Term 1 Week 8  27 March 2014
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www.palmdps.act.edu.au

Board Chair:  Traci-Ann Byrnes  P&C President:  George Villaflor
Principal:  Melissa Travers  Deputy Principal:  Tania Collis
Executive Teachers:  Kate Flynn, Sylvia Headon and Kirrally Talbot
Preschool to Year 6

Next P&C Meeting Monday 31 March at 7pm

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Assembly Dates – Friday at 11.30am
- 28 March – Whole school assembly
- 11 April – Whole school assembly

1 April  | - North Gungahlin Swimming
4 April  | - Cross Country Carnival

Dear parents and carers,

Communities support children. Being an active community member assists your own wellbeing. For a child, seeing you support your school community means so much to them. The feeling of being able to give a small amount of your time is so important to so many others. Together we make the Palmerston School community.

Over the last few weeks, I have seen so many Palmerston family members give their time so generously to the school. Thank you so much. I cannot name you all, but you may have:

- Read with a child
- Attended a parent home reading session
- Joined the P&C or School Board
- Turned a sausage at the Car Boot sale or handed over that sausage sandwich
- Processed bank books
- Collected book club
- Baked a cake/slice
- Held a stall at the Car Boot Sale
- Bought vegies from our garden/ watered a garden/fed a chook
- Attended a concert/assembly
• Drove your child or another person’s child to an interschool sport/event
• Bought a raffle ticket/ran a raffle
• Being videoed for our presentations
• Brought in news to share with a class
• And so much more

Car Boot Sale
A very big thank you to the Palmerston School community. We had an outstanding Saturday morning at the Annual Car Boot Sale. The P&C once again ran a fantastic community event. Thanks to all the stall holders and to Muddle Puddle. The children are still talking about the fun they had on Saturday.

Walk and Ride to School Day
Each year Palmerston holds the walk and ride to school day. We had a great morning of excitement. I have included a photo of our bike rack. It was so nice to see the bikes and scooters everywhere. The picture reminded me of when I used to ride my bike to school each day. I would encourage more of you to consider your children ride or walk to school more often and not to take the car if possible. The exercise and fun will be remembered by your children for years to come.

The bike racks were full on Walk and Ride to school day!

Camps
School camps are a great opportunity to develop class and year level team spirit. At Palmerston we focus on outdoor physical education camps. The camp sites we choose are sport and recreation camps and have trained sport and recreation teachers working alongside our class teachers. This year the year 5/6 children attended a three day camp near Wagga Wagga. It is known as one of the best local camps. The children had a fantastic time in the outdoors and had new experiences like canoeing, BMX bike riding, games, sleeping in cabins, taking turns and more. The children learn how to get along in new teams and how to support each other. Camps are about building resilience. This can be a new experience for many and may be challenging for them. That is why we have expert teachers there to support this new learning. Staff find that after a school camp, the children are closer as a team and are more tolerant of each other and value their differences more. I hope to see more students attend camp each year. Our year 3/4 students will have a day camp at Birrigai this year. A big thank you goes to the teachers who attended camp. They give up their time and volunteer for this. They are not paid to attend the additional hours that camp involves. Please give a thought to the teachers who left their families so they could care for yours and support this new learning. A great time was had by all at camp.
Car Parking
Driving to school to drop off your children is a necessary part of many people’s lives. Please ensure you use the car parking bays, as it is illegal to park your car on the median strip and the parking inspectors do drop by without notice. The important message of parking in the bays is that the children of Palmerston learn how to cross the road safely and that they will not be attempting to see around illegally parked cars. This could lead to an accident. Please remember, we have a Kiss and Drop zone at the front of the school. One last reminder, please do not leave children in cars unsupervised. It may be an easy option to leave a sleeping child in a car seat while you walk in to pick up a school aged child, but it is not safe. Thanks for your consideration with this.

Canteen
Stay tuned for upcoming events for our canteen. The P&C are in the process of revamping ordering and the menu. Thanks to the parents who are volunteering their time so that the children of Palmerston have a canteen. The Canteen committee are running an Easter egg raffle over the next few weeks. Look out for the flyer. Please consider donating an Easter egg or two and drop them in the coloured box in the front office. Raffle tickets are being sold for $1 for three or 50 Cents each. The tickets will be on sale at the front office and during school time, a few SRC members will be available to sell tickets. Money goes to purchasing supplies for the canteen. We are looking into holding a Palmerston Trivia night in Term 2.

Mother’s Day Event
Friday of week 2 (9 May) will see a Mother’s Day event at Palmerston. Keep the morning free, and a flyer will be out soon.

Have a great week, I will be on Long Service Leave from 4 April and back next term.

Melissa Travers
Principal

Preschool news:
What a busy term it has been. We are really impressed with the children. They have settled well into preschool life and have positively embraced all the fun and learning that has been on offer. There are many responsibilities at Palmerston Preschool such as independently managing possessions, taking turns, sharing with classmates, recycling, independently washing and drying hands and completing allocated tasks. The children are to be congratulated on their efforts in this area. They have illustrated to us how well they have managed their areas of responsibilities.

We would like to thank you all for supporting the following fund raising projects: the bulb drive (a special thanks to Jenni Palombi for organising this), our Easter raffle and the hand print artwork that was for sale at the Car Boot Sale. You can still purchase the artwork for a gold coin donation. If this is the
case, please see your child’s teacher. We would also like to acknowledge McDonalds Childrenswear and Aquatots for their generous donations to our raffle.

With the funds we have raised our first priority is to purchase some plants to enhance our outdoor area. We look forward to establishing these plants with the children in the upcoming weeks.

In order to ensure we continually deliver best practice and a quality program to the children we have been proactively seeking and attending professional development and mentoring sessions. This term all staff will receive training in Mandatory Reporting processes, we have received training in diabetes education, Emma and Kate have attended a professional development session around Indigenous Education, Leanne, Kim and Emma attended a network sharing session which aligned with elements of the National Quality Framework (NQF) with a particular focus on our preschool philosophy and we all visited the staff of Gold Creek World of Learning. The Director of Gold Creek World of Learning, Jo Cosentini is a highly experienced early childhood educator who has been acting as a critical friend to Palmerston Preschool as we approach our NQS assessment period. All of the sessions we have attended have been invaluable.

We are really looking forward to our Healthy Breakfast in week 10. The children have worked hard and created a great list of healthy items for the breakfast. Families are very welcome to join us for breakfast on the day and don’t forget to wear your pyjamas!

Thank you to you and your children for a wonderful term,

Margaret, Bec, Leanne, Kim, Emma and Kate.

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**News from Year 5/6**

The year 5/6’s had an adventurous time at camp. Their time away inspired these descriptive sentences:

As the brave year 5/6’s sacrificed their lives climbing the challenging rocky wall, we all tried and it inspired us to take a risk. Kunrot

As I fell into the billabong the shoes from the Shoeper Market struggled to stay on my feet, then, before I knew it my kayak turned over and I was shoeless, my poor feet . . . Jada

The delicious delightful food, filled with a scent of sunshine was devoured. Jada
My arms burned with agony as I struggled to propel the long, heavy kayak along the muddy billabong. Don

The amazing smelling food suddenly disappeared down someone’s mouth. Don

As I reached the top of the multi-coloured rock wall I was filled with excitement as I had conquered my intense fear of heights on rock walls. Sophie

Paddle in, paddle out, was the motion of the kayak paddle as I travelled across the billabong. Sophie

Adrenaline gripped me by the neck and I steadily grabbed the edge of the tall rock-climbing wall as I rejoiced I had made it. Pranti

As I entered the kayaks, I found my thirst for adventure had been quenched. Pranati

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**NAPLAN – Information Session**

An information session about NAPLAN will be held on Monday 31 March at 6.30pm. This information session will explain what assessments your child will take part in, what the school does to support your child and ideas you can use at home. Following the information session the P&C meeting will take place.
Defence News
The Veterans and Veterans Families Counselling Service (VVCS) can provide a variety of counselling services to Defence members and their families. They can provide a range of individual, couple and family counselling, run group programmes dealing with relationships and have an afterhours telephone crisis line. VVCS can also refer members and their families to other appropriate services, provide information on a variety of topics such as mental wellbeing and have many self-help resources such as can be found at www.at-ease.dva.gov.au. If anyone would like to contact VVCS, the number to call is 1800 011 046; this connects to the nearest VVCS centre during business hours of the crisis line afterhours. Further information can be obtained at www.dva.gov.au/health/vvcs.

Regards,
Marina Pilicic
DSTA

News from the Gardens - Friday Morning Market is back on!
Friday Morning Market is located on the black top outside the administration building from 8:50am until 9:10am. This week they will be selling cucumbers for $1, green beans for $2 a bag and tomatoes.

We are in need of some more 1 litre plastic soft drink bottles for our green house. Please take your donations to Ms. Levinson in the Science room.

School Calendar
In response to feedback from our school community a copy of the Term 1 Calendar has been placed in the notes section of the school website. Please keep in mind that this calendar is a snap-shot in time and is not updated during the term. You will need to write additional dates or amendments on your own copy. It can be found at: http://www.palmdps.act.edu.au/our_school/notes
Gifted and talented students in ACT public schools – information session for families and the community Tuesday 8 April 2014

Families and members of the community are invited to attend an information session focusing on how ACT public schools and families can work in partnership to support gifted and talented students in ACT public schools.

This information session will take place at 5:30–6:30pm on Tuesday 8 April at the Hedley Beare Centre for Teaching and Learning, Fremantle Drive, Stirling ACT.

Registration for this session is not required and tea, coffee, water and juice will be provided beforehand. Principals are required to ensure that appropriate strategies and provisions are made for all gifted and talented students enrolled at their school.

Principal and staff will work with families, students and community members to support the process of identifying and meeting the needs of all gifted and talented students at their school. Schools will be active in engaging families and the community throughout this process.

P&C News

Upcoming events:
P&C chat-about (coffee and chat) – 9:15 to 10:30am on Friday 28 March library resource room
P&C Meeting Mon 31 March at 7pm (week 9)

Introducing Edwina Samuelson – Vice President, Palmerston P&C Association
Hi, my name is Edwina Samuelson and this year I have taken on the role of Vice President of the P & C. I have 2 boys attending Palmerston Primary, Ethan in Year 3 and Aidan in Year 1.

We have lived in Canberra for nearly 4 years and my husband and I own 2 Subway stores located in Northern Canberra and we are currently working on opening another store shortly.

I have become increasingly involved with the P & C over the last 2 years as I enjoy spending time with my kids in their school environment, getting to know their teachers and raising money to help purchase items needed to aid in the development of all of our children.

I believe Palmerston Primary is a great school for our children and for our community. This year I would like to encourage many more parents to join in with some of the activities we have planned.

Regards,
Edwina Samuelson
Vice President Palmerston P&C
Community News

Colour in to win a $200 Chilada Voucher
Collect your colour-in sheet from Chilada or download it from www.majuraparkshopping.com.au

New class starting @ Palmerston Primary School
Thursday 27 March 7.30pm-8.30pm
This is a first for Canberra and the only place that you can be part of this exciting new program. Please call Shirley for more information 0417282173
Email: funkshirlnal@gmail.com

Gungahlin Enclosed Oval Open Day
Saturday 29 of March 2014 10am till 4pm
Crinigan Circle, Gungahlin
The Open Day will provide the Gungahlin community with the opportunity to experience one of the ACT Government’s newest sporting facilities in a fun filled day of activity. A variety of sporting codes will be on hand showcasing both the facility and their sports during the day, including Capital Football, AFL NSW/ACT, ACT and Southern NSW Rugby Union and Canberra Region Rugby League. There will be KidsZone, Gecko Gang will be running a free jumping castle, face painting and balloon modelling. The official opening of the facility will be at 1pm on the main oval, members of the public are encouraged to view the official opening from the grandstand.
For further information http://www.economicdevelopment.act.gov.au/sport_and_recreation

Kidsoccer Holiday Clinics and winter programs
Registrations are now open for Kidsoccer’s April holiday programs. We run skills based, age appropriate programs for 3 to 12 year olds. For more information available at www.kidsfc.com.au

Fun, Fitness, Friends
Looking for a winter sport - come and play rugby union where you can learn new skills, make new friends and have lots of fun! We have teams for age groups 5 -18 years and provide a supportive environment for all abilities. For more information please email juniors@eaglesrugby.com.au or visit our website at www.eaglesrugby.com.au

2014 Sports Expo
Calling all children aged 5 – 15 years old!
Come & enjoy a 3 day sports expo. You will get the chance to learn, enjoy and play a variety of sports, including Hockey, Touch Football, Volleyball, Cricket and Netball all in one place.
Date: 14 -16 April 9:00am- 3:00pm (All 3 days)
Venue: National Hockey Centre, 196 Mouat Street Lyneham
cost: $55 per day

see attached flyer and to register please go to http://www.hockeyact.org.au/Development/Clinics

Model Train Expo
Saturday 29 March 9am – 5pm
Sunday 30 March 9am – 4pm
University of Canberra High School, Kaleen
Admission: Adults $10, Children/Seniors $5, Family ticket $20.

Connect and Participate Expo – Saturday 29 March 11am to 4pm
Looking for something to do with the kids on the weekend? Come along to the CONNECT AND PARTICIPATE EXPO! Saturday 29 March, 11am – 4pm at the Old Bus Depot Markets in Kingston. There will be free entry, live performances, come and try activities, food stalls, kids entertainment, free transport, prizes and much more! There’s something for everyone . . . even busy parents!
Please visit the website at www.connectandparticipateexpo.com.au
Child Dental Benefit Schedule
As of 1 January 2014, ACT Health will be participating in the Child Dental Benefits Schedule. This program is an Australian Government health initiative that provides access to benefits for basic dental services to children including dental check-ups, x-rays, cleaning, fissure sealing, fillings and extractions. The total benefit entitlement will be capped at $1,000 per child over a two calendar year period. It will replace the existing Medicare Teen Dental Plan (MTDP). You may receive some information about this program in the post.

Who is eligible?
A child is eligible if he or she is eligible for medicare and is either part of a family receiving Family Tax Benefit Part A or one of the following Australian Government payments:
- Youth Allowance
- ABSTUDY
- Disability Support Pension
- Parenting Payment
- Special Benefit
- Carer Payment
- Double Orphan Pension
- Veteran’s Children Education Scheme, if the child is 16 or over
- Military Rehabilitation and Compensation Act Education and Training Scheme, if the child is 16 or over

You can confirm your child’s eligibility and balance amount by accessing your Medicare online account at my.gov.au or calling the Medicare general enquiries line on 132 011.

Please note that to access this program through ACT Health, your child must also meet the Dental Health Program eligibility criteria. Please refer to attached brochure.

What to do if your family is eligible?
When you attend an ACT Health community dental clinic, let the receptionist and dental therapist know that you are eligible for the Child Dental Benefits Schedule. At the time of the appointment, the dental therapist will discuss your child’s treatment and how the program works. After this has been discussed, you will need to sign a consent form. When the dental therapist has provided the services agreed for your child, she will ask you to sign a form so that the treatment can be bulk billed to Medicare. www.health.act.gov.au | Enquiries: Canberra 13ACT1 or 132281

Positive Partnerships
The Positive Partnerships initiatives have been developed and delivered by Partnerships between Education and the Autism Community (PEAC) and funded by the Australian Government Department of Education, through the Helping Children with Autism package. This workshop is the first of two workshops being held in the ACT this year. The second workshop is planned to be on the Southside around September 2014.

Parents/carers that participate in the workshops and information sessions will gain:
- a greater understanding of the impact of autism on your child, both at school and at home
- knowledge about how to develop effective parent, school and teacher partnerships
- specific strategies on how to:
  - advocate for your child
  - support your child’s participation at school
  - develop an awareness of ongoing learning needs
- information about your local school system’s processes
- opportunities to network and share strategies with other parents/carers and key community members
- opportunities for discussion around a range of topics relevant to students with ASD and their families

Some key community representatives that support families living with autism will be identified and invited to participate in the workshop with a view to supporting a community focus beyond the workshop.

Where: Raiders Belconnen, Hardwick Crescent, Holt, ACT 2615
When: One day workshop – Wednesday 2 April 2014 9.00 am - 4.30 pm (Registration from 8.15am)
Online registrations preferred: please go to the website www.positivepartnerships.com.au.
**Triple P Parenting Program**

Triple P is evidence based family support strategy designed to help parents and carers improve their parenting skills and build positive relationships with their children. The program aims to give parents and carers the skills to:

- Build positive relationships with their children
- Praise and encourage behaviour they like
- Teach children new skills
- Set rules and give instructions their children will follow
- Respond to misbehaviour immediately, consistently and decisively
- Use discipline strategies that work
- Learn to take care of themselves as parents

Topics will include:

- Positive Parenting
- Promoting Children’s Development
- Managing Misbehaviour
- Planning ahead
- Phone session: Implementing routines
- Final session review

Parenting is one of those skills that we all learn the hard way - by doing and trying different things to see what works and what doesn’t. It is one of the few things in life that there is not training for before we embark on the parenting journey. If we are lucky we might have a family member or a friend who can give us some sound guidance.

I would like to invite parents, grandparents or carers to join up for this very worthwhile program. The program will be run at Palmerston District Primary School over a **7 week period beginning Wednesday 7 May 2014 from 1pm to 3pm**. It will be run by Anna Stanhope from Gungahlin Child and Family Centre and Judy Marriott, School Psychologist at Palmerston and Maribyrnong Schools.

The program is designed to give all of us skills in the areas listed above and can take up to 10 participants so numbers are limited.

Please fill out the response slip below if you are interested and you will be contacted by the Child and Family Centre over the next school holiday period.

I look forward to hearing from you.

Judy Marriott
62067241, 62055933

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**Triple P Parenting Program starting 7 May 2014 from 1pm to 3pm**

Parent/Carer Name: ________________________________ Contact Phone: ________________________________

Child/ren’s Name: ________________________________ Class: ________________________________