



PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

5 August 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 6 | TERM 3 | WEEK 4

OUR STUDENTS EXCEL

Class Captains - Term 3

Congratulations to the following students on being selected by their peers to be the Term 3 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 | Tilly | Jye |
| KC | Sienna (absent) | Vann |
| K/1T | Amelie | Beau |
| 1R | Sunny | Leah |
| 1/2W | Elsa | Locky |
| 2M | Lauren | Shem |



| | | |
|------|-------------------|----------------|
| 2/3G | Miradee | Lachlan |
| 3/4M | Lexi | Madae |
| 3/4W | Jessica | Archie |
| 4/5B | Charlize (absent) | Ashtyn |
| 5/6M | Sage | James |
| 5/6J | Grace (absent) | Tomas (absent) |

OUR STUDENTS EXCEL Cont.

NSW PSSA Cross Country

Congratulations to Year 3 student Aiden Workum who competed in the NSW PSSA Cross Country at Eastern Creek on Friday, 17 August 2015. Aiden ran an amazing race and finished in the top 50 in the state. We are very proud of your achievement.



WELCOME TO TERM 3

The following events are happening over the coming weeks:

| UP AND COMING EVENTS CALENDER | |
|-------------------------------|--|
| Wed, 5 Aug | Great Lakes Learning Community - Academic Assembly 9 am @ Tuncurry |
| Fri, 7 Aug | Zone Athletics Carnival @ Tuncurry. |
| Thu, 20 Aug | Assembly @ 2pm in the Hall. All welcome. |
| Wed, 26 Aug | Book Fair/Parade - Students come to school dressed as their favourite character from a book. |



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OUR STUDENTS EXCEL Cont.

Athletics Champions

Congratulations to the following students who are talented athletes and are our 2015 Athletics Age Champions. These students were presented with their trophies at our school assembly.



Jnr Girl: Gabrielle; 11 yrs Girl: Charlize; Snr Girl: Mya Mc; Snr Boy: Ryan; 11 yrs Boy: Ruben; Jnr Boy: Aiden.

Boys Soccer Gala Day

On Friday, 24 July Pacific Palms Public School sent a team of Year 5 and Year 6 boys to the Manning Soccer Gala Day at Wingham. The day is run by the Manning PSSA, with a strong emphasis on participation and fun. All our boys embraced the day, changing positions regularly and enjoying themselves. Even though there were no official winners of the day, our boys won all 5 of their matches. Once again, a big thank you to all parents who assisted with transport.



*Back Row: Jack, Clayton, Sam, Luke, Ryan, Oscar.
Front Row: Cooper, Callum, Ashtyn, Lachlan, Finn, Sam.*

SCHOOL HAPPENINGS

NAIDOC Performance

As part of our NAIDOC celebrations, our students were fortunate to have a special performer visit our school. Dion Drummond is one of Australia's most experienced international indigenous performers, covering both mainland Aboriginal and Torres Strait islander culture as a dancer, singer and storyteller. Dion made it a fun and entertaining afternoon with our enthusiastic students joining him in traditional dance, language and laughter.





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SCHOOL HAPPENINGS Cont.



National Tree Day

On Wednesday, 22 July the Green Team got on board to help celebrate National Tree Day by weeding and mulching the bush tucker garden located in Yalawanyi, our new outdoor learning area (the bush track).



The students set to work removing bracken ferns and small logs from the garden before the mulching could commence. We were fortunate to have Brooke Taylor, from Pacific Palms Garden World and Landscape Supplies, and parent helper, Mardi Church, pitch in on the day. Everyone got their hands dirty and enjoyed working outdoors in the sunshine for the afternoon.



The students and volunteers were very proud of the transformation their hard work made in beautifying the garden.

A big thank you to Pacific Palms Garden World and Landscape Supplies for donating the mulch used at our schools National Tree Day event.



SCHOOL HAPPENINGS Cont.



Education Week - Wednesday, 29 July

Pacific Palms Public School students and staff enthusiastically celebrated Education Week recently with an Open Day at the school. Education Week is a time to celebrate the achievement and successes of our students, teachers and support staff across all NSW schools.

Parents and friends joined students in their classrooms, with the focus in class being on a "Love of Reading". Staff, students and their families then enjoyed a barbecue lunch together, followed by a school assembly acknowledging local heroes. These included dentists, fire fighters, nurses, pharmacists, veterinary nurses and parent volunteers at the school who all contribute in a positive way to our community. Selected students were acknowledged for being excellent school citizens and were presented with their awards by local heroes.



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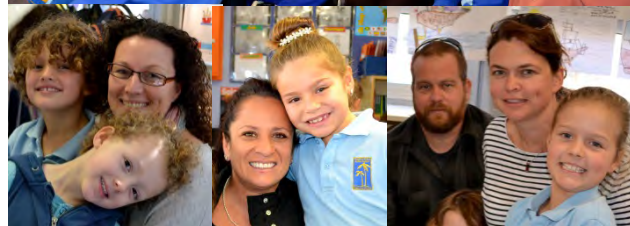
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SCHOOL HAPPENINGS Cont.

It was a wonderful day celebrating the engaging programs and educational opportunities that our school offers with the support of our community.



SCHOOL HAPPENINGS Cont.





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SCHOOL HAPPENINGS Cont.

Breakfast Program

This week we had our last Wednesday school breakfast for the year. We have had lots of fun serving hot chocolates and toast on cold mornings to our friendly students. One of our jobs is to watch that some don't come back for more before all the buses arrive. We can usually tell if they've already been by the vegemite around their mouths!

A big thank you to our regular crew of Dom (always the earliest to arrive), Natasha Macarthur and Mel Shoesmith. Thank you to the Year 6 Green Team who were enthusiastic helpers every week and other students in the senior years who have jumped in when we have needed more help. Thanks also to our wonderful P & C who funded the breakfast program for 10 weeks over winter and to Baker's Delight at Stocklands who sell us their bread at cost price.

Paper Planes

Keen flight enthusiasts have been fine tuning their paper plane making and throwing skills in an attempt to qualify for the upcoming 2015 Young Scientists Paper Plane Challenge hosted at the University of Sydney on Saturday, 29 August.

If your child loves making paper planes and would like to have a go at qualifying for the challenge



they are able to come along to the time and distance trials run by Ms Shoesmith each Monday lunch time.

SCHOOL HAPPENINGS Cont.

Students need to be able to construct their own paper plane and be able to throw their aircraft a minimum distance of 12 metres or have a flight time of 5 seconds.

Thank you to parents and local businesses who have donated paper.



LIBRARY LISTENINGS

Celebrate Book Week - Wednesday, 20 August

Our celebration day for Book week is fast approaching scheduled for Wednesday, 26 August in week 7. We are planning a great day once again with morning tea, and reading with children under the COLA or in the library, the book fair and student's dress up book character parade followed by a picnic lunch.

Our theme for the fair this year is "Under the Sea Explore an Ocean of Books". It's a magical day to inspire our love of reading. Further details will be sent home closer to the event but keep the children thinking and planning their amazing book character costumes from their favourite stories or the theme.





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P & C NEWS

P & C News

The P&C will be putting together a RECIPE BOOK which, when it is completed, will be available to purchase. We need your help by sharing one of your favourite recipes. It can be sweet or savoury.

Please email them to mylee.cheers@det.nsw.edu.au
All recipes to be emailed to Mylee or handed into the office by Monday, 10 August. To help you out a Recipe form is attached to the newsletter.

PARENTING TIPS FROM SUE COLDITZ, COUNSELLOR

Parenting tips: bullying

Bullying is verbal, emotional or physical abuse which is repetitive and intended to hurt, frighten or threaten someone. It can have long term effects on the child being bullied, the one doing the bullying and those who witness it. It's not always by other children - adults can be bullies too. Cyber bullying has become a real concern because it can happen anywhere at any time, even in the safety of your home.

Children being bullied need adults to listen, believe and support them. You can help by talking to adults with the power to stop it. You can also help children to develop coping strategies and to take action themselves which can help them gain a sense of control and feel more confident.

What you can do: (Note - the child's age, maturity and safety need to be considered)

1. Listen to your child and take seriously their feelings and fears

PARENTING TIPS FROM SUE COLDITZ, COUNSELLOR Cont.

2. Don't call them names eg 'sook' or 'weak' and don't let anyone else do so
3. Make sure they are safe - sometimes this may require taking action they are not happy with
4. Try to give them as much power as possible to find solutions so they feel in control - solving problems themselves can increase self esteem
5. Stop bullying where it's happening if it persists - meet with the school or organisation and ask how they deal with bullying; make a list of things that have happened (try to ensure information is accurate and true as far as is possible); find out what will be done to prevent it happening again; keep in contact until the problem is sorted out
6. If traumatised they may need counselling/professional support
7. If cyber bullying occurs - let children know they need to be open with you to make sure they are safe online; be careful who knows phone numbers and email addresses; contact phone/internet providers to work out ways of blocking bullying content; tell the school principal if it involves students from school; report cyber bullying to the police if it doesn't stop

To help your children, encourage them to:

- Talk to an adult who can do something to stop it



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PARENTING TIPS FROM SUE COLDITZ, COUNSELLOR Cont.

- Ignore the bully and walk away
- Practise being/looking confident when not in situation to use when bullying occurs
- Try not to get emotional - stay calm so the bully doesn't win by getting a reaction
- Do not get physical which can end up in being hurt or getting blamed for the bully's action
- Make new friends who are respectful and friendly

School Counsellor: Sue Colditz

Source: Dep Health SA Gov

A MESSAGE FROM THE PRINCIPAL

Principal's Report

Welcome new students and families who have started this week. This term I am sure it will be no less busy than the last. There are many exciting events coming up. Term 3 is a great time for learning with class routines well and truly embedded. Thank you to all those students who have been wearing full school uniform, you all look fantastic.

Education Week is a time to celebrate the achievements and successes of our students, teachers and support staff across all NSW public schools. It was a wonderful day celebrating the engaging programs and educational opportunities that our school offers with the support of our community. Thank you to the parent volunteers who baked sweet treats and for those who cooked the BBQ and served the huge crowd. We couldn't do it without you!

A MESSAGE FROM THE PRINCIPAL Cont.

Great Lakes Learning Community (GLLC) Stockland Concert

was held on Thursday, 30 July. GLLC primary school students presented a concert



showcasing many creative and musical acts. It was an amazing day with a great variety of talent on show. Our students behaved and represented our school beautifully. They were a wonderful audience and did us proud in their own performances. The Percussion Group performed Captain Bob and Canoe Song and the Choir sang Joy and Ain't No Mountain High Enough. Thank you to Mrs Davis and Miss Godfree and congratulations students.



National Tree Day - A huge thank you to the Year 6 Green Team, Mrs Shoesmith and the parent volunteers who gave up their valuable time to help with the upgrade of the bush track, including mulching and planting as part of the National Tree Day. Stay tuned for more to come on the bush track.....



Principal's Award

The Principal's Awards are given to adults or children in the school and are awarded for excellence, achievement, effort or contribution to school community.



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A MESSAGE FROM THE PRINCIPAL Cont.

Lewis Koller: Outstanding attitude across all aspects of school life. Lewis is always friendly and caring, he contributes in a positive way to our school community. His commitment and enthusiasm to everything he does in and out of the classroom.

Miss Amanda Godfree: Outstanding professionalism. She is a mentor to all staff, has excellent collaboration skills and curriculum knowledge. She is a highly efficient practitioner. Her expertise has impacted very positively on the quality of school-wide programs. Ms Godfree always puts her classroom first.

What do we stand for at Pacific Palms Public School?



Our Vision - Quality Learning in a safe and happy community.

School Motto - Respect is the Key

School Values - Excellence - Respect - Responsibility

Great Lakes Learning Community (GLLC) Academic Assembly - a combined schools assembly, will be held on Wednesday, 5 August to recognise and reward the top academic achievers in our local public schools. The top five students from Year 3 to Year 6 from our school have been invited to attend this assembly with family members.

They will join students from Great Lakes College (all campuses), Forster, Hallidays Point, Nabiac, Pacific Palms and Bungwahl Public Schools to be presented with their awards for Academic Excellence. Mrs Merchant and Jill McSweeny will also attend to represent our school.

A MESSAGE FROM THE PRINCIPAL Cont.

Manning Zone Athletics Carnival Friday, 7 August will see the running of the 2015 Manning Zone PSSA Athletics Carnival at the South Street Oval. The strongest and fastest athletes from local public schools will compete against each other with the winners heading to Newcastle for the Hunter Regional carnival later in the year. The Pacific Palms Public School team are eagerly looking forward to the day.

Woolworths Earn and Learn Points - Once again Woolworths are running the Earn and Learn program which enables schools to earn educational resources. From now until Tuesday, 8 September 2015 collect Woolworths Earn and Learn Points from the checkout operator and place them on a Woolworths Earn and Learn Points Card. Every \$10.00 spent (excluding liquor, tobacco and gift cards) earns one Earn and Learn Point. There are collection boxes at Woolworths, Forster and Tuncurry, and the School Administration Office foyer. Thank you for your support and contribution.

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)

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents." Jane D Hull



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ACTIVITIES FOR TERM 3 2015

| | |
|------------------|--|
| July 15th | Educational games |
| 22nd | Making damper |
| 29th | Cooking pizzas with Tim Brown |
| Aug 5th | Craft - what to do with empty cans |
| 12th | Taekwondo with Faye Shacklock |
| 19th | Circus skills with Jill Watson |
| 26th | Photography |
| Sept 2nd | Fathers' Day craft using photos from last week |
| 9th | Cooking omelettes |
| 16th | Educational games |



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WHY PLAY TOUCH FOOTBALL?

- » Touch Football is a fun game providing a great social environment for both boys and girls; competitions for all ages and skill levels
- » Touch Football is a great, minimal contact sport to get kids active and meet new friends
- » Mid-week and after hours' games will leave your weekends free
- » Join the NRL family - develop skills that support other sporting interests
- » Representative pathways that lead to club, state or even national honours
- » Catering for individuals or as a team - *A place on the field for everyone!*

Sign up today!



Forster Tuncurry Junior Touch Football
Registration NOW OPEN Online (until 1st sept)
First Round: Tuesday 8th September
Website: forstertuncurrytouch.sportingpulse.net
Email: lyneason@bigpond.com



PLAYNRL.COM

Here and Now Wellbeing Presents:

**Unfinished Business
Women's Wellbeing Workshop**

- Unfinished business with yourself or someone else.
- Explore how your past is impacting on you here and now.
- Learn creative techniques to self care and find a stronger sense of self.

A holistic and creative approach in a safe, healing and supportive space, held by an experienced psychotherapist & group facilitator with a small group of women.

When: Sunday 9th of August 2015, 9.30am-1.30pm

Venue: Green Point Community Hall, Bottlebrush Close
Green Point (next to skate park)

Cost: \$75.00 per person (Gluten free morning tea included) **Limited places, bookings essential.**

Contact Naomi: 0406 901 586 or hereandnowwellbeing@gmail.com



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Pacific Palms Public School P & C Recipe Book

Could you share one of your favourite recipes with us to create our
2015 recipe book.

You can email them to Mylee at mylee.cheers@det.edu.nsw.au or write them
on the paper below.

Please email or return to the office by Mon 10th August.

RECIPE

Ingredients

Method

FROM: