



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 October 2014

"Your safe and caring community school"

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

ISSUE 8 | TERM 4 | WEEK 3

OUR STUDENTS EXCEL

Stage 3 Canberra Excursion

WOW!! Thank you to our students who attended our Canberra trip. What a great time we had! Students from our school have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.... And we had A LOT of fun too!!

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion. We wanted to acknowledge this contribution as an important part of the trip.

Our students were excellent representatives of Pacific Palms Public School, they were well mannered, inquisitive and were complimented on a number of times by members of the public or tour leaders for their outstanding behaviour. Well done everyone. Thank you to Mr Wilson, Mrs Brislane, Mrs Merchant and a special thanks to Mr Church for giving up family time to be there for that week.





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OUR STUDENTS EXCEL cont.

Class Captains - Term 4

Congratulations to the following students on being selected by their peers to be the Term 4 Class Captain. 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.



KR	Corey	Stephanie	
KC	Logan	Samuel	
K/1T	Peyton	Grace	
1A	Kalan	Clare	
1/2W	Sophie	Zennon	Tayla
2C			



2/3M	Aidan	Anya
3/4G	Tamika	Noah
3/4W	Ruben	Isabella
5/6M	Jakob	Grace
5/6W	Kane	Ellana
5/6B	Charlee	Ryan

SCHOOL HAPPENINGS

School Fete!!! - tomorrow

Our school fete is on tomorrow. Children may come to school dressed in mufti - please ensure children wear sensible clothing and enclosed shoes. Please return the permission slip if you would like your child to remain at school for the fete.

Ride passes are still available from the front office. \$20 for the first child in your family, \$15 for each additional child. \$50 for a family pass (two adults and up to four children). Rides on the day are \$8 unlimited ticket per ride.

We are still looking for helpers on the BBQ, selling ride tickets, coffee and cake stall, face painting and canteen. If you have any books, second hand clothing or toys and miscellaneous items for the chocolate wheel, please deliver them to the school office by tomorrow. We also need cakes for our cake stall. These can be delivered to the Year 2 classrooms on Friday.

For enquiries and bookings please contact **Melanie Ledgett** on **0424 625 238**.

WELCOME TO THE DAYS AHEAD

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

UP AND COMING EVENTS CALENDER

Fri, 24 Oct	PSSA Touch Football Gala Day @ Taree
Fri, 24 Oct	9.30 am to 12 pm - Happy Start 2015 Kindergarten
Fri, 24 Oct	Fete - 3 to 7 pm.
Thu, 30 Oct	Whole school assembly @ 2 pm in the hall. All welcome.



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SCHOOL HAPPENINGS cont.

The Surfing Scientist

Ruben Meerman, The Surfing Scientist, attended our school on Friday, 17 October. Ruben combines the amazing effects of liquid nitrogen with ordinary materials to demonstrate the extraordinary scientific phenomena we experience every day. Students were mesmerised by bubbling beakers, fizzing fluids and spooky fog as they learnt real science.



Stage 3 Health program - Resilient Kids

Throughout Term 4 as part of our Health and Personal Development Program, all Stage 3 students will be taking part in a 5 week program based around the 'Kids Matter' Australian Primary Schools Mental Health Initiative.

The key components of the program include:

- Self Esteem - a by-product of achievement
- Optimistic thinking and de-catastrophising
- Social problem solving
- Identifying, accepting and responding to both comfortable and uncomfortable feelings
- Encountering disappointment
- Thinking and acting positively

The sessions will be led by a nurse and psychologist from NSW Health each Wednesday. For more information please take a look at the website.

<http://www.kidsmatter.edu.au/>



SCHOOL HAPPENINGS cont.

Hats

Students are required to wear a hat when playing outside during lunch, recess and sport. Hats are available for purchase at the uniform shop at a cost of \$12. The school does not supply loan hats and children who do not have a hat at school will only be allowed to play under the COLA.

INFORMATION FOR OUR PARENTS

P & C Meeting - Monday, 27 October 2014

The next P&C meeting will be held on Monday, 27 October at 1.00 pm at school. All parents are invited to attend our P&C meetings. P&C Meetings provide an opportunity for parents to become involved in their child's school.

MESSAGE FROM THE PRINCIPAL

Building Resilience

Resilience is a 21st Century parenting concept. Some kids are resilient by nature - their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets - independence, problem-solving, optimism and social connection.



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From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.
2. **Look for teachable moments.** Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
3. **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
4. **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.

Rodney Ryan
Relieving Principal

SCHOOL SUCCESS GOES HAND IN HAND WITH GOOD ATTENDANCE.

Children should attend school every day, except in cases of illness or emergency. It is impossible to replace the learning that happens on a school day with make-up work. So let's all make it a priority to get our Pacific Palms Public School students to school **ON TIME EVERY DAY!**



ASHOW



Halloween Party Fund Raiser 6.00-10.00 31st October

- o **Mark your calendars NOW!** At Coomba Hall
- o **Bring everyone and anyone you know!**
- o **Dress up as your favourite witch, warlock or scary monster**
- o **Music, BBQ, prizes for the best (worst) costumes: Best family, best adult, best child**
- o **Families \$25 or adults \$10, kids \$2.50 (includes drink and sausage sandwich for kids) Kids must be accompanied by an adult**
- o **Tickets on sale at ASHOW. Call Kerrie Hans on 0418 636 205 or Felicity on 0411 566 593 if you can help with cooking or decorations**





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Fri 7.11.14 6.30PM

TUNCURRY BEACH BOWLING CLUB

TIME: 6.30PM - 8PM

COST: \$5

AGES: PRIMARY STUDENTS YEARS 3-6

PRIZES AVAILABLE | FUN GAMES
CANTEEN AVAILABLE

NO ALCOHOL | NO DRUGS | NO PASSOUTS

All Blue Light events are drug and alcohol free and supervised by Police Officers



www.pycnsw.org.au





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Unwind Yourself

*Experience freedom in your body,
quiet in your mind and space in your heart.*

*** NOW AT BLUEYS BEACH, OPPOSITE THE SHOPS ***

Blueys Yoga offers Creative Vinyasa Flow classes and caters to Beginner - General levels. Vinyasa Yoga involves flowing from pose to pose with the breath to release blockages, deeply cleanse the body and increase energy flow. You can expect clear instruction on alignment as well as modifications so students can choose a version of a pose compatible to their experience and ability.

As the physical yoga postures only represent one of the eight limbs of yoga, Blueys Yoga aims to incorporate aspects of the other limbs into every class, such as breath work, relaxation and mindfulness.

Class sizes are small, so students benefit from individual attention and adjustments.

Sarah is a London-trained teacher, registered with YOGA AUSTRALIA and has been teaching for 14 years and indulging for 18.

Check the website to find a class to suit you.

Classes from \$11 - \$15 per class.

Mob: 0411 22 44 71

190 Boomerang Drive

Blueys Beach (Opp. Shops)

blueysyoga@gmail.com

www.blueysyoga.com.au



When school is a long way from home

Now you can apply online for the Private Vehicle Conveyance (PVC) subsidy



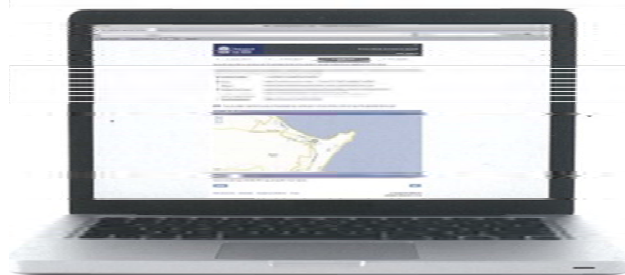
Find out if you're eligible for the PVC subsidy at transport.nsw.gov.au/pvc

If you're not close to public transport and need to drive a student to a bus stop or school, the Private Vehicle Conveyance (PVC) subsidy can provide twice-a-year payments to help you cover the expenses.

Can't get online?

Ask about the PVC subsidy at the school or call 1800 010 123 for more information.

To apply online and see full terms and conditions visit transport.nsw.gov.au/pvc



TRNSW 43564 10/13 - PVC 07 10/13