



Palmerston Post

Issue 3 - Term 1 2021

Palmerston District Primary School acknowledges the Ngunnawal People, the traditional owners and custodians of this land.

Principal Message



Our two new Relocatable Learning Units (RLU's) are in place, open and operational. We are very thankful to the Directorate for delivering them and feel very lucky to have four beautiful new learning spaces.

Teamwork was the essence of the day, where we had so many staff members arriving to school early to move everyone around. We are now settled into new classrooms, and ready to be steady now with learning. As our school increases in student population each year, we will be seeing more RLU's arrive onsite in the coming years.

The land surrounding the RLU's are not for use yet, we have not been issued with date for us to have occupancy of this land yet. Additionally, we are awaiting news of a possible land expansion, whereby we are hoping the black fence will be relocated 25m (or so) further down the slope, gaining back precious space. It is our intention that this will become a Junior Playground. There may be time in the near future where we ask for a Working Bee across a few weekends to help get this piece of land ready for our younger students to access and have fun exploring.

As we communicate with our community, we use a variety of tools. Email is one way to send out whole school information, the system all schools use, can only allow one email per family to be used. We acknowledge this can pose problems when families share care arrangements. Teachers are also accessing SeeSaw, with a variety of short messages, showcases of whole class or individual work – depending on the context of the messages. Facebook is also a way in which we communicate different activities across the school. Recently, I posted that we would not be using front on faces of students, however it has been cleared that photos of students (with parental permission) may be used. We will return to this practice to positively promote the learning that takes place. It would be lovely for our community to 'like' posts so we can gauge involvement. Our newsletter is an effective fortnightly check in with our families too, as our website is being upgraded, we are gaining access again to having our newsletters uploaded.

In 2021, the leadership team collaboratively wrote a Pledge to our students. I share this with you now:

2021 Our Pledge to our Students

Dear students of Palmerston,

We want for you, the freedom to be whatever you can dream...

Expect the best of us.

We will expect the best of you.

It is time to think differently and act co-operatively to unite around kindness and be the solution.

Have empathy for the circumstances of others.

Have a sense of optimism about the future.

Show the world your genius and entrepreneurial spirit.

Be open minded and imagine what is possible.

We will guide you.

We will support you.

We will support you.

We will challenge you.

We will celebrate your achievements with you.

From All teachers of Palmerston Primary.

Regards,

Kate Smith

Deputy Principal Message





Marijana Pasalic - Deputy Principal: Inclusion, Diversity and Wellbeing

I thought this week I would share with you all a tale about my drive home from school on Wednesday last week. Just to set the scene, it takes roughly about half an hour for me to get home. Half an hour where I usually listen to music, chat to a friend or listen to a podcast. Sometimes I sit and think about my day at our lovely school – the teachers I spoke to, the kids who made me smile, the amazing things I see each day. Half an hour of peace, quiet and some much needed alone time. Half an hour. Usually the drive home flies by pretty quickly. No dramas. This has always been the case since I started at Palmerston – hardly ever an accident, traffic flows pretty well and peak hour seems a breeze. Last Wednesday it all came to an abrupt halt (literally.... A halt!). The good luck was gone. My streak was over. The drive that would usually take me half an hour, took an hour and a half. On that fateful afternoon I experienced every BIG EMOTION known to human kind. Let me break it down for you

- I left work feeling elated – I had smashed some goals, I had good chats with staff and students and I felt on top of most things. Life was good.
- Then I felt anxious - As I approached the Glen Loch Interchange the traffic conditions started to change. There was a shift in my mood and I started to feel anxiety about what lay ahead. This wasn't a good sign, usually the traffic was so free flowing.
- Then I felt distressed – Approaching the zoo on the Tuggeranong Parkway traffic had come to a complete stop! What was all this about? Usually I was at home by this time and eating dinner with the family!?!?
- The next BIG EMOTION was anger – I sat there for almost half an hour.... Not moving. Watching the time tick by. As my anger increased and so did my hunger pains.
- When the traffic started to crawl again I felt relief – I felt a breath escape me. I cried out and said a little "whoo hoo!" I even did a fist pump.
- As I approached my home I returned to happiness – at 7.15pm I was finally home!!!!

In those difficult times, on the treacherous journey home, I tried many things to keep my cool and to keep my BIG EMOTIONS in check. I did some deep breathing, I counted to ten, I listened to calming music and I talked to others. It really helped. It made me think about all the emotions we experience in a day. How many we can experience in an hour and a half. It is really quite extraordinary. It made me grateful that I had the resilience and strategies to work through it. It also made me aware that not everyone has the skills to work through this, to rise above, to deal with issues and situations in a positive and effective manner. Thankfully, we have people in our school and in the Directorate who can provide the training and information we might need to help our little people emotionally regulate effectively. In Week Eight we will be running a workshop about understanding children's behaviours. The focus will be on supporting and understanding children who are experiencing feelings of anger and frustration, and how to help children manage these stressful emotions. The workshop draws on principles from emotional intelligence and emotion coaching, and aims to support parents to understand the "why"

behind some of the behaviours of children and more importantly, offer strategies and practical tips that may help. The facilitators will be Yvonne McLauchlan, Social Worker, and our School Psychologist, Haley Caldwell.

These two workshops will be offered on Monday, 22 March 2021 from 9.15 – 11.15am and one from 5.30pm to 7.30pm. Please note there is no childcare facilities.

Please RSVP by 17.03.21 by clicking on the following form. <https://forms.gle/MQEGNEBWuyumppBA>
This information will help us to better cater for the needs of the group.

Please also see below a link to a Google form. We are seeking information and input on future workshops/information sessions we would like to run at school. The form will close on 12 March 2021.

<https://forms.gle/LJUnpCgYgfWZjLMy5>

Looking forward to seeing you there! Until then.... Drive safely and happily 😊

Marijana Pasalic

Easter Hat Parade

Palmerston District Primary would like to invite the community to attend our annual Easter Hat Parade.

Preschool – Year 2 students will participate in the parade.

Years 3-6 students will attend the parade to celebrate and support the junior students.

Students are encouraged to make their hats at home using variety of new and/or recycled materials.



Students are encouraged to bring their Easter hats school prior to the parade.

Monday 29th March 2021	Preschool (Superb Parrots, Bilbies, Bettongs)
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9:10am on the black top

Thursday 1st April 2021	Preschool (Eastern Quolls, Common Dun-
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nart, Gang Gangs) to Year 2

2:20 pm on the black top

The P & C raffle will be drawn at the conclusion of the Easter Hat Parade on Thursday 1st April 2021.



Harmony Week at Palmerston DPS

Everyone Belongs

Monday 15 – Friday 19 March 2021

Palmerston District Primary School will be celebrating the cultural diversity of our community with week-long activities.

All week long, teachers have planned ways for our students to interact in ways that show we all belong, inclusive of cultural background and practices.

Throughout the week:

Students will participate in class-based cultural activities to deepen their awareness and respect of others.

Tuesday 16 and Wednesday 17 March:

Every class will co-create a whole school chalk drawing on the blacktop of linked hands, showing that we all belong.

Friday 19 March:

Students and staff are invited to wear items of clothing reflective of a cultural or country background OR wear something orange.

We look forward to celebrating together!

Palmerston DPS Diversity Committee



Palmerston Well Being Website

Palmerston Well Being Community Hub

<https://sites.google.com/ed.act.edu.au/palmerston-community-well-bein/home>



Instantly translate this newsletter to 100+ languages

With our Google Translation integration, you can access your newsletter in ANY language!

OR

Download the skoolbag multi-language App: SKB: Multi-language in the App Store

Classroom Connections

P & C/Board News

I would like to announce our two new parent representatives on our School Board. Congratulations to Janelle Hunter and Cameron Watts ! I am thrilled to have these two parents join our board and believe they both possess skillsets that will help forge our strategic planning forwards for the students and families of our fabulous school. At our next Board Meeting, we will decide who is our new Board Chair, and will announce that in our next newsletter!

Kate Smith

Second Hand Uniform Shop

The P&C operates a second hand uniform shop in the school hall foyer.

Please check in using the CBR app or sign the visitors register before making your way to the shop.

Opening times:

Tuesday 2:45-3:15pm

Friday 8:45-9:15am

Donations of uniform items are always welcome and can be left at the front office.

Further enquiries, contact Kate Baron on 0404 675 508

Book Club

The first issue of scholastic book club will be online only. There will be no hardcopies available. Please order and pay online through LOOP.

No cash will be accepted at the school.



Book Club **LOOP**

for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



Pride Awards



Congratulations to the following students who received a PRIDE Award at assembly.

PARTICIPATION – becoming involved, “having a go” and cooperating with others

Oscar - 3MR Murray - 3MR Elijah - 5DS Evander - 5DS Jamie - 6JD

Gabriella - KFD Ilisha - KGM Milla - KNS Evelyn - 1GS Digvi - 1MO

James - 1MO Tarrell - 1MP Alfonso - 1PJ Elijah- 1PJ Willow - 2RE

RESPECT - having respect for self, others and their property

Olivia - 4MG Atreya - 4LC Dristi - 6CT Jessica - 6RT AJ - 3-6FS

Zac - KCH Brock - KJR Sophia - KNS Dhieu - 1TB Kevin - 2FS Jedd - 2RE

Maxwell - 1PJ

INTEGRITY – being honest, fair, responsible and loyal

Joanna - 3IN Andrew - 3IN Adam - 4HT Naeva - 4MG Ava - 5MH

Akshitha - 1BD Matthias - 2BB Haren - 2MA

DETERMINATION - being persistent and resilient

Faryal - 3AS Jess - 3JL Bair - 3JL Sebastian - 3MC Anne - 4HT

Amelia - 4LC Kenzie - 5MH Stella - 5MP Valentino - 5MB Aiden - 6CT

Connor - 6JD Sophie - 6RT Rubi - KCH Kaamilah - KFA Evin - KFD

Keyaan - KFH Cataleya - KFH Finn - KGM Serenity - KGR Riley - 1GS

Amelia - 1MP Savanna - 1S Logan - 1S Raymon - 1TB Hannah - 2FS

Nishi - 2KM Yan -2KM Milla - 2MA Nicholas - 2SZ Arrow - KFD

EMPATHY - understanding and supporting others regardless of our differences

Matilda - 3AS Mia - 3MC Zawadi - KFA Zahra - 1BD Toby - 2BB

Harshini - 2SZ



Dates to Remember

15th March	5/6 Touch Football Gala Day
18th March	5/6 Netball Gala Day
1st April	Last day of Term 1
19th April	First day of Term 2
21-23rd April	Yr 6 Camp
29-30th April	Yr 3 Camp
13-14th May	Yr 4 Camp

Defence News

On Tuesday the 9th of March each year group from Kindergarten to year 6 participated in our March On for Soldier On challenge. 733 students walked around the oval, basketball court or blacktop to raise money for a very important organisation. We were proud to be one of 19 schools in the ACT to register and partake in the event and glad we could do our bit to help Soldier On support those in need. On Tuesday the school raised \$285. Well done! If you would still like to donate the web page will be up and running for the rest of March and you can go on and make an online donation.

Great job to students and staff!

Thank you to everyone that has donated.

<https://fundraise.soldieron.org.au/fundraisers/kristlecross/school-challenge>

About Soldier On

Soldier On is a national not-for-profit organisation and has been supporting the veteran community since 2012. Founded by John Bale, Cavin Wilson and Danielle Clout following the death of John's close friend, Lieutenant Michael Fussell from an IED blast in Afghanistan, Soldier On was established to support those returned personnel that had been physically or psychologically impacted by their service. Through the delivery of holistic services, we currently support more than 3000 veterans and their family members.

Kristle Cross

DSTA



Parent/Carer Information

Palmerston SUPA Club 2021

SUPA Club is a fortnightly lunchtime club that allows children to explore who Jesus is, in a fun & relaxed way. It is coordinated by Scripture Union and volunteer teachers belong to local churches.

Participation in SUPA Club is voluntary & all children require a signed permission slip.

WHO: Children in Kindy to year 6 who have a signed permission slip.

WHEN: Friday lunch fortnightly (Odd weeks)

WHERE: Music Room

For more information: email kate_baron@outlook.com or contact Scripture Union 6251 3677



Palmerston SUPA Club Permission Slip

Child/ren's name/s:

1. _____

Class: _____ Age: _____

2. _____

Class: _____ Age: _____

Does your child/ren have any **food or other allergies** or special needs? _____

I consent to my child being given gifts with Christian content

Yes No

I consent to my child's photo being taken at SUPA CLUB

Yes No

Phone No. (Home): _____

Phone No. (Mob): _____

Parent/Guardian: _____

Signature: _____

This permission note will be valid for the duration of the student's time at Palmerston District Primary School. If a parent or guardian no longer wants their child to attend SUPA Club, please contact the school.

Community Connections

CANBERRA WE ARE HERE FOR YOU

FREE telephone counselling sessions Monday to Friday 9am-5pm

Sessions via Zoom or Skype
Limited availability for FREE face-to-face counselling sessions

Facial mask guidance and training are temporarily suspended

Contact us for a FREE confidential chat

 **6287 3833** 

 parentline@parentlineact.org.au



ONLINE WORKSHOP AUSTRALIAN CAPITAL TERRITORY REGIONS



Join us for our new online workshop for those in the Australian Capital Territory Regions where you will have the opportunity to listen, share and learn with parents and carers who support individuals on the autism spectrum.

This online workshop is for parents, full time carers and grandparents. Join other local families to learn more about autism and ways to strengthen the home-school partnership.

During the online workshops, we will cover three topics:

- the diversity of autism, including sensory processing
- understanding behaviour
- working together with your child's school.

**Location:
AUSTRALIAN CAPITAL TERRITORY REGIONS**

Date:
Wednesday, 2 December 2020

Time:
Wed 9:15 AM - 2:30 PM (AEDT)



For more information and what is happening in your state and territory, click here www.positivepartnerships.com.au

WEEK 1

WEEK 2

Communities@Work

School Holiday Programs

PALMERSTON DISTRICT PRIMARY SCHOOL

A new adventure every day!

MON

PUBLIC HOLIDAY | 5 APRIL

Holiday Tom and Jerry | 6 APRIL
After being enemies for eighty years, Tom and Jerry decide to cool it once and point easing. The others Jerry's been trying to get rid of him for years, but Tom has a nice mousey plan and needs us! Join us at Holiday Tom and Jerry's to witness them

Excursion | 8 hours

TUE

Discover Gaming Greatness | 10 APRIL
Join us on an adventure through lots of games today - maybe you'll find some fun with the racing games and possibly some fun with the action and strategy games. There's something for everyone so lets make it one!

In-School | All Day

Fuff Masters | 13 APRIL
Get ready for some excited sadness with the master of sadness. The game today is all about housekeeping making sure everything is clean and tidy. We will be using a decorative plant hanger to hang, and learn some basic life skills along the way.

Excursion | 8 hours

WED

Microscope Magic | 14 APRIL

Get ready for some excited sadness with the master of sadness. The game today is all about housekeeping making sure everything is clean and tidy. We will be using a decorative plant hanger to hang, and learn some basic life skills along the way.

Excursion | 8 hours

THU

Heads, Tales and the Lost Dragon | 16 APRIL

Today we embark on an adventure to heads and tails. The dragon has been lost and we must find it. We will be using a decorative plant hanger to hang, and learn some basic life skills along the way.

Excursion | 8 hours

FRI

Professor Bubbles | 18 MARCH

Who doesn't love bubbles? Join Professor Bubbles as he makes lots of bubbles, plays with bubbles, and even bubble, adds lots of laughter, colour, and mess, and sometimes it all ends up on other kids bubbles too - which is what it means to treat the world like a bubble!

Excursion | 8 hours

Please note that activities are subject to change, based on the latest COVID-19 health advice from the ACT Government.

enrolments@commsatwork.org • commsatwork.org/calendars • 1300 212 273

Communities@Work

SCHOOL HOLIDAY PROGRAMS

commsatwork.org • A new adventure every day!

FUN WITH FRIENDS THESE SCHOOL HOLIDAYS!

Communities@Work April School Holiday Programs are open for bookings. The **Daily Highlights** (program calendars) with a list of activities for each program location are now available on their website. The programs will be running weekdays over the April school holidays and focus on fun.

A variety of incursions, activities and excursions including trips to the movies are in store these holidays that will encourage children to have fun with their friends and enjoy a new adventure every day.

Communities@Work continue to ensure the safety of your child is paramount with increased hygiene and cleaning protocols, guided by the latest advice from the ACT Government and ACT Health.

Visit www.commsatwork.org/shp for details of program locations, dates, activity list, enrolment information and more.



Palmerston District Primary School

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