



ACT
Government

Education

Palmerston Post

11 April 2019
Week 10, Term 1



Board Chair: Lisa Fior

Teacher Reps: Jessica Lago and Maxine Green

P&C President: Lisa Fior

Principal: Melissa Travers, Will Johnston (A/g) **Deputy Principals:** Haeley Simms (A/g) & Kylie Moller (A/g)

Executive Teachers: Matt Gowen, Felicity McNeice, Catherine Griffin (A/g)

ASSEMBLY:

12 Apr No assembly -
Easter Hat Parade
03 May Anzac Day
assembly

DATES TO REMEMBER:

11 Apr Yr5/6 Touch
Football Gala Day
12 Apr K-Yr2 Easter Hat
Parade

13 Apr - 28 Apr School
Holidays

29 Apr Term 2 starts
02 May K-Yr6 Ridiculous
Rhyme Show

NOTES:

- Mother's Day
Celebrations

DEPUTY PRINCIPALS' MESSAGE

What a wonderful term one. On behalf of the executive team we would like to thank all of the parents and carers for making this another successful term of teaching and learning. We have continued with our Positive Behaviours for Learning journey. This has involved the introduction of 'Palmy', our PBL mascot, to the students and the continued teaching of the PBL expectations: Be safe, Be respectful and Be a learner. Every fortnight we include the school's PBL focus in the newsletter. Next term PBL is looking at continuing this work within the classroom. We will also be introducing tokens for our PBL positive rewards system.

This term Palmerston teachers have been working in professional learning teams on using inquiry to assist them to improve teaching and learning around the school. As we have sat with teachers and engaged in professional discussions on where the students are in their learning journeys and what is the next step, it is fantastic to see the depth of knowledge that our teachers' have on the students in their classes.

We have met with Traffic and Asset management who are finalising plans to further improve our carpark. Our carpark already has more than the required amount of car spaces so this will just add to the smooth flow of the carpark. This will include repainting of key lines and better signage. We are expecting this to take place in September. We will keep you updated as we find out further information.

Yesterday was our Cross Country Carnival. It was a resounding success. The students had a fantastic time, although we are sure they came home tired from such a great race. Thank you to the Cross Country organising team. Tomorrow is our annual Easter Hat Parade, which is a wonderful community event here at Palmerston. We will also draw our Easter raffle tomorrow. Thank you to Catherine Griffin who works hard every year to ensure this event is an amazing success.

Next term in week one we will have our ANZAC Day ceremony on Friday. We hope to see lots of you there. We are looking forward to introducing you to the new principal which will be announced next term.

Have a safe and relaxing holiday.

Haeley and Kylie

P&C BOARD NEWS

P&C: 13 May 2019

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

School Board: TBA

UPCOMING EVENTS

Preschool (end) - Yr2 Easter Hat Parade

Date: Friday 12 April 2019

Location: PDPS, black top

P&C Sausage Sizzle Lunch & Hot Cross Buns

Date: Friday 12 April 2019

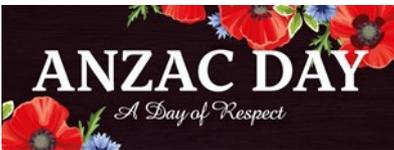
Location: PDPS

K - Yr6 Ridiculous Rhyme Show

Date: Thursday 2 May 2019 (term 2, week 1)

Location: PDPS

DEFENCE NEWS



ANZAC Commemorative Assembly

All Defence families are invited to attend the ANZAC Commemorative Assembly on **Friday 3 May at 9:10am**, followed by a morning tea in the staff room, please

RSVP Kristy.retzlaff@ed.act.edu.au for catering purposes.



Mother's Day Celebrations

Defence Community Organisation – Mother's Day Morning Tea
For Australian Defence Force members and their families.

Date: **Thursday, 9 May 2019**

Time: **10:00am – 12:00pm**

Location: Soldier On, Robert Poate Centre, 80 Bellenden Street, Gunghalin, ACT

RSVP: Defence Community Organisation, PH: 02 6265 8777

DefenceFamilyHelpline@defence.gov.au or call the all-hours Defence Family Helpline on 1800 624 608.

Easter Raffle



SRC will be running an Easter raffle.

Tickets can be purchased on the blacktop before school.

Cost:

\$1 - 1 ticket

\$2 - 3 tickets

The raffle will be drawn at the conclusion of the Easter Hat Parade on Friday 12 April.

2020 PRESCHOOL TOURS

Come and walk through Palmerston Preschool on a guided tour.

Meet the Executive teacher and Preschool staff.

Learn about the Early Years Framework and Preschool program.

Observe the Preschool program in action.

Thursday 4th April 2:00 pm

Wednesday 10th April 2:00 pm

Tuesday 7th May 9:30 am

Thursday 9th May 9:30 am

Monday 13th May 2:00 pm



Please call the front office: 6142 1440 to book a preschool tour.

TRAFFIC UPDATE

Thank you for the ongoing support of the community in ensuring Palmerston's carpark is a safe and friendly place to be. A reminder to be patient and park safely in the allocated bays. We have recently met with Traffic and Asset Management and they are finalising plans to improve the flow of our carpark. We are expecting this to occur in the second half of the year. There will be some disruption but it will give us a better flowing car park. Palmerston is a part of the active schools program and this is parked with blue stencils, these provide safer routes for walking to school. We are lucky that at Palmerston we also have an underpass which allows students to not have to cross over the busy road. Under the parking requirements we are required to have a total of 84 car spaces, we are lucky that at Palmerston we have a total of 107 car spaces. Remember key suggestions for avoiding car park congestion are: Pick your child up at five or ten minutes later in the afternoon or park at the shops. A parking van has again been patrolling the area and is issuing tickets for those who park on the kerb.



PBL at Palmerston



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

weeks 1 and 2 (term 2) is....

- **I hear the bell ring at the end of recess & lunch & move quickly to class lines.**
- **I use walking feet and quiet voices when walking from my classroom to other areas in the school.**

P&C Uniform Shop Price List 2019

New Merchandise

Polar Fleece Beanies (with logo)	\$10	
Dresses (Winter Navy)	\$30	
Library Bags (with logo)	\$15	
Round Palmerston logo Sew-on Badges (Small)	\$2.50	
Round Palmerston logo Sew-on Badges (Large)	\$3.50	
Palmerston Teaspoons	\$5	
Palmerston Coffee Mugs	\$10	(money to front office)
Palmerston Travel Mugs	\$15	(money to front office)

Second Hand Items

Hats	\$2
Palmerston Polo Shirts	\$2
Palmerston Long Sleeve Shirts	\$3
Skivvies	\$2
Jumpers – No Logo	\$3
Jumpers - Logo	\$5
Vest – Logo	\$3
Trousers/Trackpants	\$3
Shorts	\$2
Skorts	\$2
Sports Skirts	\$2
Girls Bike Pants	\$2
Dresses (navy winter and checked summer)	\$5
School Bag with Logo	\$10

P&C Uniform Shop is located just inside the Hall Entrance

Contact the Front Office, or P&C contact below, to make an appointment outside of standard opening hours.

Kate: 0404 675 508

Franki: 0431 675 725

Opening Times:

Tuesday 2:45 - 3:15pm

Friday 8:30 – 9:00am

HIRERS NEWS

Communities@Work School Holiday Program

Palmerston

Call: 1300 212 273 | Email: enrolments@commsatwork.org

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

*Limited places available, book early to reserve

Autumn 2019



Monday 15 April

Going Green

Dress up in all your green clothes today and use various recyclable materials to make your own creations. Today we are all about re-using and recycling at the service.

In-Service

Tuesday 16 April

The Balancing Man

Are you great at balancing things? Well prepare to scream with laughter as The Balancing Man shows you how he balances toilet seats and brooms on his hands and face. After this fantastic show there's even a hands on workshop!

1:30pm-3:30pm Incursion

Wednesday 17 April

Hudson's Circus

Today we're off to join the circus! Hudson's Circus is a traditional style circus with a modern twist. We'll enjoy edge of your seat daredevils, hilarious clowns, and beautiful animal acts in a fast paced show that's fun for everyone.

8:30am-1:00pm Excursion

Thursday 18 April

Movies: The Lego Movie 2

It's been five years since everything was awesome and the citizens are facing a huge new threat: Duplo invaders from outer space, wrecking everything faster than they can rebuild. Join us at Hoyts today to see The Lego Movie 2.

9:00am-12:30pm Excursion

Friday 19 April

Good Friday Public Holiday

Monday 22 April

Easter Monday Public Holiday

Tuesday 23 April

Movies: Wonder Park

June spent her childhood imagining an amusement park filled with fantastical rides, only to find the Wonder Park she created as a child is real and now she has to save it. Join us at Hoyts to see Wonder Park!

9:00am-12:30pm Excursion

Wednesday 24 April

Groove Nation

Groove Nation takes us through an inclusive dance and drama session that fosters creativity, diversity, and promotes social learning. Get funky and dance around.

1:30pm-3:30pm Incursion

Thursday 25 April

ANZAC Day Public Holiday

Friday 26 April

Day-Time Disco

Day-Time Disco takes us back to the 1970's where dancing under disco balls and neon lights was the party scene. Immerse yourself in the world of Disco!

In-Service



COMMUNITY NEWS

School travel and safety survey

Transport Canberra and City Services has engaged First Person Consulting to conduct research into parents' attitudes to their children's active travel to and from schools. Part of this is investigating the role that crossing supervisors have in improving safety around schools, and the extent to which parent's attitudes to children travelling actively change as a result.

You may have completed a similar survey last year, this is the final survey as part of the evaluation to gauge parent perceptions about safety around schools.

To complete the survey please click [here](#), or copy and paste the following link into your browser:

<https://www.surveygizmo.com/s3/4828047/School-Crossing-Supervisor-Survey-Control-Feb19>

The survey should take about five minutes. The survey will not collect any identifiable information, and all responses will be kept confidential.

Thank you in advance for your time in completing this survey. If you have any questions please contact the [TCCS Schools Program](#).





We invite all prospective parents of
Preschool, Kindergarten and Year 7
to attend our
2019 Open Days



Whole School Open Days

Gold Creek School
Kelleway Ave
Nicholls

Tuesday, 7 May – 9:15 - 10:15 am

Thursday, 16 May – 1:45 – 2:45 pm

*Come and tour the facilities and speak with staff and current students
about the many opportunities available at
Gold Creek School*

Year 7
To be held at the Senior Campus
(entrance junction with
McClelland Ave)
Contact: Sam Beattie
Tel: 6142 1300

Please RSVP to
info@goldcreek.act.edu.au
with your preferred date, session time and year
group of interest.

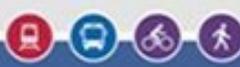
TRANSPORT CANBERRA'S NEW PUBLIC TRANSPORT NETWORK STARTS

WE'RE CONNECTING CANBERRA

From Monday 29 April 2019 our transport network will be transformed.

Routes and timetables will change to deliver a better, more connected transport network by having light rail and more buses, more often, 7 days a week.

To find out how Canberra's network is changing or to plan your future trip, visit transport.act.gov.au



CANBERRA IS BETTER CONNECTED






Healthy Lunchbox tips...

When packing a healthy lunchbox, make sure you include a go food, a grow food and a glow food.

GO foods include the bread and cereals food groups, GO foods contain carbohydrates that provide energy to walk, run, dance, play and help with concentration at school.

GROW foods include the meat, meat alternatives and dairy foods, GROW foods have protein to grow strong bones and muscles, calcium for strong teeth and bones and iron for strong blood.

GLOW foods include fruits and vegetables, GLOW foods contain vitamins and minerals for glowing skin, shiny hair, strong nails and to fight sickness.

Sandwich Boredom?

Reinvent the sandwich – why not try:

- Wraps
- Crackers
- Pita pockets
- Lebanese bread
- Corn/rice thins
- Bread roll

Give the sandwich free lunchbox a go:

- Leftovers
- Savoury muffins
- Frittata
- Homemade pizza
- Veggie pikelets/fritters (eg. zucchini, corn and carrot)
- Rice, pasta, chickpea or cous cous salad
- Rice paper rolls or sushi
- Veggie sticks with dip
- Roast veggies
- Veggie sticks with cheese and crackers
- Falafels with pita bread chips





My Healthy Lunchbox

More information on Fresh Tastes



freshtastes@act.gov.au



www.act.gov.au/freshtastes






SCHOOL SAFETY TIPS

Active travel is a fun and healthy choice that reduces congestion and increases safety around Canberra schools.

1 Bus zone
Buses are large vehicles and need space to safely collect children. Never stop or park in bus zones.

1

2

Children's crossing
Motorists must stop and wait for all pedestrians to completely cross the road, including adults. Never stop on or next to a crossing, it reduces the visibility of children.

3

Pick up and set down zone
Pick up and set down zones are designed to increase traffic flow and reduce congestion for parents, parking in these locations is counterproductive.

4

No stopping zone
Stopping or parking in no stopping areas is unsafe, it reduces visibility for motorists and children trying to cross the road.

40km/h zone
Drive at or below the speed limit at all times, children are unpredictable and haven't developed the cognitive skills to judge traffic.

5

6

Verge/footpath
Parking on the verge or across footpaths is dangerous, it reduces visibility for children and other motorists.

