Welcome back to term 4. I hope you all had a lovely two week break with your family. The weather is definitely spring weather with rain, variable temperatures and blossoms flying through the sky. It was great to walk around the school this week and see all the students eager to get back into school work and enjoying being back at school. I would like to welcome Kara Brailey and Hoda Brejak to our teaching community this term. Kara will be working on 4/5 CC and in Kindergarten and Hoda will be working in year 3 /4 as Ms Duggan has commenced maternity leave. We also welcome Rachel Northey to 1 /2 BR as Ms Reeve has commenced maternity leave.

Communication
Staffing for next year is being organised and it is time to inform the school if you know you will be moving away from the area and school in 2017. This information assists us in making classes for the following year. Students will soon be given a slip of paper to nominate at least 5 friends who they would be happy to be with in their next year level. We have transition visits also for Preschool and Kindergarten for 2017 coming up. Remember to keep reading the newsletter and viewing our Facebook page and website: change and transitions can at times, upset children. We have placed a Kid Matter reading on change into this week’s newsletter.

New Palmerston APP
This term we will be trialling an app to assist us in increasing communication with families, with absences available from Monday. At this stage it only works on smart phones during the trial. In the app store, please go to: Palmerston District Primary School. Remember notes go to the youngest in the family- check their bags for information or the website regularly.

Visitors
This week we had the Deputy Director General, Meredith Whitton visit Palmerston to see our outstanding programs.
She was very impressed with how settled, welcoming and well behaved our children were. Next week we will have a delegation from East China Normal University and the University of Canberra visiting us. They are interested in how our school operates, our programs and meeting students and staff. They will also be talking to staff and observing lessons. Next week also sees members of Deakin University visiting our administration area and discussing Governance with our Business Manager, myself and a Business Manager from a neighbouring school. All this is part of our commitment to being up to date with current practice and having high expectations across the school.

**Market Day**
The senior students raise money for their graduation celebrations each year. They are running a market day on Friday next week. Further information will be in the newsletter.

_Jon}_

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**FRIENDSHIP REQUEST FOR 2017**

During term 4 all children will be invited to list 5 students with whom they would like to be placed in 2017. The school endeavours to place each child with at least one of the listed students. As there are over 450 students (K-6), we seek your understanding, that it is a difficult and complex process. Parent requests about child placements should be in writing, addressed to the principal and left at the front office throughout weeks 1-4.

All our teachers have passed the ‘wonderful’ test, so no teachers request required.

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**P&C NEWS**

**School Banking**: Continuing every Wednesday. There are 2 new prizes available this term. They include the ‘Bush Fly’ and the ‘Wriggly glow worm’.

**Book Club**: Issue 7 should be out shortly. Christmas is coming so stock up on the stocking fillers!

**School Disco**: The P & C are organizing another Disco for Friday 21 October (Week2). The theme will be “Springtime” and we would love as many people to come along as possible. A note will be coming home today.

A reminder that if your child in Preschool to Year 2 is attending the junior disco then a parent or guardian (over 18yrs) **MUST STAY IN THE HALL WITH THE CHILD**. For those children attending the senior disco then a signed permission slip must be presented upon entering the hall.

As always we need volunteers for the canteen, selling glow sticks, at the entry doors, security and general clean up after the event. If you can help then please let me know.

Thanks,
Edwina
0422 006 142
Congratulations to all School Banking participants who have qualified for the Term 3 Prize Lights and Grand Prize competitions by displaying consistent savings behaviour. Will your child be the one to meet Robert and Bindi Irwin on a VIP visit to Australia Zoo? The Grand Prize winner will be posted at commbank.com.au/schoolbanking on 17 October. The Prize Lights winners will be posted on commbank.com.au/prizelights from 19 October.

Remember, there are more rewards before our Outback adventure is over. School Banking is releasing two Term 4 reward items that are sure to keep students saving. After completing 10 deposits, your child can redeem a Bush Fly Fan or a Wriggly Glow Worm.

Add to your child’s financial literacy
While School Banking aims to make money skills more fun and engaging for your child, you can further fuel that interest at home. For example, have you explained the difference between needs and wants? A simple way to demonstrate this is to get them to help write your shopping list, placing the “needs” and the “wants” into separate columns. Then let your child find each item at the shops and tick it off their list, to reinforce the idea.

That’s one of many educational tips you’ll find in three new videos we’ve added to The Beanstalk. These short videos cover easy ways to help teach smart money management to your kids. To watch them, and to discover other insightful articles and activities, go to commbank.com.au/beanstalk

Activity: Outback Checklist
As the Dollamites prepare for their trip home through the Outback, they need to buy supplies for the road. Can your child help them work out what will be essential and what are treats they can do without? All they have to do is organise these items into “needs” and “wants”. Then add up the price tags of the wants to figure out how much the Dollamites would save by only buying the needs.
Together, we learn from each other

Palmerston District Primary School

Twilight Fair
Stalls - Rides - Multicultural Food

Saturday 19th November 3.30-7.30pm

We hope you can all join us at the school for the Twilight Fair- there will be great rides, food and entertainment as well as a variety of stalls.

We welcome all community members who would like to be involved in the fete, who have any questions or who may like to put up their hand to help out to contact us on: palmpano@hotmail.com

Trash and Treasure
Help us in making our Trash & Treasure sale a success! Now is the time to clean out the spare room, the house and garage.

Donations are required for the Trash and Treasure stall at the twilight fair. Do you have any items you no longer want or may have never used lying around at home that you no longer need? Let us help you have a spring clean. Collection boxes are in the front office foyer near the boomerang box!

Examples include: Books, CDs, Toys, DVDS, Household goods
Examples of what not to bring: Clothing and goods not fit for sale

If you are interested in helping out or have any questions please contact the stall Coordinator – Tara McGowan at taralmcgowan@gmail.com or on 0421 686 400.
Cake and Sweet stall

IT’S BACK! The Twilight Fair will again have a cake stall.

We are looking to our families to help make this stall a success, by donating some delicious homemade goodies.

In week 4, Term 4 each student will take home a paper plate, in which we kindly ask that you fill with homemade cakes or sweets. Spare plates will be available at the front office if required. The filled plates can then be returned to school from Friday 18 November, right up until the Fair on Saturday afternoon.

Here are some ideas: cupcakes, whole cakes, chocolate crackles, honey joys, biscuits, toffee, fudge, popcorn, brownies, cake pops, and jelly cups.

We are also seeking your help to set-up, run and pack-up the cake stall. If you are available to help, please contact the stall Coordinator – Emma Davidson at davidson.emma@hotmail.com or on 0409077125.

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Stall holder applications now open!

Are you interested in having a stall at the Palmerston District Primary School Twilight Fair?

We welcome all community members who would like to operate a stall at our fete, if you are interested contact the stall holder Coordinator, Mandy Scanes at palmpanc@hotmail.com or on 0411 032 860.

Stalls could include craft, jewelry and Tupperware. All welcome!!!!
Twilight Fair

Plant Stall

Now is the time for you to:

- Propagate or divide any plants
- Plant some seeds in pots
- Go through your plant collection and donate

We need donations of:

- Plants in any condition – we’ll rejuvenate them for you
- Potting mix
- Garden ornaments
- Seedlings – any sort
- Pots

Bring donations to morning lines or drop off in the courtyard next to the staffroom.

Stall contact: Karon Campbell

karon.campbell@ed.act.edu.au
Palmerston District Primary School

A Professional Family Portrait P&C Fundraiser Day

Please join us for a professionally posed Family Portrait shoot of your family to raise funds for the P&C.

When

Saturday the 22nd of October
Book a session from 9:30am

Where

Kosciuszko Ave, Palmerston ACT 2913

What You Receive for $20

![Family Portrait]

- Plus get the chance to purchase extra poses, a variety of sizes, black and white prints and the digital copies to use on canvases, and gifts.

To Book

Please contact the P&C Fundraising Officer, Tara McGowan – taramcgowan@gmail.com to reserve your photography session before they're all booked out.

Please pay your $20.00 to Tara McGowan prior to the shoot.

4 Simple Rules

- Minimum of two generations in the Family Portrait
- No person may appear in two separate fundraising Family Portraits (exception of separated couples)
- An adult family member appearing in the fundraising Family Portrait must be present to collect & view their family portraits (or able to make alternative arrangements)
- Families must sit for a minimum of three separate poses on the day.
SCHOOL INTENTIONS 2017

School Leavers 2017
We have now reached the time in the year when we begin to look at our school numbers and staffing arrangements for 2017. If your circumstances have changed and your child/ren will not be attending Palmerston District Primary School in 2017 can you please let the front office staff know as soon as possible.

My child/ren will not be returning to Palmerston in 2017.

Child’s name: ___________________________  Child’s class: __________

Child’s name: ___________________________  Child’s class: __________

Child’s name: ___________________________  Child’s class: __________

Child’s name: ___________________________  Child’s class: __________

My child/ren will be attending:

_________ Another government school in the ACT

_________ A non-government school in the ACT

_________ Moving out of the ACT
HIRERS

Tennis Canberra is launching after school and weekend tennis lessons for primary school students at 5 local tennis clubs. With the best coaching team in the Territory plus great schools partners that we work with to promote the sport we invite all students to join us outside school hours and learn a sport they can play for life. Mention you are from Palmerston Primary & receive a 20% discount.

Term 4 Coaching Days & Venues
Monday: Old Parliament House Gardens, Parkes
Tuesday: Turner Tennis Club
Wednesday: Reid Tennis Club
Thursday: Barton Tennis Club
Saturday: Majura Tennis Club, Dickson

Email: play@tenniscanberra.com.au
Phone: 0423 366 014

SYDNEY ACADEMY OF CHESS

Level 1 30A George St, Burwood 2134
Office: (02) 9745 1170

CHESS!!

Learn to be a chess champion! Coaching for students at Palmerston District Primary School is held on Tuesday, 11 October 2016 from 8:30am to 9:00am.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, whilst also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.
Together, we learn from each other

Judo - Jujitsu - Karate

Peter Morton Academy of Judo Jujitsu Karate Inc.

First lesson free

The Academy
- Founded 1962 in Queanbeyan
- Non-profit organisation
- Emphasis on Self Defence
- Improve your physical fitness
- Develop your self-control
- Judo, Jujitsu-Kempo, Boxing

Location
Palmerston Primary School
Kosciuszko Avenue
Palmerston ACT

Class Details
Tuesdays, 6:30-8:00pm
$85 per 10 week school term
Suitable for students 7yo+

More Information
www.facebook.com/PMAJKPalmerston
www.petermortonjujitsu.org.au
palmerston@petermortonjujitsu.org.au
Phone 0455 036 159
The Broulee Surf Club Nippers Are coming to the ACT!

Broulee Surf Life Saving Club is bringing Nippers to Lake Burley Griffin for Canberra kids aged 7-11 to teach vital surf safety and lifesaving skills. The season kicks off in October through to March each year.

For more information on registering your family or becoming a volunteer, please email canberranippers@gmail.com

Girl Guides Meet in GUNGAHLIN

If you are a girl between the age of 5 and 14 and you are looking for an after school activity where you can meet new people around your age and have fun, then Girl Guides might be for you!

Activities can include; craft, sewing, cooking, sports, outdoors, camping, hiking, bike riding...

5-10 YEARS OLD
Gungahlin Superb Wren Junior Guides
Tuesdays 5:30pm-7pm at the Forde Community Centre, Zakharov Ave, Forde

Gungahlin Starlight Junior Guides
Thursdays 5:30pm-7pm at the Forde Community Centre, Zakharov Ave, Forde

10-14 YEARS OLD
2nd Nggunnawal Guides
Mondays 6pm-8pm at the Gungahlin Uniting Church, The Valley Ave, Gungahlin

For more Information or if you would like to try Guides, please contact:
Amanda Wright
Gungahlin District Manager
0409 520 224 or gungahlinnguides@gmail.com


Together, we learn from each other
As part of the 2016 International Festival of Landscape Architecture – Not In My Backyard:

**KIDSCAPE** is an exciting free event for KIDS! Full of diverse, fun, creative activities ranging from parkour workshops, a mountain biking skills track, enchanting story-telling, nature play, with mud and sand, sticks and stones, hay bales, shipping ropes, cardboard, urban farming, drawing, writing and much more!

WHERE? Haig Park, intersection of Girrahween and Lonsdale Street

WHEN? October 29
10 AM - 4 PM

Make sure you register at [www.aila.org.au/kidscape](http://www.aila.org.au/kidscape) if you are interested in attending one of the activities!

#kidscape
How children manage change differently

We each have different temperaments, social and emotional skills and life experiences. These differences all influence our reaction to change or transition, and will mean that no two children will respond in the same way to a change or transition. The same child at different times may also respond in different ways.

Change opens the door to many different possible emotions, from fear and sadness to excitement and anticipation. A child’s ability to understand what they are feeling, name their feelings and express them constructively will play a large role in how they cope with change. These are skills which develop with age, exposure to different situations, guidance from adults and practice. For example, children with early-developing social and emotional skills may only be able to recognise one emotion within themselves at a time, whereas children with more developed skills might recognise that they can feel both sad and excited at the same time.

Age and stage of development plays a direct role in the level of emotional skills a child has to manage change. With age and opportunities to experience children’s responses to change will become more adaptive and sophisticated. However, social and emotional skills not only develop with age but also with teaching and opportunities to practice skills when responding to difficulties. Children will model their reactions to change on their family’s responses, and their level of self-awareness and insight will also be a result of how their family has helped them make sense of their emotions. Thus, families play an important role in teaching children effective coping strategies for change. Age-appropriate responses can be modelled and taught by adults and then internalised by children, giving them a framework for managing change effectively in the future.

How children respond to change is also influenced by their temperament. Temperament encompasses a child’s personality, likes and dislikes and how they respond to different situations. A child who is shy and afraid of new situations will obviously respond very differently to a child who is outgoing and enjoys new experiences. This will then influence how families need to help children to manage change.

Commonly, children will be worried about at least some elements of a change. However, expression of that worry might be different in different children. Some children might express their worry by becoming withdrawn and quiet. Others might become angry more easily than normal, or start to misbehave. It’s important to understand that there’s no one ‘right’ way to express worry in times of change. A quiet child might look like they are coping on the surface, but a few gentle enquiries might find a torrent of emotion underneath. A child who gets angry about something unrelated to the change might need some help to identify what’s really worrying them.

Over time children’s responses to managing change will vary as their social and emotional competence develops. As children grow, their level of awareness and insight of situations develops and they move from concrete thinking patterns to more abstract reasoning. This may mean their responses to change will become more intense as their knowledge and awareness of situations becomes more in-depth.

Families can support children in how they cope with change, laying the foundation for the development of effective coping strategies in managing change in the future. Read more about how to empower children to manage change and transition.