PRINCIPAL’S MESSAGE

Thank you all for contributing to a great Christmas Concert. A wonderful time was had by all. Thank you to the P&C and to all the Palmerston District Primary School community for the $10,000 cheque which goes towards the new preschool play equipment.

Reports went out on Wednesday and interviews with class teachers commence today.

A class of students were able to participate in the Governor General’s sports day last week. Have a look at the photo later in the newsletter and the Governor-General’s facebook page: www.facebook.com/GovernorGeneralAustralia. A great day was had by all.

Year 6 Graduation is on Wednesday next week first thing in the morning and Thursday sees us with African Drumming as an end of year event and next Friday is the student’s talent quest run by the SRC - what an exciting final week of term.

Some classes have undertaken a task this week to have students write a letter to their next year’s teacher. I have been lucky enough to read some. I have one here from Jasmine in year 1 to her year 2 teacher. I thought you might enjoy this as much as I did.

Dear 2017 teacher,

My name is Jasmine. I am seven and half years old. My favourite animal is a rabbit and a kitten. In my family I’ve thousands of baby cousins and three bigger cousins. My hobbies are dancing ballet and writing but they are my favourite hobbies. I like to read books about history. The most things I would always love forever is school. I love learning because you get smarter and smarter and smarter.

Participation, Respect, Integrity, Determination, Empathy
As the year ends, we see a few teachers moving on:
Mrs Newton to Kingsford Smith School
Mrs Griffiths to Mt Rogers School
Mrs Levinson to North Ainslie School
Mr Landman to Hong Kong
Ms Libbis to Gordon Primary School.
On behalf of the community I thank them for their valuable contributions to our school over the last few years and wish them well in their new endeavours.

We will be welcoming new teachers in 2017 as some of our staff are continuing maternity leave or will be taking maternity leave in 2017. We welcome; Samantha Harris, Maxine Green, Alysha James, Melissa Cameron, Garema Singh and Jessica Tan. We welcome back; Kara Bailey, Hoda Berjak and David Witte who commenced work with us in 2016. Our school is growing! Next year we will have an extra class in preschool and an extra class in K-6. We will have Indonesian in one of the resource rooms attached to the library in 2017 and a fifth preschool class in our new building. 2017 sees us with 5 kindergarten classes. We will be introducing Mr Witte with technology classes as an addition to the lessons at Palmerston. Students will find out their class teachers during the first day back after a morning of year level bonding and team building. This is important to establish the cohort as a team and commence on our values education lessons. This also gives us time to establish for class numbers, taking into account new arrivals. Palmerston staff will be undertaking professional learning over the school break in Science and in student wellbeing – a program called ‘Team Teach’. Have a great week,

Melissa Travers

2DT BOTANICAL GARDENS EXCURSION

2DT recently visited the Botanical gardens as part of their prize for Amara’s winning AAEE Biodiversity Colouring Competition entry. The class undertook a fascinating pond dipping activity to learn more about species which can be found and the health of natural water ecosystems.

Participation, Respect, Integrity, Determination, Empathy
**2017 BOOK PACKS**

2017 Office Max book packs are ready to be ordered. Simply follow the link and enter the code: **27SD5T** to order the pack for your child.

[https://www.officemaxschools.com.au/ACT/Palmerston/Palmerston-Primary-School](https://www.officemaxschools.com.au/ACT/Palmerston/Palmerston-Primary-School)

---

**Back to School Shopping that Gives Back.**

Your child’s School Requirements List is ready to go. And every time you buy textbooks or stationery, we give a portion back to your school.*

**Order today at officemaxschools.com.au**

*Excludes graphic calculators and textbooks sold with OfficeMax eBooks.
## School Holiday Program
Palmerston - Summer 2016/17

### JAN 2

**Public Holiday**

### JAN 3

**Beach Party**

Today, the beach comes to us with some amazing beach theme activities that will go on throughout the day. Children will play: starfish ring toss, water balloon volleyball, ocean-themed scavenger hunt, squirt gun tag, crafts with beach or tropical themes, sand castle or sandman competition, decorate seashells and there will be a beach-themed photo booth.

Be prepared to get wet and have some fun!

### JAN 4

**Monster Skating - incursion starting 1.30pm**

The Monster Academy Actions Sports curriculum is dedicated to delivering high quality, certified instruction programs and ensures a full day of fun and activity! Children are introduced to action sports with accredited coaches and top of the line equipment.

Monster Academy provide the wheels and safety equipment.

### JAN 5

**Kitchen Masterpiece - incursion starting 10am**

Today our challenge is whipping up a delicious and nutritious meal. Combining into teams, you will be provided with a set list of ingredients to each create your own culinary masterpiece. Join in as we create menus, design table settings and become masters of the kitchen. Today will culminate in sharing the feast we have created.

### JAN 6

**Swimming - excursion 1.30pm-3.30pm, bus departs 1.15pm**

Pack your boardies, pack your rashies and all your swimming gear. We will be travelling by chartered bus to Gungahlin Leisure Centre where we will enjoy an afternoon of water activities.

Each day bring a packed lunch and morning tea

Email enrolments@commstawork.org or call 1300 212 273 for more information.
School Holiday Program
Palmerston - Summer 2016/17

**Earth Beats** - incursion starting 10.00am
Explore music in a fun, informal and positive environment full of wonderful surprises, a love of music and a happy presence.
Today we will take part in an interactive performance and learn the concepts of music, get hands on experience with a variety of instruments and engage in a multicultural music experience. Susie Hobday will ignite and engage children of all ages.

**Swimming** - excursion 10am-12noon, bus departs 9.45am
Pack your boardies, pack your rashies and all your swimming gear.
We will be travelling by chartered bus to Gunganlin Leisure Centre where we will enjoy a morning of water activities.

**Spells, potions and dungeons**
All aboard! Your holiday program transforms into the wizarding world!
Children will be invited to create their own magic wands, perform their own spells and decide which house they belong in.
Keep your eyes on the prize as we play a magical game, or some make some potions in the dungeon.

**Flying Doctor Excursion** - excursion 10am-12noon, bus departs 9.30am
Today we travel by bus to Harrison Primary School to experience the Royal Flying Doctor simulator.
The RFDS Aeromedical Simulator is a life-sized replica of the fuselage of a flying doctor aeroplane. It is fully equipped with stretchers, communications, oxygen, suction and the equipment used by our everyday heroes: the doctors, nurses and pilots of the Royal Flying Doctor Service.

**Movie: Sing** - excursion 10.15am-12.30pm, bus departs 9.30am
Today we travel by bus to Hoyts in Belconnen where we will watch the movie Sing.
Sing is the story of a dapper koala who brings a crumbling theatre back to life.

Each day bring a packed lunch and morning tea
Email enrolments@commsatwork.org or call 1300 212 273 for more information.

Participation, Respect, Integrity, Determination, Empathy
School Holiday Program
Palmerston - Summer 2016/17

**Pokémon day**
JAN 16
Pokémon trainers, be prepared for an action-packed day of Pokémon fun!
We will try our skills at catching Pokémon in our environment.
Design the new ultra pokeball. Get your face painted as your favourite Pokémon. Join us as we bake Pokémon themed cookies.

**RAPS fun day out - incursion starting 10am**
JAN 17
RAPS for Kids is a mobile traffic course consisting of working traffic lights, pedestrian crossings, “children crossing” signs and flags as well as “lolly pop” signs. This gives the children a replica of a real life situation within their environment.
By actively participating in the RAPS program and with the promotion of the STOP-LOOK-LISTEN-THINK emphasis, it is envisaged that children will become safer pedestrians.

**Swimming - excursion 1.30pm-3.30pm, bus departs 1.15pm**
JAN 18
Pack your boardies, pack your rashies and all your swimming gear.
We will be travelling by chartered bus to Gungahlin Leisure Centre where we will enjoy an afternoon of water activities.

**Leo Bonne Balloon Workshop - incursion starting 1.30pm**
JAN 19
A high energy workshop with lots of fun and laughs! Today we are treated to a magic balloon twisting workshop.
Children will learn to make a dog, a belt, a sword and a crazy hat. There will be a surprise twisting jam session and children will get balloons to take home and practice their new talents.

**Movie: Moana - excursion, 10.15am-12.30pm, bus departs 9.45am**
JAN 20
Today we travel by chartered bus to Hoyts in Belconnen, where we will watch Moana.
*Moana* is the story of a brave young lady who embarks on a quest to save her people. Together with Maui she sails across the open ocean on an action-packed voyage.

Each day bring a packed lunch and morning tea.
Email enrolments@commsatwork.org or call 1300 212 273 for more information.

Participation, Respect, Integrity, Determination, Empathy
School Holiday Program
Palmerston - Summer 2016/17

**Jedi Benny - incursion starting 1.30pm**
A feast for the children's imaginations where Jedi Benny asks: do you have what it takes to be a Jedi? He combines his performance skills with magic and props to delight all ages.
Jedi Benny teaches students to 'use the force'.
Children learn to move objects with their minds & influence others.
Benny creates a light sabre for every child from a balloon. They learn to defend themselves from the dark side and the temptation of power.

**Boundless Barbecue - excursion 10am-12.30pm, bus departs 9.30am**
Today we travel by bus to the Boundless playground where we will have a morning of physical activities with children from other holiday programs. Be prepared to jump, climb and challenge yourself.

**Swimming - excursion 10am-12noon, bus departs 9.45am**
Pack your boardies, pack your rashies and all your swimming gear.
We will be travelling by chartered bus to Gungahlin Leisure Centre where we will enjoy a morning of water activities.

**Public Holiday**

**Program closed**

Each day bring a packed lunch and morning tea
Email enrolments@commsatwork.org or call 1300 212 273 for more information.
SUMMER TENNIS HOLIDAY CAMPS

Join in the 2016–17 summer of tennis!

December: Mon 19th – Fri 23rd Dec
(XMAS CAMP)
January: Mon 16th – Fri 20th Jan
Mon 23rd, Tues 24th & Wed 25th Jan
(Wk 2 in Jan 3 Days only)

JUNIOR CAMPS FOR ALL AGES AND STANDARDS • CAMPS INCLUDE
HOTSHOTS, PEE WEE, SQUAD • TENNIS AND CHESS CAMPS
FRUIT AND DRINKS DURING BREAKS • ALL EQUIPMENT PROVIDED
TENNIS AUSTRALIA QUALIFIED COACHES • TENNIS COACHING
RAIN, HAIL OR SHINE!

8.30AM DROP OFF FOR A 9AM START

4 GREAT VENUES
Weston Creek Tennis Club, Dillon Ct, off Namatjira Dr (Behind McDonald’s)
Pines Tennis Club, Cnr Norris St and Goldstein Cres, Chisholm
Gold Creek Country Club, Curran Dr, Nicholls
Radford College, College St, Bruce

ENQUIRIES
Email info@csot.com.au
Call 0432 119 204
Head coach Robert Jamieson,
Tennis Australia accredited

BOOK NOW!
Visit csot.com.au
for more details

---

Questacon Smart Skills Initiative

HOLIDAY WORKSHOPS
DO YOU LIKE MAKING
AND BUILDING THINGS?

www.questacon.edu.au

Sign up to a Questacon Maker Project workshop during the school holidays at The Ian Potter Foundation Technology Learning Centre in Deakin.

Choose from a variety of workshops where you can invent, design, create and have fun!

Morning and afternoon workshops will be offered on the
23, 24 and 25 January.

Suitable for 10 to 15 year olds only.

For more information visit our website or contact 1800 889 995
Looking for some school holiday fun with HORSES!

TRY
Ready Set Trot
these School Holidays at Pegasus RDA ACT

Ready Set Trot teaches young people about horses
Provides kids the opportunity to have fun, make new friends and learn new skills
More meal and all equipment provided.

Register Now!

What's on:
Ready Set Trot Stable Skills; a beginner riders program allowing children with an interest in horses the opportunity to have fun and to get started in equestrian sport.

Dates:
18th - 20th January 2017

Times:
10:30am - 1:30pm

Location:
Pegasus RDA ACT
119 Drakebrockman Dr, Holt ACT

Price:
$300 plus $55 for Green Ribbon Packs

BE QUICK!
Pre-registrations required as class sizes are limited!
More Info: ReadySetTrot.com

Contact Name:
Mary Lyons
Phone:
(02) 6254 9190
Online:
www.pegasusact.com.au

What's on:
Ready Set Trot Stable Skills; a beginner riders program allowing children with an interest in horses the opportunity to have fun and to get started in equestrian sport.

Dates:
18th - 20th January 2017

Times:
10:30am - 1:30pm

Location:
Pegasus RDA ACT
119 Drakebrockman Dr, Holt ACT

Price:
$300 plus $55 for Green Ribbon Packs

BE QUICK!
Pre-registrations required as class sizes are limited!
More Info: ReadySetTrot.com

Contact Name:
Mary Lyons
Phone:
(02) 6254 9190
Online:
www.pegasusact.com.au
COMMUNITY NEWS

The Australian Research Alliance for Children and Youth (ARACY) has been engaged by the Education Directorate to develop parent engagement resources for teachers, parents and carers of students with complex needs and challenging behaviour.

ARACY is inviting parents and carers of ACT primary and secondary students to participate in small group discussions focusing on how families and schools work together to support the learning of students who experience particular learning challenges. Participants will be asked questions to explore their experiences of what works well and what doesn't work well, and perspectives about the quality of the connection between home and school.

The discussion groups will take 60 - 90 minutes. Interviews will also be available for individual participants, where preferred. These will last approximately 60 minutes.

Participants will receive a $50 Coles-Myer gift voucher as reimbursement for time and input into the research.

Interested parents and carers can contact Barbara at ARACY via phone 6248 2400 or email barbara.barker@aracy.org.au.

Chief Minister’s Canberra Gold Awards
Have you or someone you know lived in Canberra for fifty years or more? What about an organisation or community group that has been contributing to our city for fifty years or more? Then consider nominating them for the Chief Minister’s Canberra Gold Awards.
Nominations can be made online at www.act.gov.au/cbrgold

Canberra Citizen of the Year Award
Nominate a Canberran who inspires you for the Canberra Citizen of the Year Award. The Award recognises citizens who have made a major contribution to the Canberra community. This award is open to a person...
Parenting ideas INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Goodbye primary school, hello secondary

The end of primary school is a significant milestone in children’s lives. They’ve spent half their lives in primary school, in many cases in the same school, which is significant.

Developmentally they’ve come a long way from those skinny little kids who lined up for class on the first day holding a parent’s or carer’s hand. Now entering puberty, most are taller than their mothers and the only people they’ll hold hands with are ‘special friends’, but not in public. Those displays of affection will come later in the secondary school years.

Changing from primary to secondary brings a mixture of emotions in kids such as excitement, apprehension, pride and, in many cases, sadness about leaving friends and familiar surroundings behind.

Parents often go through the same range of emotions as children at this time so we need to acknowledge those feelings in ourselves, just as we should in our children.

LOOKING BACK

This is a time for kids to celebrate their achievements; show appreciation to their teachers and enjoy the friendships that they’ve formed. Here are three ideas:

1. **Let’s celebrate**

Primary school graduation ceremonies play an important part in the primary school life, as they mark the end of an era and the start of a new part of their lives. We need to be careful that the meaning doesn’t become lost as graduations become increasingly lavish, even to the point where some students are transported to their graduation in a stretch limo. Keep them simple and keep them close to the school’s values.

2. **Show gratitude**

As a former teacher I know how much a simple thank you can mean from students at the end of the year. So make sure your kids take the time to thank their final year teacher and as well as seek out to thank other teachers who contributed to their education over their primary school journey. Gratitude costs nothing but has a great impact.

3. **Enjoy friendships**

Encourage your kids to be open and friendly at this time of the year, and steer clear of cliques and fellow students who want to exclude others from their groups. The end of primary school can be tricky to navigate, particularly when early matures stick together and ostracise certain classmates. This is the time for friendly behaviour and inclusiveness.

LOOKING AHEAD

When primary school is finished and the holidays are coming to an end it’s time to focus on the new experiences of secondary school. Some kids take secondary school in their stride but it is natural to experience some difficulty.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

Your attitude as a parent can help your child quickly adjust. Here are three ideas for you to help kids make a smooth adjustment:

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au

Participation, Respect, Integrity, Determination, Empathy
... Goodbye primary school, hello secondary school ...

1. **Promote friendships**
The quicker kids form new friendships the sooner they'll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive.

2. **Be ready to listen**
Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it's normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. **Keep your attitude positive**
Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

**Michael Grose**

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.