



# Palmerston Post

Issue 5 - Term 4

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



# Principal's Message

Merry Christmas to all of our students, families and friends!

What an incredible three terms I have had since re-joining this amazing community. I would like to thank you all for the warm embrace I have felt and would like to thank you for raising such beautiful children who walk into our school every day, ready for action, ready to learn and ready to have fun.

I have experienced so many 'first's and felt very proud of students who, on a daily basis: try hard to be good friends, to work hard, to learn new things, to smile and display beautiful manners, to laugh and make dynamic friendships and also to just be nice human beings. Some of my very favourite memories, since arriving has been: listening to our pre-schoolers say their Acknowledgement of Country, the ANZAC Day ceremony (which had me in tears), a chat with a beautiful group of Yr 5 and 6 girls on my first day, watching eager athletes at our Athletics Carnival, hearing melodic sounds across the blacktop from Mr Shaw's percussion classes, being part of the Wednesday drumming club, talking to students about their learning, meeting parents, learning to 'floss' at the disco, cooking and serving sausages early with the Voting Booth with our P&C, the joy on faces with the Market Day, being 'goosebumpy' watching the seniors lead with peer tutoring, wandering around the classes, learning names and taking many photos to showcase on Facebook, what amazing learning goes on inside our school. Book Week dress up day, being amazed by teachers who can write original songs of such excellence, celebrating with Ms Samnakay on Public Education Excellence Awards night and being astounded at the turn up for Learning Journeys --- are more favourite memories of my first year at Palmerston.

To our teachers, thank you for the effort and passion you bring to our school. You are the driving force of what we do. I appreciate your intellect and heart that I see on display every single day. The joy you personally derive from having the best job in the world makes my heart sing. Recently, seeing Mr Joy lead his dancing elves for the Mix 106.3 Christmas initiative to raise funds for Kids In Care – what a pumping morning we had in the foyer.

It has been a unique opportunity to be able to bring in a practically new executive team – and I would like to extend my thanks to Helen, Marijana, Felicity, Kristina and Greg for the way we are designing a new vision while at the same time giving 100% of ourselves to making sure the end of 2019 is the best we can offer. We welcome Mrs Nicole Taylor to the final membership for the Executive Team for 2020.

To our School Board and P&C, I offer my heartfelt thanks for the tireless work you do. Small but incredibly powerful teams – your sense of belonging is outstanding and I thank you again for the value you add to our learning environment. Thank you particularly to Lisa Fior for being a guide for me as I navigated my way across the last three terms. We hope to build the P&C in 2020, please consider joining us.

Sadly, at this time of year, we bid farewells to current staff as they venture into the next chapter of their careers. May I extend a very big thank you and good luck for your future to: Leanne Leake, Kate Ashcroft, Helen Duncan, Katherine Wilson, Kara Brailey ( just for one year), Vlado Susko, Sam Harris, Alice Ferrari, Albert Palazzo, Anna Newton-Walters, Catherine Griffin, Kristy Retzlaff and Justine Martin. Your new

schools are lucky to welcome you to their staff.

We farewell Haylee from the Front Office and welcome back Elise Davies into the Finance role.

Today, we met and welcomed new staff coming to Palmerston, and it is my hope that your child enjoyed the Step Up day with their new teacher in their new classroom. The intention was to have open and transparent communication between home and school, and to minimise or eliminate any anxious feelings across the long summer holiday.

At time of writing this, we are very close to securing a teacher from Victoria to join our team and another teacher. It is very typical at this time of year, for a staff to not be fully complete. Please do not be concerned. We will send emails and photos out to those classes, introducing their teacher so there will be a familiarity before school begins.

Thank you to those of you who have been tuning in nightly listening to my Christmas Countdown on our school Facebook page. Thank you for being a remarkable community and giving feedback. I will be continuing these nightly stories up till Christmas Eve.

So, Palmerston families, I wish for you a joyous Christmas. I wish you peace, laughter and happiness with your loved ones over the Christmas break. I hope there is lots of laughter in your home. My family are travelling from Walcha, NSW to join Darren, Sam, Molly, Jeb and I for Christmas, and I love how our home bursts with love as three generations spend valuable and treasured time together.

Here's to Christmas:

A time of remembering

A time of loving

A time of giving

A time of believing

A time of gratitude

A time to slow down

A time to simplify

A time of magic

A time of peace.

Looking forward to seeing you all in 2020,

***Kate Smith – luckiest Principal on the Planet.***



## Felt Like Helping

Dear families,

In 2018, I spent a month in Nepal, to meet the ladies of Samunaat, south eastern Nepal. These women were survivors of trafficking and were making jewellery to start a new life and it was incredibly moving to be a part of their jewellery making team for a month. During this time, I met and fell in love with their little children, and felt so moved by their passion for life – it spurred me to do something. I started a preschool. My commitment is to raise funds by buying the little felt egg warmers you can see below from another group of Nepalese ladies, and then 100% of the funds raised go directly into their bank account. We have been able to secure a few rooms in a building, paint it, carpet it, pay local tradesmen to build little beds and tables, buy kitchen utensils and heat it. I have a teacher, whom I am helping personally. And my heart feels full. Raising more money means we can stock it with resources, toys, equipment etc... and pay the teacher.

So, if by any chance you might like to purchase one, or two of these little guys, they are \$10 each...and can be bought from the front office. Cash is best, but I can provide bank details for direct debits. Maybe a stocking filler? There is a Santa and reindeer too...

I would also be incredibly grateful if any donation was given, as these beautiful little children deserve a future, and we can do something about it. Even \$2 makes a BIG difference to these little poppets.

My little name is FELT LIKE HELPING and my fund is called EDUKATE FUND.



# Felties





## Download the SkoolBag App

The SkoolBag app is the easiest way keep up with school events, last minute notices, newsletters and all school communications.

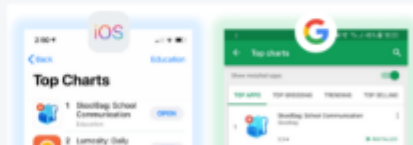
### 5 Easy Steps to Staying Informed SkoolBag

SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

#### 1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication





## 2. Create an Account

Follow the prompts to create your account in seconds.

## 3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



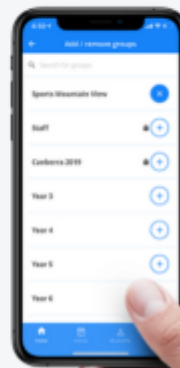
## 4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



## 5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.



**SkoolBag**





## 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

## Deputy Principal Message



# Absence Notifications

An important part of our transition into the new School Administration System (SAS) is sending SMS messages to inform of student absences. You will receive an SMS message to let you know your child has been recorded as absent on the morning of their absence. We will endeavour to send this by 9.30am every day. This will reassure you of your child's arrival at school and make it easier for you to keep your child's attendance record up-to-date when they are absent.

You simply reply via SMS, with your child's name and the reason for your child's absence and this will be saved directly to child's attendance records. If you do not reply, your child's absence will be recorded as "unexplained". For unexpected absences, responding to the SMS will streamline our processes. The preferred way of explaining your child's absence will be responding to the txt message. Please note the Skoolbag absence notification is no longer available for absence notifications.. **If your child arrives at school after 9.05am they must be signed in via the front office .**

*Some examples of Parent Replies:*

*(Student Name) is sick today, thanks (Parent Name)*

*(Student Name) (Roll Class) was late to school this morning because ....., thanks (Parent Name)*

*Hi (School Name). (Student Name) is at home sick today, thanks (Parent Name)*

*Both (Student Name) (Roll Class) and (Student Name) (Roll Class) will be absent from school (date) because ....., thanks (Parent Name).*

As always if you have any concerns please contact the Front Office on 61421440.

# 2020 Host Families Needed

In 2020 Palmerston will be hosting a volunteer Japanese Language Teacher's Assistant (JTA), Miss Asahi Sekimoto from Kagoshima University in southern Japan. During her stay she will be assisting in Japanese language classes 3-6, while also hoping to also improve her English skills. (Please see the reverse page for more information on her.)

JTAs are home stayed within the school community and pay a contribution towards food and board of \$180 a week to their host families. Assistants need their own rooms but can share the family bathroom.

This program is widely used in ACT schools (there have been over 90 assistants since 2004) and is of great benefit to both the Japanese program and to the families who become involved. We find that families really enjoy this experience as it allows them to expand their knowledge and understanding of Japan and its' people as well as contribute to the corporate life of the school. This is an ideal way to encourage your children to engage with Japanese language and culture and make lifelong friends.

We are therefore seeking expressions of interest from families who would be willing to host our JTA for a period of 6-10 weeks (eight weeks insideal) in Terms 2 – 4 of 2020.

f you are unable to host for a longer term but are interested in offering weekend stays, emergency back up or the occasional social activity please also return the form below.

If you are able to assist us or would like more information please either return the slip attached to the front office or email me at [Kristina.collins@ed.act.edu.au](mailto:Kristina.collins@ed.act.edu.au) and I'll get in touch. This program relies heavily on the support and hospitality of the school community and your generosity is much appreciated.

Kristina Collins

Executive Teacher & Japanese Language Teacher



# Japanese Language Teacher Assistant Host Family Slip

Asahi is 20 years old and is currently a student of the Faculty of Education. She plans to teach Maths in Junior High School eventually. She likes swimming and Volleyball. In College she tried drums, bungee jumping and boxing!

She doesn't like birds very much. She dislikes leeks and mushrooms, pickles and dried fruit but likes cheese, meat and dessert.

[Download](#)

I like to travel!!  
I went to many places so far.



I like swimming.  
Diving was a lot of fun.



I did a bungee jump.  
I was very scared.



I like driving a car.  
But I don't have a car.



I can wear  
a yukata alone.



I like to see flowers.  
I go to see the cosmos  
every year.



this year



last year.



I like to eat.

P & C/Board News





The P&C are fundraising with the Entertainment book. The Entertainment™ Book is a local restaurant and activity guide which provides hundreds of up to 50% off and 2-for-1 offers from the finest restaurants, cafes, attractions, activities, retailers and hotel accommodation. The Membership entitles buyers to exclusive offers that are virtually restriction-free, and is valid through to 1 June 2020!

The Entertainment™ Digital Membership (app) puts all of the value of the Entertainment™ Book into the customer's smartphone. With 'near me' technology and the ability to show and save using a phone, this is perfect for the person on-the-go, with no card or voucher to present.

You can purchase a book through the front office or download the app via this link

<https://www.entertainmentbook.com.au/orderbooks/2487s6>

## 2020 Board Vacancy

Next year we will have 1 parent vacancy on the School Board. Nominations will open on the 4 February 2020 and close on 18 February. Please keep these dates in mind if you are interested in applying for this position.

# Scholastic Book Club

The P & C will now only be accepting orders via the ONLINE ORDERING SYSTEM (LOOP) starting from this last catalogue and continuing on through next year.

**NO CASH ORDERS WILL BE ACCEPTED**

When you order and pay by **LOOP**, you do not need to fill in any order forms or return anything to school. Your order will be electronically linked to the rest of your schools order.

Visit **[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)** or download the app.

This will eliminate issues that include: incorrect money received, foreign money received & also no name or contact details being written on orders. By changing to online orders only, it will make the process much easier for the volunteers who offer their time to manage the large numbers of orders we receive for each catalogue.

Any cash orders received will be returned to the students.

We appreciate your assistance with these changes.

## P & C Parent Corner

All P & C activities, meeting agendas and minutes are available from the school website. Please click on the button above to take you there.



## Dates to Remember

|                                   |               |
|-----------------------------------|---------------|
| Aqua Safe Yr 2                    | 9-19 December |
| Year 6 Graduation                 | 18 December   |
| Term 4 Ends                       | 19 December   |
| Kindergarten/Pre-school Commences | 3 February    |
| All Students Commence             | 4 February    |



## Palmerston Pride

Congratulations to the following students who received an Award at our K - 5 awards assembly.

### Excellence (Academic Achievement)

*Heshvi - KMC Elaine - KKA Sebastian - 1HD Angira - 1AS Ellen - 2SH Maeve - 2AF*  
*Thomas - 3FT Emily - 3/4DJ Jasmine - 4VS Georgia - 3/4DJ Ava - 5/6CW Ryan -*  
*5/6JM Charlotte - 5/6CH Sophie - 4MG Masha - 4RE Siwoo - 3AP Jion - IEC Sophie*  
*- 4RE*

### Endeavour

*Hayley - KGM Manav - KGS Lilijana - 1DE Caitlyn - 1KW James - 2DZ Rishva - 2MO*  
*Ava - 3/4DJ Kobe - 3JL Jessica - 4MO Nur HUda - 3/4DJ Abigail - 5/6DT Sergei -*  
*5/6CW April - 4RE Charlotte - 5/6CH Rosie - 4RE Emily - 5/6CH Linda - IEC*

### Citizenship

*Amber - KFD Jedd - KGM Eloise - 1HD Biar - 1AS Monique - 2SH Stella - 2AF*  
*Calvin - 3JL Hannah - 3FT Reuben - 4VS Trinnity - 4RE Halamehi - 5/6JM Kay -*  
*5/6KB Ali Dad - IEC*

## Defence News



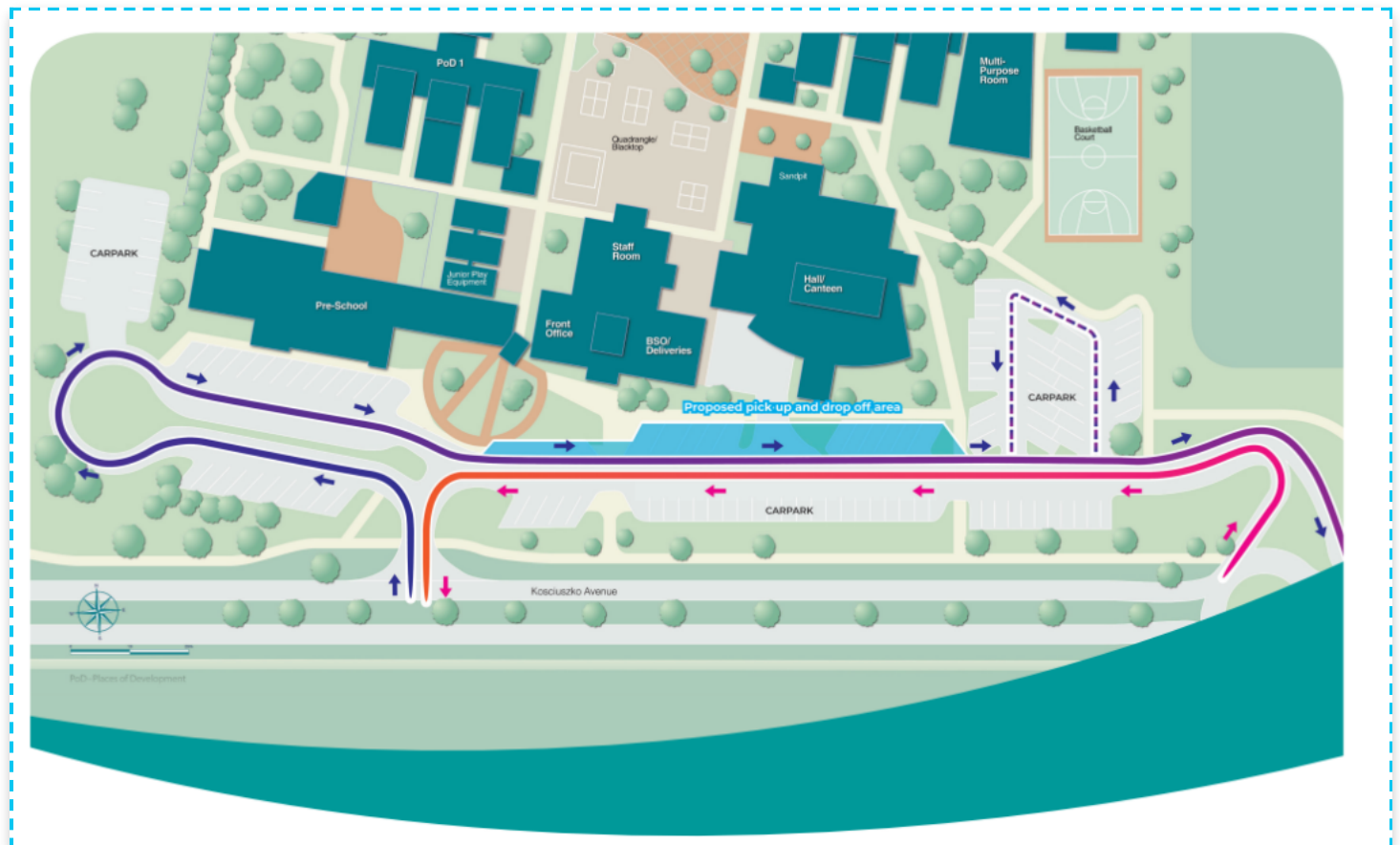
# Thank you!

A big thank you to Kristy Retzlaff for the support and kindness she has demonstrated towards all students at Palmerston District Primary School, particularly those from a Defence background. Kristy is a much loved staff member and has also been instrumental in helping shape the way our school commemorates ANZAC Day and Remembrance Day. We wish Kristy all the best in the future and welcome Kristle Cross as the new Defence School Mentor (DSM). Kristle will begin in February 2020.

## Postings

Postings – Are you posting this year or early next year? I would love to know where you are heading for 2019/2020 so I can support your child, if your family are moving into another locality or school. You can contact me via email [kristy.retzlaff@ed.act.edu.au](mailto:kristy.retzlaff@ed.act.edu.au) or 6142 1440.

## Parent/Carer Information



## New Car Park Directions

As you are aware we now have a new car park with some changes that we want to explain and ask for your compliance to ensure safety for all, by doing the following:

- If you are entering the car park nearest the preschool end, from Kosciuszko Ave, you **must** turn left

If you are entering the car park nearest the preschool end, from Kosciuszko Ave, you must turn left and drive down around the loop at the end of the car park, heading up towards the Administration building.

- We have a new elongated drop off zone along the school side of the car park. There is **NO** permanent stopping at all along the school side of the car park. The intention is to create a smooth flow of traffic in and out.
- There are now 14 additional car parks on the Kosciuszko Ave side of the car park.
- The two disabled car parks are located on the Kosciuszko Ave side of the car park.
- The four separate reserved car parks at the front of the school are for Principal, Deputy Principals and Executive Staff, please do not park in those car parks as these staff frequently leave the school for meetings etc and must be guaranteed a space.
- If you enter the car park via the eastern end near the Hall, you will notice the central island has been removed. Please either park in the designated parks, or keep driving through the car park to the preschool end.
- You may **NOT** park behind cars parked in designated bays or along the kerb of the middle island at the preschool end - Kosciuszko Ave side of the car park.

A member of staff will be on duty until 3.15pm every day to assure everyone is driving safely and following the new structure.

Thank you for your cooperation with this change.

## Community Connections



Available to all families in the ACT.

Offering a free and confidential counselling service.

Assisting & supporting parents with ideas about raising children.

The only telephone counselling service for parents and carers in the ACT.

**PARENTLINE**  
**6287 3833**  
**9AM - 5PM**

**FREE TELEPHONE COUNSELLING**



### Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- |                    |                      |
|--------------------|----------------------|
| laptops & tablets  | lessons & activities |
| uniforms & shoes   | books & supplies     |
| sports fees & gear | camps & excursions   |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



Contact your local Saver Plus Coordinator  
**Phone or SMS** your name and postcode to 1300 610 355  
**Email** [CanberraSP@thesmifamily.com.au](mailto:CanberraSP@thesmifamily.com.au)  
**Online** [saverplus.org.au](http://saverplus.org.au)  
Find us on Facebook



\*many Centrelink payments are eligible, please contact your local Coordinator for more information.  
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Brotherhood Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.saverplus.org.au](http://www.saverplus.org.au) for more information.

### Communities@Work

A new adventure every day!

**December 2019**  
**January 2020**  
7.30am - 6pm

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

*Holiday fun*  
at

### Communities@Work

A new adventure every day!

**January 2020**  
7.30am - 6pm

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

*Holiday fun*  
at  
**Palmerston**



## Palmerston

### Hooray for Holidays

Friday 20 December

Let's celebrate the start of the school holidays with a day of fun and relaxation. Come ready to participate in Christmas crafts, enjoy some outdoor water play, or make a suggestion. Today is all about you.

**In-Service**

### Special Delivery

Monday 6 January

Some new little pals will be delivered today in the form of chicken eggs. Today and over the next two weeks we will be learning about how to care for our new friends and doing lots of chicken activities.

**All day Inclusion**

### Big Splash

Tuesday 7 January

Our morning today will be filled with fun in the sun at Big Splash in Belconnen. Children can enjoy nine giant water slides and a water park to themselves! Back at service we'll continue summer fun crafts and games.

**08:45am-12:00pm Inclusion**

### Circus Show and Workshop

Wednesday 8 January

Adrian Dean visits today to present a show of danger, derision and delight and the trickier challenges nature, defies gravity, and teaches us some amazing circus skills that we can continue to work on for an afternoon of fun.

**10:00am-12:00pm Inclusion**

### Movies: Addams Family

Thursday 9 January

Do you think your family is weird? Wait until you meet the Addams family today at Hoyts! Once back at service we will continue our theme with spooky,ooky activities all day long.


**09:00am-12:30pm Inclusion**

### Out of this World

Friday 10 January

Explore the unknown depths of space as we learn about what is and what might be out there. Whether your interest lies in galaxies, aliens, or Star Wars, today we will have space exploration for you.

**In-Service**



## Rainbow Warriors

### Questacon

Monday 13 January

Learning science is always more fun when it's interactive so today we head to Questacon for a day packed with laughter and fun-filled learning. Play with light, experience an earthquake or drop from great heights: there's plenty to do!

**09:00am-12:30pm Inclusion**

### Hakuna Matata

Tuesday 14 January

Next Move Studio brings the Hakuna Matata workshop to us today. This Lion King themed song and dance event focuses on personal development in a fun, nurturing and creative environment.

**01:30pm-03:30pm Inclusion**

### Movies: The Queen's Corgi

Wednesday 15 January

Today we head to Hoyts to see the Queen's favourite corgi. Rex embraces new adventures when he gets lost in London. Once back at service we'll engage in fun cooking and craft activities learning about the places we've seen.

**09:00am-12:30pm Inclusion**

### Water and Wheels

Thursday 16 January

Today you're invited to bring your bicycles, scooters or other wheels to service as we get active outside. Don't worry about the heat as we will have plenty of water games going as well.

**In-Service**

### Farmer Dave

Friday 17 January

This spectacular show is filled with fun and cuteness as Farmer Dave and his furry friends teach children about acting safely around all kinds of dogs. These dogs are specially trained so even the most nervous of children love this activity.

**01:30pm-03:30pm Inclusion**

### Questacon

Monday 20 January

Today we participate in a mix of ninja warrior and colour run activities. This obstacle course setting will push our physical limits, encourage problem solving and promote teambuilding all under a rainbow cloud of colour.

**01:30pm-03:30pm Inclusion**

### Movies: Playmobil

Tuesday 21 January

A young woman travels to the animated world of Playmobil to find her missing younger brother, Charlie. In order to bring him back home, she must embark on a thrilling adventure. Today we're off to Hoyts to see it unfold.

**09:00am-12:30pm Inclusion**

### Big Splash

Wednesday 22 January

Our morning today will be filled with fun in the sun at Big Splash in Belconnen. Children can enjoy nine giant water slides and a water park to themselves! Back at service we'll continue summer fun crafts and games.

**08:45am-12:00pm Inclusion**

### Battle of the Bees

Thursday 23 January

The qualified horticulturalists at HortiKiddz are visiting for a hands-on gardening activity for all our little green thumbs. While we're at it we'll also learn why bees are so important and how worms improve our soil.

**01:30pm-03:30pm Inclusion**

### Marvellous Mysteries

Friday 24 January

Today we become amazing detectives as we work to solve the mysteries of the school holidays. You will need your wits to crack secret codes and solve puzzles to find the answers you seek.

**In-Service**

## Communities@work

A new adventure every day!

**January 2020**  
7:30am - 6pm  
Please bring:  
Morning tea, lunch,  
hat and a drink bottle

### Holiday fun at Palmerston

### Monday 27 January

**PUBLIC HOLIDAY**

### Movies: Spies in Disguise

Thursday 30 January

When a super spy and scientist accidentally turn the super spy into a super pigeon, they must work together to find out how to save the world in a different way.

**09:00am-12:30pm Inclusion**

### African Percussion

Tuesday 28 January

Today we will learn about the vibrancy, passion and energy of African music. Through hands-on activities we will understand how tone and rhythm can be used to celebrate, communicate, and reflect countless customs and beliefs across Africa.

**01:30pm-03:30pm Inclusion**

### Battle Games

Friday 31 January

Get out of the heat and into the mud as we head out to Battle Games this morning! Bring a change of clothes, a towel and your enthusiasm as children and educators enjoy a muddy obstacle course!

**09:00am-12:30pm Inclusion**

### Inflatable Fun

Wednesday 29 January

Last holidays we enjoyed jumping with our inflatable obstacle courses in our services. They were so popular we've decided to do them again... with water. Come enjoy our water fun day complete with jumping castles galore!

**10:00am-01:00pm Inclusion**

## WHICH STORE IS TAKING 20% OFF SCHOOL UNIFORMS?



## 20% OFF SCHOOL UNIFORMS IN DECEMBER

**Majura**  
Shop 19 Majura Park,  
Shopping Centre,  
Canberra Airport, 2601  
Tel: 02 6262 7887

**Gungahlin**  
Shop G2/48 Gungahlin Place,  
Corner of Anthony Rolfe Avenue,  
Gungahlin, ACT 2912  
Tel: 02 6242 4190

**Trading Hours:**  
Monday - Friday: 9 am - 5:30 pm  
Saturday: 9 am - 5 pm  
Sunday: 10 am - 4 pm  
Public holiday: 10 am - 4 pm

**Shop online:** [chilada.com.au](http://chilada.com.au) (discount code: chilada)  
**Instagram:** Chilada\_Canberra  
**Facebook:** Chilada Majura and Chilada Gungahlin

## Supporting your young person during the holidays

headspace School Support

**Holidays can take students away from friends and their usual school supports.**

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

**1. Encourage them to stay connected**

Social relationships are important to everyone's general wellbeing. It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships. If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

**2. Encourage them to stay involved**

Encourage involvement with volunteer work, hobbies, clubs or communities, or sports - these can help young people feel connected to their wider community. Participate with them when you can. Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

**3. Encourage physical activity**

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the best thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

**4. Encourage a regular routine**

Getting a good night's sleep helps young people to feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and undisturbed bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

**5. Encourage healthy eating habits**

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing. A good balanced diet with less junk food! lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

**6. Encourage play!**

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

## Supporting your young person during the holidays

headspace.org.au

headspace School Support

### Tips to help you support your young person

1. Recognise their distress or concerning behaviour
2. Ask them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
3. Acknowledge their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
4. Get appropriate support and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
5. Check in a short time afterwards to see how they are going

**Signs that may suggest that your young person is struggling**

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not engaging or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless)

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

**Support service options**

- **headspace** centres provide support, information and advice to young people aged 12 to 25 - [headspace.org.au](http://headspace.org.au)
- **headspace** provides online counselling and telephone support to young people aged 12 to 25 - [headspace.org.au](http://headspace.org.au) 1800 550 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 - [kidsline.org.au](http://kidsline.org.au) 1800 55 1800
- **LifeLine** is a 24-hour telephone counselling service - [lifeline.org.au](http://lifeline.org.au) 13 11 14
- **Parentline** 1300 301 300
- **ReachOut** for information about web-baring

For more information of suicide support and assistance visit [headspace.org.au/schoolsupport](http://headspace.org.au/schoolsupport)

Please refer to the **headspace** School Support Suicide Prevention Toolkit - A Guide for Secondary Schools for further guidance.



## Pop! Goes the Muso

Hi Palmerston

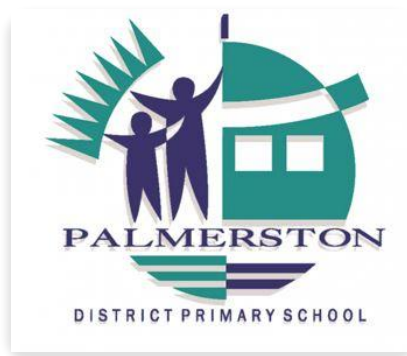
Mr E is organising a free pop-up concert for the community. It is called Pop! Goes the Muso. See below: Pop! Goes the Muso is a free family-friendly series of summer concerts by Yerrabi Pond presented by Gungahlin Arts. The series is run to create an opportunity for Gungahlin locals to connect with each other and enjoy some live local tunes and art projects. Discover local musicians and artists, join in crafting activities and share stories in a relaxed community atmosphere. Food and drinks will be available for purchase including ice creams and cool treats from Cool Penguin ice cream van and sizzling sausages from the Gungahlin Rotary Club. Participate in the pop-up printing station run by local artist Jo Hollier and play with colour, texture and pattern using her simple and exciting printmaking technique that will allow you to explore and satisfy your creative urges. Create one print to take home with you, and another to contribute to a community quilt! The Pop! Goes the Muso stage will be powered by the Communi-fi Sound Solar Sound Bike.

Where: Yerrabi Pond District Park, Gungahlin - entry via Wunderlich Street

When: December 8th Who: Featuring local musicians: Dylan Elks, Luella Adams and Dan Bennett, CJ Shaw and Evan Buckley (The Burley Griffin).

More information at: [www.belconnenartscentre.com.au/pop](http://www.belconnenartscentre.com.au/pop) Or search 'Pop! Goes the Muso' on Facebook.





# Palmerston District Primary School

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