



Palmerston District Primary School Newsletter Issue 15

<https://sway.office.com/RhOBlcPzP5Ah1G7d?ref=Link>

Principal



Welcome to term 4, warmer weather, sense of completion and achievement is what this term is all about.

Some important dates to remember were sent home last week in a calendar – please pop them into your schedule.

Visit from the Director General

Today, we were delighted to host the ACT Directorate of Education, General Director - Ms Katy Haire in her first visit at Palmerston DPS. Met by Palmy in the carpark, Ms Haire toured around our beautiful school led by Natalie and Zaim – two of our Yr 6 School Leaders. Visiting preschool, Kindergarten, Yr 2, Yr 4 and Yr 6 – Ms Haire had the opportunity to see several classrooms where we could showcase our school priorities of Writing/Spelling and Connectedness to Learning. Our Yr 6 Sustainability team finished off the visit with their year long sustainability project. It is always a lovely time to share the incredible learning that occurs at our school.

Classes 2023

We value parent input when creating classes for the next year. Within the next week you will receive a google form inviting you to share your thoughts for consideration for your child's class in 2023. There will be a fortnight turnaround for completion before we begin the task of creating classes for 2023. The Step Up morning will occur on Monday 12 December, where your child will meet their 2023 teacher in their 2023 classroom and spend some time getting to know each other and starting to form a connection. We do our very best to secure our new teachers to the school, but sometimes their current school cannot facilitate them leaving their current school for our Step Up day, we have plans in place should that occur – using our specialist staff and inbuilt relief PLUS a video of their

new teacher and an activity for them to undertake which will be then displayed in their new classroom.

P&C Trivia Night

Massive thanks to the P&C for organising a trivia Night on Friday 4th November, funds raised will help us add to the bucket to plan new play spaces across the school. We would dearly love to see tables of enthusiastic trivia buffs come along for a night of social fun and connections. traceystow@hotmail.com¹ if you have any questions

Colour Explosion Run

Ms Edwards has again arranged for this fun day to happen again on 8th November and 10th November – again, all monies raised will be directed towards our bucket of funds for improving play spaces. Information was recently shared with families about this event.

New classrooms

We are nudging nearer and nearer to the announcement that we will gain occupancy for our our eight new classrooms. As soon as we know, and weighing up the feasibility of weeks left in the term – we do intend to move the Japanese class and three Yr 4 classes out there, still just patiently waiting.

Have a lovely weekend,

Regards,

Kate Smith

Principal



¹<mailto:traceystow@hotmail.com>

Deputy Principal



Could it be term four already? Hasn't this year just flown by! Term four is most certainly a busy one. As I add whole school events, planning sessions, meetings and everything in between to my calendar there is not a lot of time to spare. Our students and staff are also working hard to complete units of work and assessments in preparation for reports, which will be sent home in week eight. With all of this going on, it is most important to ensure we are looking after ourselves and our little people. Engaging in things like mindful activities, a predictable sleep routine and regular exercise can benefit us all so much and can assist our students to be focused and motivated learners. To prepare for each day, one of the best things we can do, and give, to our little people is a healthy breakfast and a nutrition filled lunch box. Not always easy, I know. But, in saying that, research shows that there are specific foods that can improve brain function and concentration. Some food items to consider for lunchboxes this term include;

- Any kind of berry – think strawberries, blueberries and blackberries.
- Citrus fruits – just like berries, citrus fruits like oranges, can improve your ability to learn and enhance your memory
- Nuts – packed with nutrients essential for brain health
- Eggs – basically a multivitamin that can improve eye function and mental function
- Fish (e.g. tuna) – full of omega 3s which are essential for brain health

ACT Health has some great resources for healthy living, including a section about lunch boxes, which states (<https://www.health.act.gov.au/lunchboxes>) “Healthy food and drink choices in lunchboxes can fuel kids with the right energy so they can concentrate, learn and play at school.” They also provide a lunchbox shopping list (<https://www.health.act.gov.au/sites/default/files/2021-01/Grab%20n%20Go%20Shopping%20list%20221220.pdf>²). I have also included some more ideas from Nutrition Australia and Victoria Health <https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

I am looking forward to a productive and exciting term four! Welcome back!

Marijana Pasalic

Deputy Principal

²<https://www.health.act.gov.au/sites/default/files/2021-01/Grab n Go Shopping list 221220.pdf>

Kaveer - KR Gemma - KY

INTEGRITY

Blake - KY Samuel - 1O Scarlet - 1O

DETERMINATION

Sophia - 1B Lincoln - 1R Emre - 2G Hugo - 1R Harrison - 2I

EMPATHY

Rania - KY Mila - KY Olivia - 2I

Key Dates



28th Oct - **Pupil Free/Staff planning Day**

7th-11th Nov - **Preschool interview week**

School Run For Fun Colour Explosion

8th Nov - Kindy -Yr 2 & Beginning of week preschool

10th Nov - Yr 3-6 & End of week preschool

15th & 17th Nov - **Preschool Orientation**

25th Nov - **Market Day**

28th Nov - **Pupil Free/Staff Planning Day**

Library News

Library Dates to Remember

As we draw closer to the end of the year it is necessary to stop student borrowing and prepare for our annual stocktake. Please note the following dates:

Friday, 18th November - Last day of student borrowing

Friday, 25th November - All books to be returned to the library

Overdue Books

In coming days student overdue book notices will be handed out to students. Could you please work with your child/ren to locate overdue books and return them to the library?

If your child receives an overdue notice for a book you believe has been returned, please write a message stating it has been returned on the notice and return the notice to school. Library staff will then check the shelves in the library for the book.

The Library is now open Monday and Friday lunchtime for student to read and borrow.

Rebecca Cameron

Teacher-Librarian

Sports News

Rugby Fun!!!!

Get Into Rugby

Palmerston District Primary School are hosting a Rugby program with our local Rugby club, Gungahlin Eagles and Brumbies Canberra during term 3, after school for students keen to give Rugby a go. The program will run for 4 weeks, 1 day a week for one hour each session at no cost to participating families. We have 20 available positions for children in year 3 and 4. Term 4 will be for years K, 1, and 2. If you are interested, please email Natalie.edwards@ed.act.edu.au³ for more information.

School House T-shirts

School House T-shirts are now available through Even Playing Field. Please order through the website

<https://evenplayingfield.com.au/products/palmerston-district-primary-house-tshirts>⁴

³<mailto:Natalie.edwards@ed.act.edu.au>

⁴<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevenplayingfield.com.au%2Fproducts%2Fpalmerston-district-primary-house-tshirts&data=05|01|ee8c64dffd854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|6378>

Natalie Edwards

HPE Specialist



1 - <https://evenplayingfield.com.au/products/palmerston-district-primary-house-tshirts>⁵



Natalie.edwards@ed.act.edu.au⁶

[71028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevenplayingfield.com.au%2Fproducts%2Fpalmerston-district-primary-house-tshirts&data=05|01||ee8c64dff854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|637871028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0)

⁵<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevenplayingfield.com.au%2Fproducts%2Fpalmerston-district-primary-house-tshirts&data=05|01||ee8c64dff854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|637871028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0>

[71028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevenplayingfield.com.au%2Fproducts%2Fpalmerston-district-primary-house-tshirts&data=05|01||ee8c64dff854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|637871028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0)

⁶<mailto:Natalie.edwards@ed.act.edu.au>



Thank you so much for continuously supporting our school, especially through fundraising. This term, we are hosting a **Colour Explosion School Fun Run** to raise money for Palmerston District Primary School.

Did you know? Students raise 3x times more when they fundraise online! Visit www.australianfundraising.com.au to create your child's cybersafe fundraising profile. Instructions are in your child's sponsorship booklet. You have until Friday 11th November 2022 to fundraise, so make sure you get cracking!

The big day is coming! We are so excited to host our Colour Explosion School Fun Run on Tuesday 8th years P-2, and Thursday 10th November P (end of week group) and years 3-6 from 1.50 to 2.50. Parents are invited to attend as spectators. On the day, make sure your child brings a white shirt for the Fun Run! They will be covered in non-toxic, high quality colour powder from head to toe! They will also need a water bottle and their hat and sunscreen.

How do prizes work? Help your child fundraise more by setting a prize goal online! Students automatically achieve incentive prizes as they fundraise, starting from \$10. The more they raise, the more prizes they receive. Each prize is ordered automatically, so you don't need to worry about prize ordering! You can see what the incentive prizes are in the sponsorship booklet provided.

Share in \$200,000 worth of extra prize credit! Achieve bigger prizes by helping your child earn bonus credit on their online profile. By creating an avatar, sharing your page with friends and reaching milestone donations, you can share in \$200,000 of extra prize credit!

Monster Madness. There are heaps of prizes you can win when you fun-raise with Monty! Create your fundraising page in the next 7 days, and you will receive a Holographic Monty Sticker! Check out your sponsorship booklet for more awesome Monty prizes up for grabs, like a Monty Plush toy, a bag tag or a high-bounce handball!

Win a \$10,000 JB Hi-Fi Shopping Spree. Do you think you can top our school's leader board? The highest fundraising student in our school will go into the draw to win a \$10,000 JB Hi-Fi Shopping Spree, including your choice of televisions, laptops, phones, home accessories and more! Start fundraising at www.australianfundraising.com.au for your chance to win.

Fund-Razor of the Year Award. Do you think you can top the national leader board? Australia's highest fundraising student in Australia will win a Razor Prize Pack, worth \$3,000!

If you wish for your child to NOT participate please let your classroom teacher know.

Thanks in advance for your support, and happy fundraising!

Natalie Edwards

HPE Specialist Teacher

Natalie.edwards@ed.act.edu.au

Cultural Integrity at Palmerston



Leah Brideson

Cultural Integrity Coordinator

P&C/Board News



Dear Parents and Carers

As you know, the PDPS P&C Trivia Night is coming up on Friday 4th November at the Gungahlin Lakes Club. Coinciding with the Trivia night, the P&C will be running a Raffle and Silent Auction for the School Community to participate in. The following link will enable you to register for the Silent Auction and view the items.

<https://www.32auctions.com/Palmerston2022>⁷

⁷<https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fclick.sentr.al%2F%2Fa%2F5BvStfpXxl8rArQQareTNw%2FAAMdHAA%2FRgRIL1HKP4SHAWh0dHBzOi8vYXVzMDUuc2FmZWxpbmtzLnByb3RlY3Rpb24ub3V0bG9vay5jb20vP3Vybd1odHRwcyUzQSUyRiUyRnd3dy4zMmF1Y3Rpb25zLmNvbSUyRlBhbG1lcN0b24yMDIyJmRhGE9MDUIOMwMSU3QyU3Q2FjZDgzZTUyYWUzZDQ1YjQzMjFmMDhkYWFmNWYzYzY4JTdDZjFkNGE4MzI2YzIxNDQ3NTIiZjQ4Y2M3ZTkwnDRhMjklN0MwJTdDMCU3QzYzODAxNTEyMTAxNjM3MzgwNyU3Q1VuZa25vd24lN0NUV0ZwYkdac2IzZDhleUpXSWpvaU1DNHdMakF3TURBaUxDSIFJam9pVjJsdu16SWlMQ0pCVGIJNklrMWVhV3dpTENKWfZDSTZNbjAlM0QlN0MzMDAwJTdDJTdDJTdDjNkYXRhPVQlMkZ6UmVRcWFHR1FiR2hGcUcZaEZWMUdNeDZKMFJoaTB2Ukp5UCUyQm1MbFVFJTNEJnJlc2VydmVkdPTBXA3NwY0IKY0XZzExj0sy4wIzBGlzYS5icmFiYW5AZWQuYWN0LmVkdS5hdVgEAAAAAw%26data=05|01||6140f7f1d08242b4510508daaff04006|f1d4a8326c2144759bf48cc7e9044a29|0|0|638015743680016231|Unknown|TWfPbGZsb3d8eyJWljoicjMC4wLjAw>



Additional Information

Supporting an anxious child video series for families

In support of Mental Health Month, the Directorate has produced a short video series to help families support their child if they are feeling anxious. The three videos are presented by one of our senior psychologists. They cover understanding and responding to a child's anxiety and tips about supporting a child when they're feeling anxious.

They are available now on the ACT Education website at Wellbeing Support Resources for students and families⁹.

RAT TESTS

Schools will hold a supply of RATs that can be sent home with students at the request of a parent/carer (2 per student) if required or can be collected from the Front Office between 8.30am to 3.30pm.

In the event that you require RAT tests please email info_palmdps@ed.act.edu.au¹⁰ stating:

Child's name

Class

RAT tests will then be given to your child to bring home and a confirmation email sent to you that this has occurred. If students are not attending school when requesting tests, or are subject to isolation or quarantine requirements, families can make alternative arrangements to collect RATs through a relative, neighbour or other student.

If you have any queries please feel free to contact the Front Office on 61421440.

Kindergarten Catch Up appointment

⁹<https://www.education.act.gov.au/support-for-our-students/wellbeing-support-resources-for-students-and-families/> nocache

¹⁰mailto:info_palmdps@ed.act.edu.au

Appointments are held in the City Health Centre, Level 2, 1 Moore Street, Canberra City, and are available from **Friday 9th December until Friday December 16th.**

Parents can call **Central Health Intake on 5124 9977** to make this appointment. When there is a queue, they offer a call back service. Parents may choose this option to retain their spot in the queue and receive a call back in turn.



Register using the QR Code or Link:

bit.ly/3Q35xCP

A graphic for a webinar featuring a smartphone with a timer on the screen, surrounded by various social media icons like Facebook, Instagram, YouTube, and Twitter. The background is dark blue with colorful geometric shapes and lines.

Term 4 | 2022

ACT Public School Parents & Carers eSafety Webinars

Primary Webinar
Time: 6pm – 7pm
Date: 27 October

Secondary Webinar
Time: 6pm – 7pm
Date: 25 October

Webinar topics:

- Understanding eSafety issues impacting young people
- Hard to have conversations with your child
- Where to go and how to report when things go wrong
- Current trends and updates



Have an eSafe Summer!

ACT Public School Parents and Carers **eSafety** Webinar

Time: 6pm-7pm

Date: 22 & 24 November

Audience: P-12 parents/carers

*Register using the QR Code
or Link: bit.ly/3Q35xCP*

Webinar topics:

- Online safety over summer holidays
- Family tech agreements
- Gift guides
- And more!






DONUT STRESS HOMEWORK CLUB WITH VINNIES

Do you need help with school homework? Are you from a multicultural background? Then bring your homework to Gungahlin Library on Saturdays from 1.30-3.30pm.

Our friendly multilingual volunteers are here to help. And you get a free donut too!

 Gungahlin Library

 1:30-3:30pm

 Saturdays



ACT
Government

 LIBRARIES ACT

 Vinnies
good advice



@librariesact | www.library.act.gov.au

Defence News



Last term Legacy ACT ran a school competition where some of our talented students entered a poem or colouring in. There were outstanding poems entered. I am so pleased to announce Sopiato in year 6 was awarded first prize for her entry- 'Legacy March'. It was a truly stunning poem. I was blown away by all the entries, I'm extremely proud of all students who entered! I had received an email from the competition's coordinator congratulating our efforts. They were very impressed.

Remembrance Day 2022

In week 5 this term we will be commemorating Remembrance Day. I would like to invite all our Defence families to join us on Friday the 11th of November in the hall at 10am for the ceremony. A light morning tea for the defence students and their families will follow. Please RSVP to myself by the 1st of November along with any dietary requirements. I look forward to welcoming parents back onsite to help us commemorate this special event.

Kristle Cross | Defence School Mentor



**INVICTUS AUSTRALIA
DEFENCE COMMUNITY
SPORTS DAY**

Come and try Archery, Bowls, Table Tennis, Pickleball, Wheelchair Sports and more. Enjoy a carnival atmosphere with heaps of activities for the whole family provided and delivered by some great organisations!

When:
Saturday 5th November 2022

Time:
11am – 3pm

Where:
Tuggeranong Archery Club
299 Soward Way, Greenway, ACT

Who:
Serving, Former Serving and Family Members of the ADF

Register today!
Scan the QR code or visit
eventbrite.com.au/e/407812286527

GET ACTIVE. GET CONNECTED.
INVICTUSAUSTRALIA.ORG

INVICTUS AUSTRALIA
UNCONQUERED TOGETHER

Defence Health

Community Connections



THE STREET

8347 1223
18, Children St
Canberra City

BOOK NOW
THESTREET.ORG.AU

Catch Palmerston Music Teacher, Mr (CJ) Shaw performing at the prestigious Street Theatre on Saturday December 3rd.

CJ will be performing a special matinee performance of his album 'All Sorts' as well as some of his classroom classics.

Family packages are available.

Tickets are limited so head over to the website

<https://www.thestreet.org.au/shows/cj-shaw-all-sorts>

2023 Host Families Needed

In 2023 PDPS will be hosting a volunteer Japanese Language Teacher's Assistant (JTA), from Kagoshima University in southern Japan. Takuto is a 23 year old male student with good English skills. During his stay he will be assisting in Japanese language classes every day while also hoping to also improve his English skills.

JTAs are home stayed within the school community and pay a contribution towards food and board of \$190 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 100 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 in ideal) in Terms 2 – 4.

If 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 email me at kristina.collins@ed.act.edu.au¹¹ 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

Japanese Language Teacher

¹¹<mailto:kristina.collins@ed.act.edu.au>



Broaden your family's cultural experience – become an ACT public school Homestay host

The Education Directorate is looking for Homestay hosts for international students planning to study at an ACT public school at the secondary school level in both term 4, 2022 and 2023.

By becoming a host, you'll be adding significant value to the experience of an international student and will also broaden your family's cultural experience, with lifelong friendships often forming.



Homestay is more than just providing a room and meals. You'll be welcoming a young person into your family and supporting them in their personal growth as they gain new perspectives, confidence, English fluency, and academic and essential life skills.

International students participating in the Homestay program are aged 16 years or above.



Hosts receive \$300 a week. If you can offer a place in your home, have the time to support a student's social wellbeing and academic endeavours and have an interest in other cultures, then we would love to hear from you.

To find out more just search 'International Students' on the ACT Education website: Education.act.gov.au. To express an interest in the Homestay program or find out more, email Homestay Manager Monique Bush on monique.bush@act.gov.au or phone 6207 7281.

Future of Education Equity Fund payments for eligible low income families

The closing date for applications for Future of Education Equity Fund payments for eligible low income families has been extended until 31 October 2022.

The Equity Fund provides a one-off payment for the 2022 school year to use towards educational costs such as sporting equipment and activities, music lessons, school uniforms and excursions.

The ACT Government believes every child regardless of their background should have the same equal chance at a great education and this initiative is one of many that will assist families.

It is open to students from preschool (attached to a school) to Year 12 who live and attend school in the ACT, may be eligible for the payment for the 2022 school year. Families may lodge one online application for all students in their family.

Applications for this school year's payment close on 31 October 2022. Further information and the online application form is available [here](#). If you need help, please contact the Equity Fund Administrator by phone on 6207 1818 or email equityfund@act.gov.au



Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback

Playschool for children aged 3-4

Places
available
in 2023!



- play-based educational program
- children gain independence and develop social skills in a safe, supportive and stimulating environment
- we focus on warm reciprocal relationships
- play and learn in a rich, vibrant learning community
- bright airy classroom and a beautiful natural garden
- only 22 children per session - Mon/Tue/Wed OR Thu/Fri

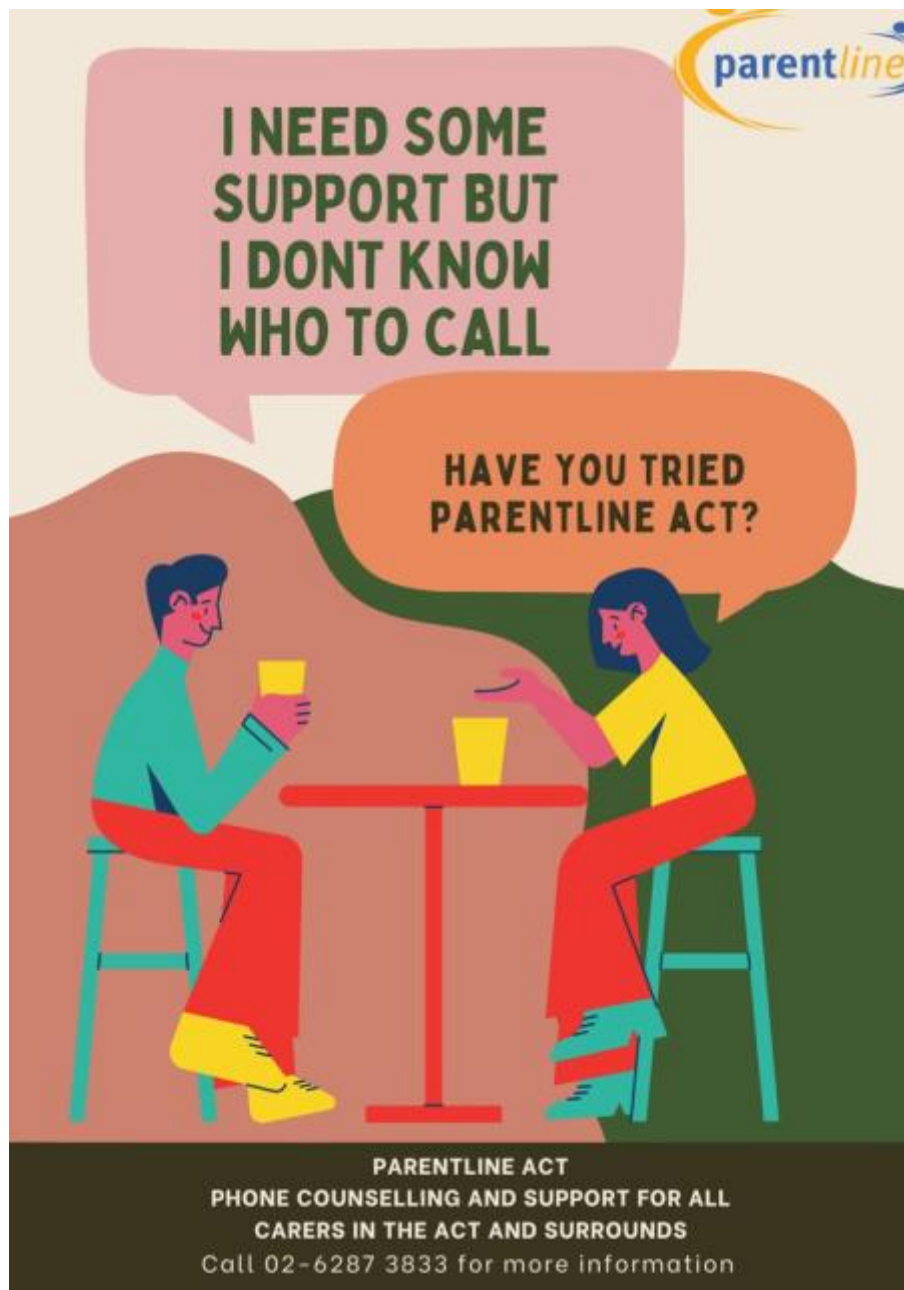
www.koalaplayschool.com.au



02 - 6287 3833

A CONFIDENTIAL AND **FREE** SERVICE FOR THE MOST
IMPORTANT JOB IN THE WORLD

 PARENTLINE@PARENTLINEACT.ORG.AU	 WWW.PARENTLINEACT.ORG.AU	 FREE PHONE COUNSELLING MONDAY TO FRIDAY 9 TO 4
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Enrol now

1st round of Enrolments for 2022 has now closed, however enrolments are still open for 2nd round.

Every ACT public school is a great school, and if Palmerston District Primary School is your local priority enrolment area (PEA) school your child is guaranteed a Kindergarten to Year Six place here.

Your best source of information for enrolling is the Education Directorate website [education.act.gov.au](https://www.education.act.gov.au/)¹² or the Enrolments Telephone Service (02) 6205 5429. You can also contact us about enrolments directly by emailing PalmerstonPS.Enrolments@ed.act.edu.au¹³

¹²<https://www.education.act.gov.au/>

Preschool

Every four-year-old is guaranteed 15 hours of preschool

Enrolment timeline for 2023 [2023-enrolments-timeline-public.pdf \(act.gov.au\)](#)¹⁴

Contact Us

You can contact our school using our details below.

Palmerston District Primary School

80 Kosciuszko Ave

Palmerston, ACT

6142 1440

info_palmdps@ed.act.edu.au¹⁵

Visit us on the web at www.palmdps.act.edu.au¹⁶



¹³<mailto:PalmerstonPS.Enrolments@ed.act.edu.au>

¹⁴https://www.education.act.gov.au/_data/assets/pdf_file/0009/1743489/2023-enrolments-timeline-public.pdf

¹⁵mailto:info_palmdps@ed.act.edu.au

¹⁶<https://www.palmdps.act.edu.au/>