



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

OUR STUDENTS EXCEL

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	Ava	Billy
KC	Olivia	Wiley
K/1T	Keeva	Tarj
1R	JD	Jade
1/2W	Jacey	Charlie
2M	Madison	Jake H
2/3G	Nate	Fern
3/4M	Ella	Jaxon
3/4W	Jake J	Brea
4/5B	Samantha	William
5/6M	Oscar	Mya
5/6J	Zeb	Matisse

SCHOOL HAPPENINGS

Adidas School Fun Run

On the last day of Term 3 students participated in the Adidas School Fun Run - a fun, active and healthy fundraiser that ensures the right message is sent



to students about getting active and maintaining a healthy lifestyle. A special thank you to Miss Lani Williams for coordinating the event, organising community support and focusing entirely on student participation.



Students were encouraged to seek sponsorship to run as many laps as they could in a 45 minute exciting obstacle course set up around the school. Staff and parents guided them

through the course as they climbed through tyres, under ropes and navigated their way through the ball throwing alley.

WELCOME TO TERM 4

The following events are happening over the coming weeks:

UP AND COMING EVENTS CALENDER	
Fri, 23 Oct	Happy Start commences for 2016 Kindergarten students
Fri, 23 Oct	School Fete - starts at 3 pm. Children may wear casual clothes.
Mon, 26 Oct	P & C Meeting @ 7 pm Recky.
Wed, 28 Oct	Band Performance - 12 pm
Wed, 28 Oct	Introduction to PBL - 3.30 to 4.30 in the hall.



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

SCHOOL HAPPENINGS cont.

After the fun run students, staff and parents enjoyed a healthy hamburger meal deal and a quiet afternoon in their classrooms. Almost \$8000 was raised for the school to purchase sports equipment.

Thank you to all the staff, families, local businesses and community members who supported this event. What an amazing school fundraiser!



Year 3/4 Camp

Last week, our Stage 2 students attended the Outdoor Education Experience Camp at Darawank for 3 days of fun and adventure. It was an absolute pleasure spending time with these 80 beautiful students. They spent their days participating in a range of exhilarating activities including: giant swing, flying fox, zorb balls, low ropes, canoeing, camp fire building and water slides. Many of them stepped out of their comfort zones to complete these activities, with encouragement from their classmates and friends. During the evening we enjoyed a games night, a trivia challenge and camp fire stories. All of the camp instructors were attentive,



supportive and friendly during our stay and made our camp experience even more enjoyable.

SCHOOL HAPPENINGS cont.

The behaviour of the students was outstanding! It was lovely having the opportunity to spend quality time with your children and join in with them during the various activities.

I am sure that there were a few tired students when they arrived home, as were there some tired teachers.

Thank you Stage 2 and Outdoor Education Experience for a fabulous 3 days.





23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

SCHOOL HAPPENINGS cont.

Anti Bullying

Stand Together! Stand Strong! is the message Year 5 and 6 students are receiving at our current anti-bullying program. The educational program from bullyingnoway.gov.au helps students strengthen their existing knowledge of bullying and how they can counter bullying in a proactive and positive way.



One focus of the program is the difference between bystanders and **active bystanders**. Most bullying situations involve "bystanders" - other people who watch or are nearby at the time the bullying takes place.

The role of bystanders in bullying is complex. Each situation and each student is different. Students need to know their school supports **active bystanders** and respects student's judgement about their own safety and the appropriateness of taking actions in a bullying situation.

The Stand Together lessons explore the impact and importance of **active bystanders** for individual students and the whole school community. The lesson finishes with students making a personal promise to **stand up and say no to bullying**.



SCHOOL HAPPENINGS cont.

This promise is recorded by the student placing their hand prints on the wall outside the library, creating a wonderful artwork and an important visual message - **Bullying No Way!** at our school.



Milo T20 School Cricket

Twenty-four of our budding young cricketers participated in the super sixes tournament held in magnificent sunshine, on Wednesday, at the Pacific Palms Sports Field. The students were organised into four teams of six students and the teams played three games each. The games were designed so that every player got to bat, bowl and field in each game. The students played entertaining cricket with short boundaries providing an opportunity for many fours and sixes to be smashed.



What a fun day! Thanks to Nathan Lyon from Cricket NSW for coming all the way from Port Macquarie to run this event for our school. Also, thanks to Ron Foley (Grandfather of Alex in 3/4W) for umpiring and helping with the day's organisation.



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

SCHOOL HAPPENINGS cont.

Finally, thanks to the twenty-four students for their enthusiasm and great sportsmanship displayed on the day.

Phil Mason
(Coordinating Teacher)



INFORMATION FOR OUR PARENTS

Mufti Day and School Fete - today!!!

Our School Fete is on today and will run from 3 pm to 7 pm at school. We look forward to a fun filled afternoon!! Ride tickets are now \$30 for an individual unlimited rides ticket. 2nd and 3rd tickets in a family are \$20 each. \$10 individual ride ticket will give unlimited access to one ride for four hours.

We will have a second hand book store and uniform shop at the Fete. If you would like to donate anything, please drop them into the canteen by Friday lunchtime.

We would love some volunteers for the BBQ on Friday night. Please contact Dom if you are available on 0402 556 853.

If you are able to help out on Friday, please contact Jill McSweeney on 0408 560 696 and she will organise a job for you.

Great Cycle Challenge

Some of our students, led by our Vice Captain Ella, are riding their bikes to raise funds for Children's Medical Research. Donations can be made by logging onto www.greatcyclechallenge.com.au and searching for "Belbourie Bikers". The students need to ride 150km in the coming weeks and they have already starting riding towards their goal.



P & C NEWS

We need your support - can you help!

With the school fete on today and the AGM next month, we thought it might be a good idea to remind parents and carers of the vital role that is carried out by our P&C at the school.



23 October 2015

"Quality Learning in a safe and happy community"

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



P & C NEWS Cont.

On a daily basis the P&C is responsible for operating the school canteen and uniform shop as well as paying wages for our Canteen Manager. P&C volunteers manage the school banking program and volunteer in the canteen, on meal deal days, run school morning teas and all the school BBQ's throughout the year. We also organise the Mother's Day and Father's Day stalls, assist with Book Week and Education week events, Kindergarten bags and pay for the School Bag App.

A percentage of the funds raised throughout the year also goes towards entertainment, excursions and other program costs, which results in the cost to families being reduced. Occasionally there are also big projects undertaken by the P&C - \$5000 this year was used to purchase the new storage shed at the school and the regeneration of the bush track and outdoor learning area.

While the Fete is our biggest fundraiser of the year, various other fundraising events take place which enable us to provide all these services to the school. Some of these include the Easter raffle, trivia night, tea towel fundraiser, adventure race / triathlon assistance. However one of the most important roles of being a member of the P&C is being involved in ongoing decision making with the principal on the direction of the school.

Membership of the P&C is open to everyone - parents, caregivers, grandparents and teachers. We meet on the third Monday of the month during term time and welcome new ideas and members at any time. Dates for meetings are in School Happenings, on the SchoolBag App and term calendar.

PARENTING TIPS

Screen time...

It's one of those tricky topics to deal with from day to day as parents. Everyone has different values attached to screen time with kids, and there are some benefits as parents use the TV to keep kids happy during peak hour times of the day. Most of us do it... it's all about having a routine that works for your family and for the best outcome in promoting learning.

Screen time is not just TV time these days. And, just for the record, I'm not just talking about reducing screen time for the kids. I'm talking adults and children here - EQUALLY.

5 Reasons Why Reduced Screen Time Will Make Your Family Life Easier

1. Morning and evening routines go smoother

It's really, really common to have the TV on in the morning, as well as the afternoon. I work with so many families who struggle to get out the door in the morning and most of them have the TV on. Many parents say it's helpful (TV baby sitter), but children get extremely distracted, and get really upset when adults interrupt their program to eat, brush their teeth, etc. Wouldn't you be upset if you were interrupted from your favourite program regularly to do something?

By not having the TV on, especially in the morning, you can teach children to be independent and self-sufficient in getting through the morning. Make up a list of self-care tasks (eat, clean teeth, pack bag, etc) and add in at least 2 - 4 small household jobs that need doing.



23 October 2015

"Quality Learning in a safe and happy community"

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



PARENTING TIPS Cont.

Start small with the extra jobs and gradually build them up. Create a list or some pictures or visuals and put them on the fridge door.

Children learn quickly. Rather than telling them over and over (also known as nagging!), if they get off track, ask them "what are you up to on your list? How about you go and check the list and see what you need to do next."

2. Your child will be able to concentrate better at school with no screen time before school.

Screen time and TV has been shown to impact on children's concentration in the classroom. Many teachers I've worked with tell me they can tell each day who has had screen time in the morning by the children's concentration and attention levels!

A better option is to swap screen time for some active play. Trampolines are my personal favourite, but bouncing on an exercise ball, running around the back yard or having a quick swing is very instrumental in preparing the body through movement and muscle input to be ready for concentrating. The reticular formation is a small part of the brain that responds especially to up and down movement, feeding and preparing the nervous system to be ready for sitting, learning and taking in new information.

3. It's not a good example and what are we teaching our children?

OK, this point is aimed at adults. When we get distracted by mobile devices, we get distracted as adults and easily 5 minutes can disappear from our day.

PARENTING TIPS Cont.

In that time of distraction, we miss important conversations from our children, and often we are annoyed from being interrupted! The need for children to have our attention, especially in the peak hour family times of day is very important to their sense of belonging and being heard. By being distracted, we are not being there for them, they feel frustrated, we feel frustrated by them interrupting us, and we are not providing good role models for engaged communication and close relationships, which we are expecting them to develop.

4. Screen time for adults will allow YOU to relax and recover from your stressful day quicker.

False. After a very busy day, you get home and all you want to do is sit down, catch up on Facebook and return a couple of texts that have come in. A psychologist explained to me earlier this year that having screen time is one of the worst things we can do to "recover and relax". Screen time is very stimulating for the brain, even though we feel we are trying to relax.

The best way to quickly recover from a busy day before heading to the kitchen and getting dinner on, getting through homework etc., is to sit down somewhere comfortable and quiet (even the toilet), and do some deep breathing. Hold your breath for 8-10 seconds, then breathe OUT slowly for 3 seconds, and then in and out slowly for 3 seconds each.

5. Too much screen time in the evening can make it difficult for children to get to sleep and their sleep won't be as good a quality.



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

PARENTING TIPS Cont.

Try not to have screen time for 1- 2 hours before bedtime. Encourage active outdoor play if possible. Create a regular and calm night time routine that includes a bath or shower (relaxing), meal time around the table (encouraging communication skills and language and allows you to check in with what happened during the day), and time for relaxing as a family, even if this is a quick story before bedtime.

If we don't limit screen time and create good routines in our family units, we run the risk of

1. Children learning a chunk of their communication skills and values from the TV.
2. Children won't be able to concentrate, learn and focus in school as well as they could.
3. We are teaching children that it's OK to be distracted by mobile devices and reduce the opportunities to interact with them, engage with them and be aware of their needs.
4. We increase the risk of obesity as children will have less opportunity for exercise and they tend to eat more when watching TV.
5. We are teaching them that screen time may be a coping strategy for distancing ourselves from our problems and strategies that actually don't help us relax and defrag after a busy day.

Deb Hopper and the Life Skills 4 Kids Team.

A MESSAGE FROM THE PRINCIPAL

Adidas Fun Run

A HUGE thank you to everyone for the amazing participation and enthusiasm at our Adidas Fun Run. What a tremendous display of community spirit and fun!

A MESSAGE FROM THE PRINCIPAL cont.

It was fantastic to see so many students and adults running and challenging themselves to do more laps. I know the volunteers enjoyed throwing water bombs, balls and even hosing! A special thanks to Miss Williams who organised the event and has done an amazing job of bringing everyone together to raise an incredible \$8000 for our school. This will be spent on sports equipment and we will be asking for your feedback soon.

New Bus Company

As you may already know Deanes Coaches has been bought by a new company. There will be a name change to Forster Buslines. With the new takeover, there has been a restructure and the new company is VERY strict with bus passes. They have asked the school and the bus drivers to check bus passes regularly. Anyone without a bus pass must fill in a form to have it replaced at a cost of \$11. For more information: <http://www.buslinesgroup.com.au>

Principal's Award

Samantha Furney: outstanding contribution to our school community. She has a great sense of humour, is hard working, has a positive attitude to all aspects of school life. She is always willing to give things a go. Sam is a supportive and generous friend and an outstanding role model.

Mylee Cheers: outstanding commitment to our school and a professional attitude to all she does. Mylee has worked tirelessly behind the scenes to make the Fete a success. Mylee's commitment to our school community is to be commended. She goes above and beyond in her role - her dynamic personality and dedication to a task is amazing.



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

A MESSAGE FROM THE PRINCIPAL cont.

She is a caring and compassionate staff member. She helps create a friendly school atmosphere and is an invaluable asset.

World Teacher Day

On Thursday, 29 October we will celebrate WORLD TEACHER DAY! Thank you to our hard working teachers! There are many challenges and rewards in engaging and supporting students, and teachers today require a combination of valued skills, including quality teaching, management, collaboration, insight, creativity and understanding.

I want to thank and pay tribute to the amazing teachers in our school - and the valued staff supporting them in their work. I extend my respect and appreciation to you on World Teachers' Day.

On behalf of Pacific Palms Public School I wish to congratulate Miss Lani Williams who attended the 10th Annual Awards for World Teachers' Day in Port Macquarie on Thursday. Lani will also receive a citation acknowledging her outstanding achievements in education. This special recognition is presented by the Mid North Coast Region of The Australian College of Educators.

As always, please contact the Assistant Principals: Lyn Wood, Rod Ryan, Lani Williams or myself, to clarify any issue of concern to you. The whole school team at Pacific Palms School is committed to working with our community to ensure our students have the very best opportunities to learn.

Mel Merchant - Principal (Rel)

"Success is the sum of small efforts, repeated day in and day out." Robert Collier



HALLOWEEN SPOOKTACULAR - At The new Kingfisher Café Blueys Beach
31 October 2015 from 6pm.

Boomerang Drive will light up with Jack o'Laterns for Halloween in aid of Ronald McDonald Family Retreat at Forster. \$10 from each ticket sale will support this worthy cause.

Our chefs are going crazy in the kitchen to put together the scariest, most creative and freakish Halloween buffet and finger food that you have ever seen. Our imagination is our only limitation. So don't miss out.

There will be silent auctions, dance-offs, raffles, lucky door prizes and a prize for the best dressed adult and child.

Tickets are \$20 children \$50 adults and includes, buffet, finger food and a trick or treat. So jump on that broomstick, walk through walls or teleport to get to our Spooktacular.

To purchase a ticket do so online through

https://www.stickytickets.com.au/31009/halloween_spooktacular.aspx

Or call or email us 02 65529222 or bookings@kingfishercafe.com.au



Ronald
McDonald®
Family
Retreat
FORSTER



23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

INDOOR SOCCER

ALL AGES COMP

Starts November 2nd
\$35 rego & \$5/game
Mondays from 4PM
Register at Reception

YMCA Great Lakes Aquatic Centre
 Lake Street Forster NSW 2428
 P 6591 7199
ymcansw.org.au/greatlakes

Forster Public School
 Kitchen Garden Program
 Fundraiser

SPRING MARKET & Car Boot Sale

SATURDAY 14th NOVEMBER
Forster Public School Oval
8am - 12 noon

Loads of Market Stalls, Car Boot Stalls, Coffee and Food stalls, Music as well as great entertainment for the kids including

THE PARTY PROFESSIONALS
 with GIANT SLIDE, VELCRO WALL & GIANT CASTLE

Bring the family along for breakfast, bag a bargain and have a great day out.

To book a site or for more information please contact Trina on 0431420366 or email patrina.smith3@det.nsw.edu.au



23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3

KIDS CAN CREATE THEIR OWN CRICKET MOMENT

PLAYCRICKET.COM.AU



Cricket is a sport for all and there's more ways than ever for kids to experience the fun of cricket!



KIDS FISHING WORKSHOP

Tuncurry

10.00am – 2.00pm on
Sunday 20 December 2015

Give your child the opportunity to learn to fish during the school holidays. The day involves fishing techniques such as knots and rigging as well as casting, bag/size limits and ethical fishing practices. The workshop is designed for kids aged 8-14 years.

\$40 per child

Numbers are limited to a maximum of 25 and bookings are essential.

Fee includes rod and reel, shirt, hat, tackle kit and show bag for the kids to take home. The workshop is led by experienced staff and volunteers from NSW DPI - Fisheries Division. Full supervision is provided on the day.

For Bookings call: Jamie Burns
Fisheries Education Officer
P: 02 4980 9204
M: 0408 609 332
E: jamie.burns@dpi.nsw.gov.au

Venue: Wallis Lake District Fisheries Office
2 Palm Street
Tuncurry

Transport is the responsibility of parents. Remember to slip, slop and slap and to prepare for inclement weather if the need arises.



Primary Industries





23 October 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 9 | TERM 4 | WEEK 3



Love ur Life Coaching & Wellness

loveurlifecoaching@gmail.com
0435 713 937

Essence is a stretch class including core work and relaxation, leaving you feeling relaxed & physically challenged.

Tai Chi practising QiGong style is a moving meditation class creating energy flow working on strength, flexibility & inner wellness

Meditation class in a group environment, practising stillness learning how to listen to our inner voice by connecting with our true selves.

Available for corporate courses on
Meditation & Mindfulness & Life Coaching

Primary Essence Courses
High School Essence Courses
Meditation & Mindfulness Courses
Motivation Talks, Guest Speaking
Life Coaching Sessions

Class Timetable

Monday 6pm Essence
 7.15 Meditation

Wednesday 5pm Tai Chi
 6pm Essence

Friday 9am Essence
 10.15am Tai Chi

Saturday 8am Tai Chi
(Outdoors Recreation Club)

Cost \$12 (Essence & Tai Chi)
10 Visit card \$100
Meditation class \$10

Take time out for you, be responsible
for your own inner wellness enjoy
the journey!

Love ur Life Coaching & Wellness