the library was suggested as a venue.
- **Student Welfare**– Melissa Shoesmith reported on her role as Student Welfare Officer. Focuses have included:

Getting outdoors and active – students are taken on a run in the mornings and encouraged to take part in events outside school such as the Gloria Jeans fun run.

Garden Club is working well – some students have cooked a Thai meal from the garden. This has encouraged students to learn new skills. Both programs have helped students with socialisation skills and to mix with various age groups.

Breakfast club – the student welfare officer and some SLSO's are organising a light breakfast for students on arrival at school on Wednesdays. This is an 8 week program. It encourages students to have a healthy breakfast before school to be in the best frame of mind to learn.

Social groups at lunchtime – activities are organised to help students with social skills. These include gymnastics and skipping. Mel also welcomes new families and ensures new students are well integrated socially. She follows up the implementation of the ACHIEVE program.

9.0 Meeting Closed –3:00pm

Next meeting tbc



2013 TERM 3 ACTIVITIES

July 17 **Week 1:** Educational games

July 24 **Week 2:** Kirsty Hughes is coming to show us a working model of our lake and what goes on under the water

July 31 **Week 3:** Cooking Stir Fry noodles with Bee and Bus's Mum

Aug 7th **Week 4:** TBA

Aug 14th **Week 5:** Educational games

Aug 21st **Week 6:** TBA

Aug 28th **Week 7:** Father's Day Craft activities with Lee

Sept 4th **Week 8:** Cooking: Have a go at barbecuing and cooking baked potatoes

Sept 11th **Week 9:** "Bag It" movie and information about the problems caused by plastic bags

Sept 18th **Week 10:** TBA

Other activities we have planned include Craft with Colleen Johnson, (Molly and Lucy's grandma), a musical activities afternoon and a circus activities afternoon. We are just waiting to finalise these dates

For further information, please call Felicity Carter on 0411 566 593



INSIGHTS

by Michael Grose – No. 1 parenting educator



The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.



Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. *"Come on, laugh it off."* **Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. *"Don't let this spoil everything."* **Strategy:** containing thinking **Good for:**

kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. *"Let's take a break."* **Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. *"Who have you spoken to about this?"* **Strategy:** seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. *"I know it looks bad now but you will get through this."* **Strategy:** offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's



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chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. "What can you learn from this so it doesn't happen next time?" **Strategy:** positive reframing **Good for:** kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. "Don't worry – relax and see what happens!" **Strategy:** acceptance **Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

8. "This isn't the end of the world" **Strategy:** maintaining perspective **Good for:** kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. "Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."

9. "You could be right. But have you thought about ..." **Strategy:** flexible thinking **Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – 'awesome', 'the best', 'the worst' and 'gross' roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace "I'm furious" with "I'm annoyed". "It's an absolute disaster" with "It's a pain".

"I can't stand it" with "I don't like it". Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. "What can we do about this?" **Strategy:** taking action **Good for:** kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'. Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



Michael will talk more about Resilience and other vital parenting matters in the **Very Important Parenting Saturday** seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what's been called the Parenting Event of the year at parentingideas.com.au

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

Michael Grose Presentations

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JUNIOR TOUCH REGISTRATION

Tuesday, 30 July & Thursday, 1 August 5.15pm – 6.30pm @ the Tuncurry Touch Fields

Saturday, 10 August 11am -1pm @ Leading Edge Beach St Forster

Saturday, 17 August 10am – 12pm @ Stockland, Forster (near Chn's playground)

COST: \$40 per player (includes player shirt)

Comp Starts: Tuesday 17th September

DIVISIONS: 6/7 Mixed, Boys & Girls 8/9, 10/11, 12/13, 14/15 Year olds

Register a team or individually (No more than 3 current representative players per team or team will be required to play up an age division)

No registrations will be accepted without payment!

To download the registration form, find out about Direct Deposit details and info on our upcoming Senior Competitions

www.forstertuncurrytouch.sportingpulse.net

**Forster/ Tuncurry
Little Athletics.**



Registration!
26th July & 2nd August
3.30— 6pm. Tuncurry Oval.
South Street, Tuncurry.

**Season start,
4pm Friday
9th August,
2013.**

BE YOUR BEST



long jump * shot put *
high jump * sprinting *
hurdles * tiny tot activities * discus * javelin *
walks * triple jump *
turbo javelin * running



Enquiries : 0416 145 050



hey kids!

Come along to Forster Library on
Wednesday 31 July at 4.30pm - 5.15pm

join the Party
to celebrate the launch of Study Mates!

**Hi - I'm Greta Lakes
and I'm your study mate**

Study Mates are resources to help you with
school assignments and projects.
They cover topics relating to local government, our
Great Lakes environment and many local issues!
They will be available **FREE** from Council's
website after the party.

c u there!

- ★ Free afternoon tea
- ★ Meet Greta Lakes,
Study Mate!
- ★ Giveaways
- ★ Check out the new Study
Mates website page

