Term 3 Week 8  10 September 2014
Ph. (02) 6205 7241    Fax (02) 6205 7242
www.palmdps.act.edu.au

Board Members: Parent Reps: Amy Phillips, Saravanan Thavamanikumar and George Villaflor
Board Chair: George Villaflor  P&C President: Jo Prezzi
Principal: Melissa Travers  Acting Deputy Principal: Sylvia Headon
Executive Teachers: Kate Flynn, Rebecca Hewat, Jennifer Holland, Haeley Simms and Georgina Sofatzis
Preschool to Year 6

Next P&C Meeting Monday 15 September at 7pm

Recent Notes Home
MoveBands (year 5/6)
Swim and Survive reminder
Fresh Tastes Healthy School Nutrition Workshop

Dates to Remember
12 Sept  P&C Coffee and Chat
15 Sept  2nd Week of Junior Swim School
         School Banking
         P&C Meeting at 7pm
16 Sept  Learning Journey @ Preschool
         (Snugglepots & Cuddlepies)
17 Sept  Science Fair Opens
18 Sept  Oval Closed until 30 Sept
         Fresh Tastes Healthy School
         Nutrition Workshop – 4:30 to 6pm
19 Sept  Learning Journey & Science Fair

Bullying at Palmerston – No Way!

Dear Parents and Carers,

A positive school climate relies on respectful behaviour from all members of the school community. At Palmerston we aim to create an environment where teachers can teach and students can learn without interruption. We acknowledge the important partnership of students, teachers and parents to work together to achieve common educational and social goals. To achieve a positive school environment the following conditions are developed and maintained:

- A trusting relationship between students, teachers and parents
- Teaching and learning strategies which are perceived by students as useful, meaningful and worthwhile
• The promotion of excellence and the nurturing of the whole school community
• A commitment to quality teaching to achieve quality learning outcomes
• The use of Circle Time to promote relationship building
• The implementation of Palmerston PRIDE core values - Participations, Respect, Integrity, Determination and Empathy

Palmerston has many ways to assist children in being resilient and working together to be the best they can as community members. Teachers and all our staff, support our students through programs such as Friendly Schools Plus (evidenced based whole school anti-bullying program), Everyone Everyday and also by being a KidsMatter school for the last 4 years. Friendly Schools Plus provides schools with the strategies and tools to achieve the vision and meet all nine elements for the National Safe Schools Framework. Teachers are trained in a program called ‘Essential Skills for classroom teachers’ to ensure we listen to children about their concerns and develop calm and effective classrooms. Each class has established a class code of conduct and at the start of each year we have a values focus. This values focus teachers students about our PRIDE values of Participation, Respect Integrity, Determination and Empathy.

Bullying: Michael Gross, the child psychologist writes “Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure...bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.” Bullying is an unacceptable behaviour at Palmerston Primary. At Palmerston we have our strong values and resiliency programs mentioned above and we have an engaging play environment. If a bullying incident arises, we deal with the incident, use our resources of playground monitoring, Circle Time, restorative conferences and consult parents. Children are learning how to be good adults and can make mistakes in their behaviour. In partnership with families we all work with the children to become good citizens.

Confidence: It is important to give your child confidence at school and home. Together in partnerships with home, schools teach children to be confident. Angelica Rose from parentingideasclub.com.au says “Helping kids identify the differences between friendly and unfriendly behaviour is the first step in providing them with the skills needed to handle teasing and bullying. The next step is to give them strategies to handle both.

In friendly teasing
• They say it with a smile and eye contact
• They only do it once or twice
• They stop when you ask them to
• They are friendly to you most of the time go to the website to find more strategies to assist your child.

In unfriendly teasing
• They do it over and over
• They don’t smile or make eye contact
• They aren’t friendly to you most of the times.

Helping children identify the differences between friendly and unfriendly behaviour is the first step in providing them with the skills needed to handle teasing and bullying. The next step is to give them strategies to handle both.
This snap shot on Bullying – No Way at Palmerston should be read with our Student Wellbeing Procedures which can be found on our website. If you have any questions, talk to your child’s teacher.

For most of weeks 9 and 10 of this term, I will be taking a leave. The Deputy Principal of Hawker Primary, Mark Deeker, will be in to assist at Palmerston. Please make him welcome. Our Deputy Sylvia Headon will still be here, as will all the executive if you need them. Mark is very excited about the opportunity to be part of the Palmerston community.

Have a great week!

Melissa Travers
Principal

Learning Journey & Science Fair – Friday 19 September from 8:30 to 10:30am

Please join us to celebrate the learning at Palmerston. Visit your child’s classroom and have them show you what they are most proud of.

ACT Science Fair
Students from Palmerston entered the ACT Science Fair with a variety of interesting investigations.

Jessica in kindergarten won a prize for her experiment with flowers. Jeremy in year four won a prize for his investigation into two birds’ nests he’d found. Laura in year four won a prize for her investigation into static electricity. Dylan in year three won a prize when he investigated how scientists know that galaxies expand and Lachlan in year two won a prize for investigating whether electricity flows through salt water. James in Kindergarten won a prize for his experiment to clean water and the students in the Learning Support Unit won a prize for keeping individual worm farms and recording the worms’ progress.

The students will be presented with their prizes on Friday evening at the CSIRO Discovery Centre. All the prize winning entries are currently on display at the Discovery Centre and you can see them at our own Science Fair at Palmerston next week.

Congratulations to all the participants.
Gifted and Talented Update

Testing 2015
From this week till the end of the term we will be testing nominated Kinder and Year 2-5 students. Nominated Year 1 students will be tested early next term. This year we are testing all parent and teacher nominations. Information regarding these was given on the 14 August at our gifted and talented information session, information was also placed in the newsletter and given at morning lines. This is the final call for any parent and teacher nominations for our program for 2015. If you would like to put in a nomination please contact the front office. Nominations are due 15 September.

Contacts
If you would like further information about our gifted and talented program please contact the following people:
First point of contact: Sylvia Headon – Acting Deputy Principal
Gifted and Talented Liaison Officer: Cheryl Cassella – CAP Teacher
Both Sylvia and Cheryl can be contacted through the front office.

Fresh Tastes Healthy School Nutrition Workshop

This workshop will cover a brief introduction of the Australian Guide to Healthy Eating, Traffic light criteria and what it means - green foods, amber food, red foods, selecting healthy recipes that meet green and amber criteria and healthy ingredient swaps.

The workshop on offer is called Fresh Tastes Healthy School Nutrition Workshop.

Date: Thursday 18 September 2014
Time: 4:30-6pm
Where: School Library

We hope you can attend!

The Palmerston District Primary School’s Fresh Tastes coordinators are the Healthy Child Committee.

Active Kids Challenge at Palmerston
This week our focus is ‘Explore, Discover and Play’ through games.

Have a chat to your child and learn what active challenge they are doing this week at school!
Healthy Child Committee
Defence News

Being part of a Defence Family is a unique experience. Many times I have heard the words “It’s hard but you get used to it”, I have said this myself. DHA’s new book by Rex D. Dog is a great way to talk about the importance of families sticking together and how being part of the Defence family is important too. I would like to share a poem I first read in Darwin, that I have displayed in my office, no matter what I school I work at, to remind me about military life. The author is unknown. I hope you enjoy it.

Regards,
Marina Pilicic
DSTA.

I Wear No Uniforms

I wear no uniforms, no blues or army greens
But I am in the Military, in the ranks rarely seen
I have no rank upon my shoulders - salutes I do not give
But the military world is the place where I live
I'm not in the chain of command, orders I do not get
But my husband is the one who does, this I cannot forget
I'm not the one who fires the weapon, who puts my life on the line
But my job is just as tough. I'm the one that's left behind
My husband is a patriot, a brave and prideful man
And the call to serve his country not all can understand
Behind the lines I see the things needed to keep this country free
My husband makes the sacrifice, but so do our kids and me
I love the man I married, Soldiering is his life
But I stand among the silent ranks known as the Military Wife.

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Preschool news

Welcome to Week 8!
One of the principles of Palmerston District Preschool is to work in partnerships with families. We welcome every opportunity to have families engage in activities with the children. I observed fabulous examples of parents, staff and students working together collaboratively last Tuesday and Friday and I would like to say thank you to all the families who were able to join us on these days to participate in
maths activities and fruit break. Some families even enjoyed the BBQ on the primary site on the Friday as well.

We welcome Kirsty Ross to the preschool. You may have seen Kirsty around this year during drop off and pick up times. Throughout the remainder of the year Kirsty will be completing her work experience placement with us.

Parents and community members play an important role in their children's education and strong and effective communication between parents and schools enriches the learning experience. To assist you with this process, I have listed below the avenues for communication that are in place at Palmerston District Preschool:

1. Contact the educators: 62058361
2. Contact the deputy/executive: 62057241
3. Contact the principal: 62057241
4. Concerns, suggestions or complaints:
   - Education and training directorate
   - Community Liaison Section
   - Phone: 02) 62055429
   - Email: DET.CommunityLiaison@act.gov.au

As we have been preparing for our National Quality Standard assessment we have been engaging in visits and other forms of communication with representatives from the Children’s Policy and Regulation Unit (CPRU) I have included information below about their role:

The CPRU- a section of the Education and Training Directorate-comprises a group of highly qualified, skilled and experienced early childhood professionals who support our preschools in the implementation of the National Quality Framework and, supports our preschools to deliver high quality services to children.

The role of the CPRU includes:

- Providing information about education and care in the ACT to families, services and the community;
- Issuing approvals for providers, services, waivers, certified supervisors and licenses;
- Monitoring compliance with the Children and Young People Act 2008 and the Education and Care Services National Law (ACT) Act 2011
- Quality assessment and rating of education and care services in accordance with the National Quality Framework; and
- Investigating complaints relating to compliance with the relevant education and care law.

Phone number 6207114
GPO Box 158, Canberra ACT 2601
Level 7, 11 Moore Street Canberra City ACT 2600
www.det.act.gov.au

Have a great week,
Kate Flynn
Front Office Update

Family Receipts
To bring our receipting process in line with the Directorate, we will be changing our receipting practice at Palmerston. Starting in term 4 we will no longer be providing individual family receipts for amounts under $10. As part of the transition to this process we will be providing hand written receipts if you require a receipt. Please provide your written request for a receipt to the front office including student name, activity and the amount.

Email addresses
To increase Front Office efficiency, we are changing the way our email list for Newsletters is generated. We are in the process of updating email addresses in the student database so that this one list can be used for multiple purposes. Please make sure we have the email address that is best for you to receive school communication. The new list will be generated from MAZE, the student and finance software used by ACT Public Schools. This will mean less time is needed to update information as it will be kept in one central location and will follow the student through their ACT Public School life.

We ask that you notify the front office if you change your email information so we can best communicate with you.

Shortly we will run a test on the new system. Please let us know if you do not hear from us or if you need to change your email details.

Community News

Questacon Technology Learning Centre
Choose from two different workshop formats where they can invent, design, create and have fun! Half-day and full-day workshops run from 30 September to 10 October
Contact 1800 889 995 or via the website.

parentline

Being a parent is the hardest job we’ll ever have. All parents at some time experience difficulties and stress.

Parentline ACT is a confidential, anonymous telephone counselling and information service. Phone Parentline if you would you like:
  • To talk with someone about those parenting issues.
  • Help with some ideas on raising children.
  • Support in the important job you are doing.
  • To know what is available for parents, teenagers and children.
  • To build better relationships in your family.
  • Help to understand your child or teenager’s behaviour.

Monday to Friday (except on public holidays), 9am to 5pm.
Phone: 6287 3833
Lifeline Book Fair
Our full range of books, comics, games, puzzles, textbooks, vinyls, CDs, DVDs & more. With prices starting at just 50 cents, there's something for everyone! We’re also excited to offer free face painting for the kids Saturday from 10am - 1pm.

Friday, 19 September 9am - 6pm
Saturday, 20 September 9am - 5pm
Sunday, 21 September 10am - 4pm
Budawang Building - Exhibition Park in Canberra Flemington Road, Mitchell
Free parking. Entry by gold coin donation. All proceeds go to Lifeline Canberra.


Parent Effectiveness Training (P.E.T)
Supported by Parentline ACT

Communication skills for peaceful parenting and resilient children (without the use of punishment or reward). Helps develop emotional intelligence, and grow confident, considerate children. Powerful, proven and practical. Yell less, enjoy your children more. Build relationships that last a lifetime. The course consists of three-hour sessions, once per week, for eight weeks. Booking is essential. $290 pp for the course (investment includes a workbook and textbook).

Course begins: Monday 20th October, 2014; Time: 6.30 pm to 9.45 pm; Place: Weston, ACT.

Enjoy P.E.T. with Larissa, Canberra’s most experienced P.E.T. instructor.
0413 451 607 www.parentskills.com.au info@parentskills.com.au

Gungahlin Little Athletics

Come and join in the fun at Gungahlin Little Athletics Centre. Fun and friendly athletics in a safe and enjoyable environment. There’s something for everyone: running, jumping, throws, hurdles, walks.

Who: 4½ to 17 years; for the 2014/15 season we welcome athletes born between 1 Oct 1997 and 31 March 2010

Registration Details:
Registration and Come & Try days will be held at Amaroo Oval on Saturday 4 and Saturday 11 October 10.00am - 12.00pm. On-line registration is available through our website - www.gunlac.org.au (registration tab). Bring a copy of your on-line payment receipt along to a Registration / Come & Try Day to collect your registration pack.

For more information please go to our website at www.gunlac.org.au, visit our Facebook page, call 0420 325 505 or email president@gunlac.org.au

Gungahlin Community Craft Fair - Supporting children and youth through Chaplaincy
Saturday 20 September, 10am - 4pm
Where: Salvation Army Hall 30 The Valley Way, Gungahlin
Visit us at www.facebook.com/GungahlinCommunityCraftFair
or email craft fair co-ordinators Deb Horscroft and Robyn Fisher
at gungahlincraftfair1@gmail.com

**Touch Football**
Summer has never been more fun and healthier for girls and boys with the upcoming Junior Summer Competition. Running over nine thrilling weeks, starting the week of Monday, 13 October.

Children can begin playing competitive touch football from Kindergarten through to year 10.

*Touch Football ACT Junior Competition*
*Leave weekends Free!*
*Starts October, 2014*
*Register: acttouch.com.au*
*Contact: Mark Moro*
*Phone: 6212 2880*
*Email: mark.moro@acttouch.com.au*

**SOFTBALL ACT ARE INVITING YOU TO THE REGISTRATION / COME & TRY DAY ON THE 14TH SEPTEMBER 2014 FROM 1pm – 4pm NORTHSIDE MORNING COMPETITION**
*Where: Hawker International Diamonds*
*When: Saturday mornings*
*Starting 11th October to 13th December 2014*
*Starting 31st January to 15th March 2015*
*Time: Game times are 9am & 10.30am*

Please contact Softball ACT if you would like further information or help forming a school team.
*Phone: 6278 3000 Email: softballact@bigpond.com Web: www.act.softball.org.au*