



# PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

21 August 2015

"Quality Learning in a safe and happy community"

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



EXCELLENCE - RESPECT - RESPONSIBILITY

ISSUE 7 | TERM 3 | WEEK 6

## OUR STUDENTS EXCEL

### Academic Assembly

On Wednesday, 5 August as part of Education Week celebrations, Great Lakes Learning Community held an Academic Assembly to recognise high academic achievers in year three through to year twelve. The following students from our school received academic awards and are to be congratulated:



**Year 3** - Charlie, Shylah, Anya and Fern



**Year 4** - Samantha, Nate, Ely (*absent*), Marley (*absent*)



**Year 5** - Tomas, Sage, Samantha, Ruby-Mae



**Year 6** - Ivy, Rebecca, James, Ryan, Finn (*absent*)

## OUR STUDENTS EXCEL Cont.

### Zone Athletics Carnival

On Friday, 7 August thirty-one outstanding athletes represented our school at the Zone Athletics Carnival at Tuncurry Oval. Every student performed to their personal best. They displayed great sportsmanship and cheered on their fellow competitors. A fantastic day was had by all!

A special thank you to all the mums and dads who cheered on their children and helped out on the day.

Our 2015 regional athletics team is:



Lucy C - high jump, Gabby E - 100 m, Ryan W - long jump

## WELCOME TO TERM 3

The following events are happening over the coming weeks:

### UP AND COMING EVENTS CALENDER

Thu, 20 Aug	School Assembly @ 2pm in the hall. All welcome.
Thu, 21 Aug	PSSA Girls Netball Gala Day - Year 6 girls netball team.
Wed, 26 Aug	Book Week Fair/Parade - ( <i>more info in newsletter</i> )
Fri, 28 Aug	PSSA Hunter Regional Athletics
Tue, 1 Sept	Great Lakes College Forster - Parent Info Night for Year 6 students @ Forster Campus
Wed, 2 Sept	Kindergarten 2016 Parent Info Night in the Library



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## SCHOOL HAPPENINGS

### ***Celebrate Book Week***

We invite family and friends to come along to share our wonderful Book Week celebration. Join us to read with your children, browse our exciting book fair, enjoy morning tea and a picnic lunch and watch our grand book character parade.

Students have previewed the book fair and taken their wish lists home this week. If you are coming on the day you can visit the book fair together or children can bring money to school and visit the book fair with their class. You can also make a payment online and students can bring their wish list with receipt number on the day to collect their books. If books sell out early we can place a paid order on the day.

**When:** Wednesday, 26 August 2015

**Time:** **9.30 to 10.30 am** - Reading in the Library, Book Fair in the Hall and morning tea under the Cola.

**10.30 to 11.30 am** - Book Character Parade under the Cola

**11.30 to 12.20 pm** - Sausage Sizzle  
\$2.00 - order on the day.

Our theme for the fair this year is "Under the Sea" - "Explore an Ocean of Books". We look forward to seeing the children's amazing book character costumes and invite our families to share this special day.



## SCHOOL HAPPENINGS Cont.

### ***Father's Day Raffle***

Thank you to the Hardy family who have kindly donated a fabulous Ziggy Barbecue from their BBQ's Galore store in Forster as a prize for our Father's Day raffle. Tickets are \$2 each. Tickets have been sent home with students and are available at the front office. The raffle will be drawn on Wednesday, 2 September.



### ***School Band Workshop***

Our school band will visit Taree West Public School on Wednesday, 9 September to join other local school bands for a day of workshops and performing. A note with further information was sent home to band members this week. Please return your permission slip to the office by Friday, 28th August.

### ***Year 2 Swim School***

As part of the Stage 1 curriculum Year 2 students have the opportunity to take part in the Swim School program. The intensive program runs for one week and caters for non-swimmers and advanced swimmers. The swim school program will be held from Monday, 7 September to Friday, 11 September. Students will be picked up from school at 11.15 am for a 12 pm start. Students will have two lessons each day with a break for a light snack in between. Students will return to school in time for the school buses. Please return the permission slip and payment to the front office as soon as possible. Cost: \$49 (or \$34 for YMCA members - membership number must be provided).





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## SCHOOL HAPPENINGS Cont.

### ***Adidas School Fun Run***

We will be holding an Adidas School Fun Run as a major fundraising event this year to raise money for sports equipment. The event will be held on Friday, 18 September within the school grounds.

Students will be involved in physical activity throughout the day and participate in a 45 minute fun run/obstacle course that will begin at 10:15 am followed by a meal deal lunch.

A brochure and information on sponsorship was sent home with each student this week. Please encourage your child to support this event. You can help them reach their sponsorship goals through online sponsorship at <http://www.schoolfunrun.com.au/students>



## INFORMATION FOR OUR PARENTS

### ***Student Attendance Procedures***

One priority area in our school plan is to improve the overall attendance rates and patterns of attendance at our school. This includes processes and procedures that will lessen the large number of unexplained absences we have. One strategy we have recently introduced is the Skoolbag app. If your child is away you may call the school, write a note to your child's teacher or use the Skoolbag App to explain the absence. We are already seeing a decrease in the number of unexplained student absences. Thank you.

## INFORMATION FOR OUR PARENTS cont.

### ***Stage 2 Camp***

Medical forms for all year 3 and year 4 students attending camp and a final payment invoice were sent home this week and an information meeting for all students took place. It is getting exciting! We would appreciate the prompt return of the medical notes and final payment please.

Later in the term students and parents will receive more information, such as what to pack and departure/arrival times.

## P & C NEWS

### ***Trivia Night***

Our P&C will be holding a Trivia Night on Saturday, 12 September at our school hall. Theme: Use the letter "P" as your inspiration. Doors open at 6:30 pm for a 7:00 pm start. Tables of 8 at \$10 per person. BYO drinks and a plate of nibbles to share at the table. For enquiries please contact Kate McLean on 0405 757 582.

### ***School Fete***

Our 2016 School Fete will be held on Friday, 23 October. Keep this date free in your diary. More information will be provided over the coming weeks.

## PARENTING TIPS FROM SUE COLDITZ, COUNSELLOR

### ***Grief and Loss***

Growing up is an ongoing process of change that involves losses as well as gains. Depending on the support children receive and how these early losses are dealt with, children can learn to manage and deal with future losses that will happen throughout their lives.



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## PARENTING TIPS FROM SUE COLDITZ, COUNSELLOR cont.

Some examples are: when a parent dies or goes away, when parents separate or family breaks up, loss of a friend or friendship, loss of a pet, having a disability, loss of memories due to fire or flood, loss of culture and homeland if migrating, death of a grandparent, moving house, changing schools, being in hospital. Some losses are big for children but small to adults.

Children have different understandings of death as they develop, not fully understanding death is permanent until later primary years.

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

1. Provide a safe environment and help them show their feelings
2. Give clear and truthful information to children in a way they can understand
3. Be honest (use age-appropriate language) as it helps them grieve, and cope with future losses
4. Keep to family routines as much as you can to give security
5. Let your child's teacher know if there has been a big change or loss
6. Share your own grief - they will feel more comforted (however if you are really distressed it may not be appropriate as they also need to know you are in control and can keep them safe.....seek support from other trusted, supportive adults as needed).
7. Ceremonies such as funerals can be important for children as well as adults to help make sense of the big changes in their lives and feel connected to others

8. Get support for yourself - talk with a partner or friend or seek personal grief counselling if needed
9. Remember children grieve in bursts so may show it differently to adults
10. Allow times for extra closeness and comfort - give them special times to talk about feelings and questions (some children may like to draw a picture and this may help them with expression)
11. When it feels right help them to move on and try something new
12. Don't rely on your child for support....you need to support your child
13. The biggest need for children/teenagers in time of loss is they are supported and cared for, and have someone to talk to
14. If your child seems to not be managing months later, seek help (free counselling support is available through Forster Community Health 6555 1800)

*School Counsellor: Sue Colditz*

*Source: Dep Health SA Gov*

## A MESSAGE FROM THE PRINCIPAL

### NAPLAN

A NAPLAN report will be issued to all Year 3 and 5 students today. The same report format is used for every student in Australia. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

How are NAPLAN test results used?



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## A MESSAGE FROM THE PRINCIPAL cont.

- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: [www.myschool.edu.au](http://www.myschool.edu.au)

To find out more about NAPLAN results a Parent Workshop is being offered on Thursday, 10 September by Mr Ryan in the library from 5:00 - 6:00 pm. The session will also involve an information session by Lyn Wood focused on 21<sup>st</sup> Century Learning.

### ***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.

Evie Ansell: Outstanding attitude across all aspects of school life. Evie has a pleasant nature, is a good friend, produces quality work and is enthusiastic about learning! She contributes in a positive way to our school community.

Liane Hunt: Outstanding commitment to our school and a professional attitude to all she does. Liane goes above and beyond in her role, nothing is too much trouble. She is a tireless worker and always has the best interests of the kids at heart. She helps create a friendly school atmosphere and is an invaluable asset.

## A MESSAGE FROM THE PRINCIPAL cont.

### ***Great Lakes Learning Community (GLLC) Academic Assembly***

On Wednesday, 5 August seventeen of our highest academic achievers were recognised at the Great Lakes Learning Community Academic Assembly held at the Tuncurry Bowling Club. Our students joined those from Forster, Hallidays Point, Nabiac, Bungwahl and Tuncurry Public Schools and Great Lakes College Forster and Tuncurry Campuses and Great Lakes College Senior Campus to be presented with awards rewarding outstanding academic achievement across all aspect of learning. Congratulations to all our award recipients.



<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Fern	Marley	Sage	Ivy
Anyia	Samantha	Samantha	Ryan
Shylah	Ely	Ruby-Mae	Rebecca
Charlie	Nate	Tomas	Finn
			James

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*





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## Pacific Palms School

# TRIVIA NIGHT

**Date:** Saturday 12<sup>th</sup> September 2015

**Time:** Doors open at 6:30 for a 7pm Start

**Where:** Palms School Hall

**Theme:** Use the letter 'P' as your inspiration

**Cost:** \$10.00 per person on the night

**Table:** 8 people per table and feel free to decorate as you desire.

**Things to remember:** Book the babysitter.

BYO drinks & a plate of nibbles. Book your table.

**RSVP:** To Kate McLean 0405 757 582



For enquiries email... [holynamefete@gmail.com](mailto:holynamefete@gmail.com)

## HOLY NAME SCHOOL



# FETE

## TICKET to FUN!

**SUNDAY 30  
AUGUST 2015  
10AM TO 3PM  
91 LAKE STREET  
FORSTER**

Face painting, popcorn, jumping castle, train rides, white elephant, toys, books, clothes, chocolate wheel, sensational raffle prizes, guessing competitions, side show alley, plants, crazy hair and much more!!

Featuring a kids  
disco with DJ  
Pazzo from 1pm

Plenty of  
fabulous food,  
stalls & prizes

Come & see  
'Skoolies  
Barnyard'





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Bungwahl Public School Presents.



## Kookaburra Kids

An all Australian Musical written by Judith Prior  
© David Spicer Productions  
Performed by an all Australian Bungwahl Student cast  
At Bungwahl Heritage Hall

### Matinee Performances :

Wednesday 2nd September at 10:00am

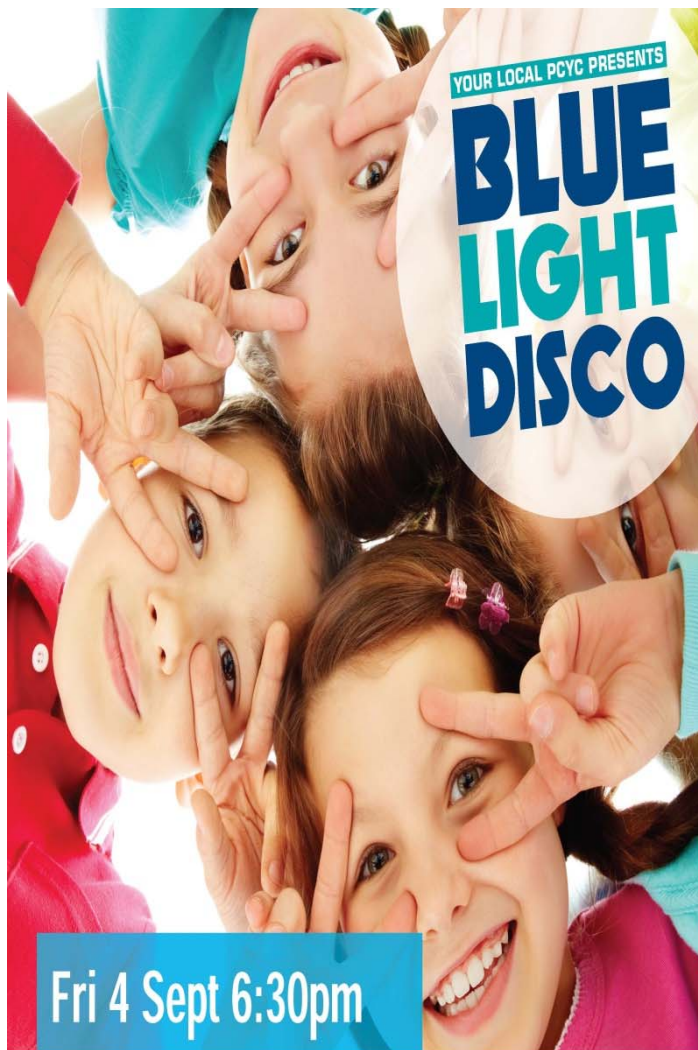
### Evening Performance:

Thursday 3rd September at 6:30pm

Cost: \$5.00 per student. \$8.00 concession \$12.00 adult

Tickets available from Bungwahl Public School (49976175) and at the door.

Programs available for sale at the door. Cost \$5.00



Fri 4 Sept 6:30pm

TUNCURRY BEACH BOWLING CLUB

TIME: 6.30PM - 8PM

COST: \$5

AGES: PRIMARY STUDENTS YEARS 3-6

PRIZES | FUN GAMES | CANTEEN  
AVAILABLE/GREAT MUSIC

NO ALCOHOL | NO DRUGS | NO PASSOUTS

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



[www.pcycnsw.org.au](http://www.pcycnsw.org.au)





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**AIA Vitality**  
**MINIROOS**  
**FOR GIRLS**

**REGISTER NOW**

AIA Vitality MiniRoos Kick-Off for Girls is an introductory football program for girls aged 5-11 starting October 2015.

Visit the website to find a location nearest you.

  
**NORTHERN NSW FOOTBALL**

[www.northernnswfootball.com.au/miniroosforgirls](http://www.northernnswfootball.com.au/miniroosforgirls)



**TRYstars**  
KIDS TRIATHLON

make new friends.

**trystar program details**

**Shining TRYstars Club:**  
**Forster Triathlon Club**  
**Program Start Date:**  
**3rd October 2015**  
**Program End Date:**  
**31st October**  
**Location:**  
**Bullring Forster**  
**3.30 - 5pm**  
**5 x 90 min sessions**  
To sign up for and / or find out more information about TRYstars visit [www.trystars.com.au](http://www.trystars.com.au)

TRYstars is Triathlon Australia's national "first touch" junior participation program that encourages kids aged 7-12 to get involved in Triathlon all around Australia.

TRYstars is based on eight x 1 hour action packed sessions incorporating modified swim, ride and run games, ensuring kids of all skill levels and abilities achieve success.

TRYstars is more than a junior Triathlon initiative. It is THE ONLY national first touch sport participation program which develops ALL of the fundamental movement skills needed for successful, life-long involvement in sport and active recreation activities.

## 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](http://forstertuncurrytouch.sportingpulse.net)**  
**Email: [lyneason@bigpond.com](mailto:lyneason@bigpond.com)**



[PLAYNRL.COM](http://PLAYNRL.COM)