

ASSEMBLY:

14 June Whole school - 5/6CW &
5/6KB

21 June Junior - KGM, KMC & KGS

28 June Senior - 3AP & 3AJ

DATES TO REMEMBER:

14 June Year 3/4 Birrigai Camp

14 June Whole School Assembly

17 June Preschool Photos
(beginning)

20 June Whole School Photos

21 June Year 3/4 Indonesian Arts
Workshop

24 June Hatching Chicks (Preschool)
26 &

27 June Kindergarten Health Checks

NOTES:

School Photos - Sibling photo and
spare envelopes are
available in the front
office

Year 2 Theatre Excursion Revolting
Rhymes

DEPUTY PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Tomorrow is an exciting day for the IEC and year 3/4 team; they are heading to Birrigai for the day to engage in an 'Early Settlers Simulation', a campfire damper bake and an indigenous walk around Tidbinbilla. We look forward to hearing all about their learning once they are back at school.

Teachers have been working extremely hard on writing mid-year reports. We are trialling a new reporting format, which will be rolled out across all ACT schools. Reports will be emailed to families at the end of week 9. If you don't have access to email, please contact the front office to organise a printed copy for you. We thank Matt Gowen for his hard work in getting the online reporting system up and running and for his leadership in this area. If you have any questions, please don't hesitate to contact us. Parent teacher interviews will be held in week 10. Please look out for more information about how to book in with your child's teacher in the next week or so.

You will notice some exciting new signs around our school. The posters feature 'Palmy' our Positive Behaviours for Learning (PBL) mascot. These posters focus on the behaviours students will need to display in certain areas of the school so they are being safe, respectful and a learner. We have also installed a screen outside the library which will give live updates on PBL, focusing on student achievements and information on how students can display safe, respectful, learner behaviours to optimise their time at school. Stop by and have a look next time you are in the school.

A reminder that next week is school photo week. Please ensure your child is in full school uniform for photos. Photo notes have gone out to families and are due back on photo day. Preschool photos will be on Monday 17 June and Thursday 20 June, and K-6 photos will be taken on Thursday 20 June. Get those haircuts and smiles ready!

We hope you have a wonderful week in your households.

Kylie Moller and Hailey Simms

P&C BOARD NEWS

P&C: 24 June 2019

All P&C activities, meeting agendas and minutes are available from the school website at - [Parent Corner](#)

School Board: 24 June 2019

PALMERSTON PRIDE AWARDS



Congratulations to the following students who received a PRIDE Award at assembly on 24 May 2019.

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

Naeva - 2MO Alina - KGS Rishva - 2MO Hannah - KGS
Blossom - 2RC Joanna - 1DE

RESPECT – having respect for self, others and their property

Adam - 2RC Tristram - 2MO Seanna - 2RC Hannah - 1DE

INTEGRITY – being honest, fair, responsible and loyal

Naeva - 2MO

DETERMINATION - being persistent and resilient

Milla - KKA Manav - KGS Olivia - 2RC

EMPATHY - understanding and supporting others regardless of our differences

Toby - KGS

PBL



PBL at Palmerston



Our whole school focus, for recognising positive behaviours outside the classroom, for

weeks 7 and 8 (term 2) are....

- We put our rubbish in the bin
- We care for our belongings and keep them tidy

DEFENCE NEWS

Defence Community Organisation – Events



Pot Luck Lunch – Canberra

Wednesday 26th June 12-3pm

Gungaharra Homestead

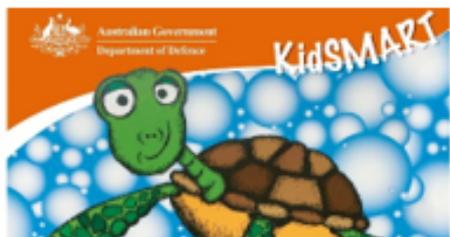
Mapleton Ave Harrison

FREE Event – This event is only for Australian Defence Force members and their families.

ADF partners and families are invited to join us for a Pot Luck Lunch and recipe swap. Let's help one another survive the Canberra winter with some good 'ole fashioned' home style cooking. Please bring along your favourite winter dish to share and attach a copy of the recipe. Come and relax with other ADF families and our local DCO team, sharing and enjoying a variety of winter favourites.

Please note: There needs to be a recipe attached to your dish to share, in case of food intolerances, and there is only one oven and microwave at venue, so it's preferred if dishes are pre-heated.

Further booking information can be found at [Defence Community Organisation Facebook Page](#).



DCO KidSMART Program

Commences Thursday 8th August, 3:30 – 5:00pm

Defence Community Organisation

Ground Floor, 8 Thesiger Crt, Deakin

Details: This event is only for the children of Australian Defence Force members.

The KidSMART program is designed to help primary school aged children manage issues arising from parent deployment and absence from home. It helps children to learn how to manage change, stay connected with friends, meet new people, and coping strategies when they are feeling stressed or anxious and handling different situations.

DCO is offering a four-week program for children aged from 7-10, running on consecutive Thursdays during August for one and a half hours each week (8,15,22,29 August).

Children will be provided with afternoon tea upon arrival. Parents do not need to stay for the sessions, but if you would like to remain close by the Mint Café is located across from DCO and is open until 5pm, also Deakin shops are nearby.

When registering, ensure your contact details are accurate. You will receive a booking confirmation via email, and you will be contacted to provide further registration details before the start of the program.

Please head to the Defence Community Organisation Facebook Page for booking information or alternatively contact Defence Family Helpline on 1800 624 608. I can also assist you with further information if you require assistance with bookings at kristy.retzlaff@ed.act.edu.au

DEFENCE NEWS

Duntroon Community Centre – Upcoming Events

For further details please see Duntroon Community Centre Facebook page for booking information.



POSTINGS

As posting orders arrive please keep me updated with your families plans for relocation or absences e.g. deployment or courses. So, I can best support your child/ren at school. Please contact kristy.retzlaff@ed.act.edu.au or Ph: 6142 1440.

Thank-you,

Kristy Retzlaff

Defence School Mentor

UPCOMING EVENTS

Year 3/4 Day Camp

Date: Friday 14 June 2019

Location: Birrigai

Preschool (beginning) - School Photos

Date: Monday 17 June 2019

Location: PDPS

Whole School Photos (including end of week Preschool)

Date: Thursday 20 June 2019

Location: PDPS

Preschool Hatching Chicks Program

Date: Monday 24 June 2019

Location: Palmerston Preschool

Kindergarten Health Checks

Date: Wednesday 26 June & Thursday 27 June 2019

Location: PDPS

Year 2 Theatre Excursion

Date: Thursday 4 July 2019

Location: Canberra Theatre

Protect yourself and your family from the flu

Getting vaccinated is the best way to prevent your family getting the flu this winter. The flu vaccine can save a child's life.

The vaccine is safe, and everyone 6 months of age and over, including pregnant women and young children, should get the vaccination.

Children are more likely to contract the flu, spread it around, and are at a higher risk of serious complications if they get sick. The flu is highly contagious and is spread easily through childcare centres and schools.

The flu vaccine is free in the ACT for:

- children aged 6 months to under 5 years
- pregnant women
- people 65 years of age and older
- all Aboriginal and Torres Strait Islander people aged 6 months and older, and
- people aged 6 months and older with some medical conditions such as severe asthma, heart or lung disease, diabetes or weakened immune systems.

Where to get your flu vaccination

Everyone can get a flu vaccine from their GP or immunisation provider.

People over 16 years of age can also get a vaccine at some pharmacies.

ACT Government Early Childhood Immunisation Clinics provide a free flu vaccination for children aged 6 months to under 5 years. To book an appointment, call Community Health Intake on 02 5124 9977.

Learn more about influenza and where to get your vaccination at health.act.gov.au/flu



P&C NEWS

Bolognaise Pasta Lunch Order – Friday 5th July

Dear parents/carers,

The P&C will be running a pre-ordered **Bolognaise Pasta Lunch order** as a fundraiser.

The cost will be \$5 for a serve of Bolognaise & Pasta and a fruit box drink.

If you would like to order a lunch pack, please return the attached order form and money to the [Boomerang Box](#) in the front foyer between now and **FRIDAY 28th June 2019**.

Please fill in 1 order form PER child.

Thank you in advance for supporting this P&C initiative. If you have any questions, please contact Helen Ritchie on 0406 378 294 or email helen@ritchiecreative.net

INGREDIENTS

BOLOGNAISE: Beef Mince, onion, garlic, dried basil, tinned chopped tomatoes, grated carrot, grated zucchini. (Sauce will be blended smooth)

VEGAN: TVP (Soy based meat replacement) OPTIONAL, onion, garlic, dried basil, tinned chopped tomatoes, grated carrot, grated zucchini. (Sauce will be blended smooth)

GLUTEN FREE Pasta available on both.

✂.....

Childs Name:.....Class:.....

Order	Price	Tick	Drink (No Added Sugar)	Sauce Choice	Gluten Free
A - Pasta + Drink	\$5	<input type="checkbox"/>	<input type="checkbox"/> <i>Apple + Blackcurrant</i> <input type="checkbox"/> <i>Tropical</i> <input type="checkbox"/> <i>Orange</i> <input type="checkbox"/> <i>Water</i>	<input type="checkbox"/> <i>Beef</i> <input type="checkbox"/> <i>Vegan with TVP</i> <input type="checkbox"/> <i>Vegan</i>	<input type="checkbox"/>
B – Pasta Only	\$4	<input type="checkbox"/>		<input type="checkbox"/> <i>Beef</i> <input type="checkbox"/> <i>Vegan with TVP</i> <input type="checkbox"/> <i>Vegan</i>	<input type="checkbox"/>
C - Extra Pasta (A or B must be ordered)	\$3	<input type="checkbox"/>		<input type="checkbox"/> <i>Beef</i> <input type="checkbox"/> <i>Vegan with TVP</i> <input type="checkbox"/> <i>Vegan</i>	<input type="checkbox"/>
D - Drink Only	\$2	<input type="checkbox"/>	<input type="checkbox"/> <i>Apple + Blackcurrant</i> <input type="checkbox"/> <i>Tropical</i> <input type="checkbox"/> <i>Orange</i> <input type="checkbox"/> <i>Water</i>		
TOTAL ENCLOSED	\$				

P&C NEWS

Bolognese Pasta Lunch Order Fundraiser

Friday 5th July

HELPERS NEEDED

Dear parents/carers,

- Are you an expert at boiling pasta?
- Love washing dishes?
- Enjoy the satisfaction of getting kids to eat their vegies by hiding them?
- Enjoy a laugh and a chat with other Mums and Dads?

The P&C will be running a pre-ordered **Bolognese Pasta Lunch** as a fundraiser on Friday 5th July.

For this to be a successful event, we would like to ask for some volunteers to help Helen Ritchie (P &C Fundraising Coordinator) with the preparations, cooking and serving of the lunch orders. Any time you can spare between 9:30am and 2pm would be greatly appreciated.

Many hands make light work, and we would love any help you can offer.

If you can help in any way, could you please contact Helen on helen@ritchiecreative.net or fill in the form below and return to the Boomerang Box in the front foyer.

✂.....

Name:.....

Phone Number:.....|

PLEASE CIRCLE YOUR PREFERED TIME

Friday	9:30-11:00	11:00-1:00	1pm-2:30
	*Cooking *Preparation	* Preparation *Serving	*Serving *Clean Up

Thank you in advance for your help and support.



With winter upon us, it's important to remember that Canberra has lots of health options that don't involve a trip to a hospital emergency department. Many of these are free and available after hours.

Walk-in Centres provide free, one-off treatment of minor injury and illness, including colds and flu. They're a great choice for children over 2 years of age – children under 2 should see their GP.

Walk-in Centres are open from 7.30am to 10pm, every day of the year. They are staffed by highly skilled nurses who can provide you with a sick certificate and in some cases, medication, saving you time and money.

The service is free and no appointments are necessary.

Walk-in Centres are located in Tuggeranong, Belconnen and Gungahlin.

To find out more about getting the right health care for your symptoms, visit

www.act.gov.au/yourhealthoptions



SENSE RUGBY

Does your child need help to be part of a team or a group?

Sense Rugby is a rugby based Occupational Therapy program and we are teaming up with Just Right Therapy Services, Craig Robberds Coaching and Wests Rugby to launch in Canberra.

We are also generously supported by University of Canberra Faculty of Occupational Therapy.

We use modified rugby drills to help kids:

- Process sensory information
- Focus on activities
- Work on their coordination
- Manage their emotions
- Have fun with other kids!

Come and try it at our launch day! Not only will it be free and fun, it will also be run by Australian Rugby Sevens Olympian – Jesse Parahi.

When: Sunday, 23 June 2019

Time: 10.30am – 3.30 pm

Where: Weetangera Oval on Southwell St, Weetangera



Sign up on our website at

www.senserugby.com.au/sign-up-for-free-launch-dates-here/
or contact us on Hello@senserugby.com.au

Our Founders

Jesse Parahi

Jesse has been a regular fixture in the Rugby Sevens World Series for the past 6 years. He won a bronze medal at the Glasgow Commonwealth Games in 2014, participated in the Sevens Rugby World Cup in Moscow and was awarded the 2012 RUPA Rugby sevens excellence award. In 2015, he helped the team qualify for the Olympics in Rio and became an Australian Olympian in 2016.



Carlien Parahi

Carlien is an experienced Paediatric Occupational Therapist who spends her days helping children and their families to get to the bottom of learning, developmental and social-emotional delays. She has significant experience in helping parents to understand more about and help children to overcome or improve Sensory Processing Disorders/difficulties, delays in gross motor or fine motor skill development, Autism Spectrum Disorders, Social-emotional difficulties, ADHD and many more. Carlien has a special interest in sport and its therapeutic use. Her empathetic nature and knowledge in child development has helped hundreds of children become more successful at their daily activities.

GET IN TOUCH

WWW.SENSERUGBY.COM.AU
HELLO@SENSERUGBY.COM.AU
PH: 0421 229 069

FACEBOOK: SENSERUGBY
INSTAGRAM: @SENSERUGBY

Communities@Work

SCHOOL HOLIDAY PROGRAM
8-19 JULY

Holiday fun starts here!



PALMERSTON

For more information visit commsatwork.org/enrol

Phone **1300 212 273** or email enrolments@commsatwork.org

Please bring: Morning tea, lunch, hat, and a drink bottle

*Limited places available, book early to reserve

Monday 8 July

Mini Cities

Today we're staying at service and using all sorts of materials to create our own mini city. We might use recyclables, the natural environment, or craft materials. If you think of a way to make a city, we'll try it.

In-Service

Monday 15 July

The King & Queen of Green

We're treated to a show from Eaton Gorge Theatre Company about the Rubbish Realm. The show deals with environmental issues including pollution, packaging, and landfill and how we can reduce our negative impact on our environment.

12:00pm-1:00pm Incursion

Tuesday 9 July

Movie: Toy Story 4

Today going to see Toy Story 4! Woody, Buzz and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. We'll join them as their adventure turns into an unexpected reunion.

9:00am-12:30pm Excursion

Tuesday 16 July

Movie: The Secret Life of Pets 2

Today we head to Hoyts to see The Secret Life of Pets 2. We join Max and Duke as they encounter canine-intolerant cows, hostile foxes, and a terrifying turkey, all while Max learns how to deal with his anxiety.

9:00am-12:30pm Excursion

Wednesday 10 July

Insane Impro

Children will be mesmerised by this special workshop. Self-expression, public speaking, lateral thinking and cooperation are all taught through wild and wacky activities. Test the boundaries of your imagination with us today!

1:30pm-3:30pm Incursion

Wednesday 17 July

Into the Wild

Today we turn our service into the great outdoors. We will create makeshift tents and eat camping foods as we imagine our way into the wild! If the weather is nice we can do an outdoor scavenger hunt as well.

In-Service

Thursday 11 July

Ice Skating

Ice Skating is a staple activity for our Winter School Holiday Program so today that's exactly where we're heading. Bring your beanie and mittens because it's going to be awfully cold on the ice!

9:00am-12:30pm Excursion

Thursday 18 July

Connect to My Country

Today we celebrate our connection to country through embracing our Aboriginal past and present. Children will develop their understanding of bush survival, bush tucker, dance, and art through our presenters and throughout the day.

1:30pm-3:30pm Incursion

Friday 12 July

Kids Love to Cook

Last time we invited KLTC to our service we had such a fantastic time that we've invited them again. This time we will be preparing a completely different meal that we can eat for afternoon tea.

1:30pm-3:30pm Incursion

Friday 19 July

Inflatable World

Get ready to bounce, jump, and slide as we visit inflatable world in Kambah today! There are obstacle courses, battle arenas, and slides galore but remember; no socks, no play so bring your socks to avoid disappointment!

9:00am-12:30pm Excursion

Taekwondo Kids Classes

Palmerston District Primary School- Hall

Thursday Nights (incl holidays)

5 to 8 years – 6.30pm to 7.15

9 years plus – 6.30pm to 8pm

Special Offer for Palmerston Students:

4 weeks of unlimited classes (includes other branches)

plus FREE uniform (you keep even if you don't continue)

Only \$19 (normally \$49)



Contact Information:

Hwaju Daniel Perez

7th degree International Instructor

Hwarang Taekwon-do Canberra

0478214445

enquiries@taekwondo-canberra.com.au

<https://taekwondo-canberra.com.au>

<https://www.facebook.com/taekwondocanberra/>

Talon Karate Do

SOJUKAN KARATE

Learn from the Champion

Instructor: **Sensei Suresh Guna** Black Belt 4th Dan (Yondan).

- Increased fitness
- Increased strength
- Increased flexibility
- Better focus
- Reduced stress & Tension
- Improved self confidence
- Learn practical self defence

Beginners classes starts on 8th May 2019

Every Wednesdays 6:15 PM to 7:15 PM

At: Palmerston Primary School Hall. Contact: 0468 932 422



Community News



ParentLink

ParentLink provides parenting education to the community, from birth to teenage years. It is available for parents, carers, kin, teachers, and the broader community, providing information and links to local resources and services.

The ParentLink website provides links to all ParentLink guides including a variety of topics - *Starting School, More than Reading and Writing, Optimism and Cyber Safety*.

The ParentLink suite of resources includes guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the website at,

<https://www.parentlink.act.gov.au/>

PARKING AROUND SCHOOLS

As we drive and park our cars around schools we all need to ensure the safety of school students is our priority. Parking illegally and unsafely across pedestrian crossings, corners and verges puts children at risk. We all need to help keep our children safe. Here is a short video demonstration: <https://youtu.be/AsIMVXpA9Zc>

Access Canberra inspectors will be patrolling our school zones to help us ensure drivers do the right thing.

