



# Palmerston District Primary School Newsletter Issue 3 2024

#### Acknowledgement of Country

We acknowledge the Ngunnawal people as traditional custodians of the ACT and recognise any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.



# **Principal**



Hello Palmy families,

My main message and massive thanks this week goes to the P&C, for an incredible Fete, last weekend. To Sarah Rullis, thank you so much for your tenacity and drive to make this happen for our community. So many members of our entire community, and extended family members and past students loved the event – so lovely to have such a busy event, with such enthusiasm.

It is a real testament to your leadership and the teamwork associated with other members of the P&C, as well as families who joined in and did their bit in the organisation and for your contribution along the way.

I acknowledge we had bakers, sign makers, media advertisers and a whole range of people involved – so a huge heartfelt THANK YOU from all of us.

I loved chatting to the stall holders, who mentioned that their own Dads helped to make the stall, or for husbands who helped look after the family while the Mum built the signs, so many stories across the day and it is these actions that make memories for us to relish in years to come.

Knowing the money will go towards a new Sound System in our Hall – including a Hearing Loop, will make such a difference, as we do struggle with an outdated system at the moment.

The P&C are pivotal in creating community in our school. If you have time, please jump onto their FB page, which is separate to the School FB page. Please find out when the meetings are on, and come along to those, and if you can't, put up your hand to support at a disco, or any of the P&C initiatives – I know Sarah and her team would love new people to join at any time.

The next meeting is tomorrow at 2pm in Pod 10.

With eight days left till the end of this term, we thank our families for a wonderful start to the year.

I thank you for your understanding that staffing is tight at times, and split classes occur – due to the fact that our teachers do plan together and collaborate – most programs carry on seamlessly.

A reminder that if your child is unwell, please keep them at home, so they snuggle down and get better as soon as possible.

Thanks once again to Sarah, Amie, Elspeth and all the families who contributed to our fete – can't wait to see what 2025 will bring!

Regards,

Kate Smith

Principal



1 - Girish Toraskar



2 - Girish Toraskar

## **Deputy Principal**



Another busy, fun and sometimes challenging term will soon come to an end. It has been one filled with learning, growth and memorable experiences. I would like to take a moment to acknowledge the hard work of our staff. Each and every one of them. They are often faced with situations, some beyond their control, and always do their best to show up for our students. They strive for greatness. They show care and concern and compassion. They juggle multiple situations with grace and determination and demonstrate a passion for education. I would like to thank the school community as well. Thank you for your continued support. Thank you for your feedback and for working in partnership alongside us so we can work together to meet each of our students at their need. I hope we continue to unite as a resilient and harmonious school community.

This term our school organised a day of fun to celebrate our unique, diverse and multicultural community. The Harmony Day event epitomised our commitment to inclusivity and respect for all. We came together in the morning for a wonderful parade, where students showcased a myriad of cultures and traditions that enrich our collective identity. There were times for our students to take centre stage to perform a traditional Japanese dance. Throughout the day I was able to visit many classrooms where students were engaged in activities organised by our creative staff. On this day, we all came together to celebrate the cultural richness that makes our school so vibrant. Beyond all of this, Harmony Day served as a powerful reminder of the values that underpin our school ethos – be connected, be kind, be curious, be inclusive and be resilient. It provided a powerful opportunity for staff and students to have meaningful conversations about the importance of embracing differences and fostering an environment where everyone feels valued and included.

Another highlight over the past three weeks was the Easter Hat Parade. What a delightful event! I extend a HUGE thank you to the families who took time out of their daily routines to create headpieces that displayed such artistic flair and individuality! There was most definitely a festive atmosphere and an eager anticipation from audience members. There were definitely lasting memories made.

I look forward to continuing to celebrate our students at the K-2 and 3-6 assemblies next week, where we will take pride in the achievements and milestones attained by our students across all year levels.

Regards, **Marijana Pasalic** 

**Deputy Principal** 

# Important Upcoming Dates



April

Week 10

- Thursday 4th ACT Schools Futsal Titles Yrs 3/4
- Thursday 4th JNR Assembly Kindergarten to Yr 2 and Small groups 9:15am
- Friday 5th SNR Assembly Years 3 to 6 and Small Groups- 9:15am

April

Week 11

• Wednesday 10th All Abilities Multi Sports Day - Small groups

- Friday 12th Last Day of Term 1
- Friday 12th "That's My Team Day" Yr 6 Fundraising Event- We encourage you to wear sports clothes!

#### Also keep an eye on our School Calendar for more important dates

Palmerston District Primary School Calendar<sup>1</sup>

# **Sharing Our Learning**

#### YEAR 2

In Year 2 we have been writing narratives and learning about conjunctions and compound sentences. We wrote stories about digital systems. A very funny one was about a baby with a barcode on their forehead. We wrote about what Harmony day means to us and where we are from. In Maths we have been learning about data and data collection. We thought about a topic question, surveyed people and then tallied the results before putting it into a bar graph using excel on the computer. In our Inquiry unit we have been learning about materials and how we can make physical changes. In Technology we have looked at digital systems around us. In Art we have made Robot printing artworks. Below are some examples of these pieces of work.



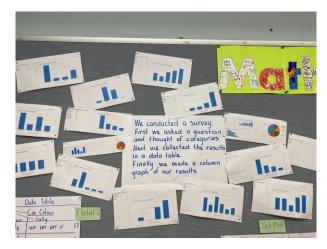
<sup>&</sup>lt;sup>1</sup>https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.palmdps.act.edu.au%2Four\_scho ol%2Fcalendar&data=05|02||e40a06144786476c4bd208dc2147eb39|f1d4a8326c2144759bf48cc7e9044a29| 0|0|638421839970679233|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTil6lk1ha WwiLCJXVCl6Mn0%3D|0|||&sdata=RXMalOsgKMiPXnLTtmoEx5VEV01bSqzLYN56%2B6ISKsQ%3D&reserved=0

















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# **School Assemblies**

Week Ten

Junior (K-2) School Assembly- Thursday April 4- 9.15am - 10.15am - Led by Year One

Senior (3-6) School Assembly- Friday April 5 - 9.15am - 10.15am - Led by Year Six

### **PE News**

**The Matt Giteau Cup** will be held on 16th May 2024. Palmerston District Primary School hope to enter a **Yr3-4** team and a **Yr5-6** team in this great event. If your child would like to give Rugby Union a go, please have them attend training at lunch time, **Tuesday and Thursday Weeks 10 and 11** and then again next term with Mrs Edwards. No experience is necessary, as this is a learning experience. This is an excellent opportunity for children who play for the Gungahlin Eagles to show off their skills, support the learning of others and represent their school.

See you on the oval

#### School Sport ACT team trials news

Rugby League (12&U Mixed Team) School Sport Australia Championship: 3 to 9 August, Canberra.

Trial information: In addition to attending trials, interested students must register via the SSACT website.

Rugby League Trial 1: Saturday 4 May, 1:30-4:30pm

Trial 2: Saturday 11 May, 1:30-4:30pm

Trial 3: Saturday 18 May, 1:30-4:30pm (by invitation only)

All trials held at Kaleen District Playing Field (Ground 1) - Fields 124 and 125.

Wear a numbered jersey. Contact: kieran.russell@cg.catholic.edu.au<sup>2</sup>

**Softball (12&U Girls and 12&U Boys teams)** School Sport Australia Championship: 12 to 17 October, Cairns QLD.

Trial information: In addition to attending trials, interested students must register via the SSACT website

Softball Trial 1 – Tuesday 2 April, 4:30-6:00pm (boys and girls teams)

Trial 2 – Thursday 11 April, 4:30-6:00pm (boys and girls teams)

Trial 3—Wednesday 8 May, 4:30-6:00pm (boys team only)

All trials held at Hawker Softball Centre.

Bring your own softball kit. Catchers bring own catching gear.

Contact: kate.greeney@ed.act.edu.au<sup>3</sup> (Girls) or debra.sayers@ed.act.edu.au<sup>4</sup> (Boys)

<sup>&</sup>lt;sup>2</sup>mailto:kieran.russell@cg.catholic.edu.au

<sup>&</sup>lt;sup>3</sup>mailto:kate.greeney@ed.act.edu.au

<sup>&</sup>lt;sup>4</sup>mailto:debra.sayers@ed.act.edu.au

#### **NETBALL during the holidays**

Our Junior Clinics, for boys and girls aged 5-10, are scheduled for the 16th, 17th & 18th April from 9am-12.30pm at the SolarHub ACT Netball Centre – register here: Netball ACT Junior School Holiday Clinics - April | Humanitix<sup>5</sup>

Our Future Stars Clinics, for boys and girls aged 11-15, are scheduled for the 22nd, 23rd & 24th April from 9am-12.30pm at the SolarHub ACT Netball Centre – register here: Netball ACT Future Stars – School Holiday Clinics - April 2024 | Humanitix<sup>6</sup>

#### Natalie Edwards

Junior School HPE Specialist

#### School Sport ACT Excellence in Sport Awards 2023

Last week, School Sport ACT held their Excellence in Sport Awards for 2023 at the Ainslie Football & Social Club. Palmerston were proud to have Jamie F. (Year 6 2023) nominated as a finalist for the 12 & Under All Rounder Award. His participation and success in tennis, swimming, athletics and cross country events at various representative levels within the ACT School Sport system last year made him a worthy nominee for this particular award. Congratulations Jamie and best of luck for your future sporting endeavours!

#### **Ride 2 School Day**

Thank you to those students who participated in our obstacle course on Friday March 22nd for our Ride 2 School event. It was great to see so many safe bike and scooter riders out in the cold, early morning air on the basketball court learning and demonstrating safe riding habits.

#### **Regional Swimming Carnival**

Congratulations to the 25 students who have qualified for the Palmerston swimming team to take part in the North/Gungahlin Region swimming carnival next Wednesday April 3rd at the AIS. We all wish you the best of luck! Ribbons for those placegetters from our school swimming carnival will be handed out in Week 10.

#### Jacob Downey

Senior School HPE Specialist

<sup>&</sup>lt;sup>5</sup><u>https://events.humanitix.com/copy-of-netball-act-junior-school-holiday-clinics</u> <sup>6</sup><u>https://events.humanitix.com/copy-of-netball-act-future-stars-school-holiday-clinics</u>

# Lost Property



There are many items in lost property waiting to be collected.

If your child has lost anything, please tell them to check lost property for it. Alternatively, parents can come and check in the morning before 9am or in the afternoon after 3pm. The lost property collection point is located outside the back of the administration building.

Any items not collected by the end of term 1 will be donated to charity.

# **Parent Portal**



#### **Parent Portal access**

Dear parent and carers,

To access Parent Portal you will need to create or have access to an ACT Government Digital Account and complete the level 2 identity verification.

The mobile number, first and last names for your Digital Account must be an exact match for those the school uses to contact you. If you already have a Digital Account in which any of these are different from what's on the school's records, you can:

- contact the school to have your mobile number in the school records changed, so you can use your existing Digital Account (recommended), or
- make a new Digital Account just for use with Parent Portal.

You can sign up now and complete the Identity Verification process at any time to get ready for our launch this term.

To complete Identity Verification with your Digital Account, you must provide the details of **one primary** AND **one secondary Australian identity document** (e.g. Drivers Licence number, Medicare Number). These identity documents details will be verified against your account name and Date of Birth, using the Australian Government Document Verification Service (DVS).

#### **Primary identification document**

- Australian Birth Certificate
- Australian Citizenship Certificate
- Record of Australian Immigration Status (ImmiCard)
- · Australian Visa
- Australian Driver Licence
- · Australian Change of Name Certificate
- Australian Marriage Certificate
- Australian Passport (current or expired up to 2 years)

#### Secondary identification document

- Current Australian Medicare Card
- Australian Passport (if it is not used as the primary document)
- Centrelink Concession Card
- Australian Driver Licence (if it is not used as the primary document)

Both primary and secondary identity documents must be in the same name. Details of these identity documents will be verified, using the Australian Government Document Verification Service (DVS) to confirm your first name, last name and date of birth.

If any of the documents have a different name or an incorrect date of birth, you will need to contact the issuing authority for the document (e.g., Medicare, Australian Passport Office, etc) to have it reissued with corrected details.

If you are unable to complete the identification process, it means we are unable to give you access to Parent Portal currently. Please be assured that the school will continue to share all information available in the Parent Portal with you using existing channels.

If you have any questions, please contact the school.

# **School Psychologist**

All schools have a school psychologist as part of their student services team.

Psychologists are trained in human behaviour and have an understanding of child/adolescent development, behaviour, learning, memory, as well as the processes that influence how people think and feel. Within schools they can help deal with complex student issues and support school communities in a wide range of professional activities.

School psychologists can provide direct support or interventions to students, consult with teachers and families, or work alongside other members of the student services team to help students thrive in their school environment. School psychologists may also work with the school executive team on school-wide practices and procedures, as well as collaborate with community providers to coordinate services for students. The school psychologist remains responsive to the needs of the school with a focus on supporting engagement in learning.

If you have concerns about your child's engagement in learning or behaviour in the school environment, please discuss with the classroom teacher in the first instance and they may arrange a consult with the Targeted Student Support Team which includes the School Psychologist.

#### SCHOOL PSYCHOLOGY SERVICE EARLY INTERVENTION TEAM

The School Psychology Service Early Intervention Team facilitates workshops throughout the term with referrals currently open for Term 2 enrolments. If you are interested in enrolling in any of the workshops, please advise the school.

**Overcoming Anxious School Refusal**: Overcoming Anxious School Refusal (OASR) a 7-week, group program aimed at helping parents/carers increase their child's ability to cope with anxiety and decrease anxious school avoidance. The program is based on Supportive Parenting of Anxious Childhood Emotions (SPACE) and Non-Violent Resistance (NVR) models. Parents/carers will develop a clear plan to address their child's anxious behaviours, recruit and engage supporters, and explore how to communicate without promoting escalation.

The program is designed for parents/carers of students in Year 4 – Year 12 who demonstrate anxietybased school avoidance which negatively impacts on attendance.

Addressing Your Child's Anxious Avoidance: A 2-hour workshop for parents of children in Year 4-12 experiencing anxious avoidance. The workshop educates parents on how they can take positive action to increase their child's ability to cope with anxiety, learn skills to address their child's anxious avoidance and the escalation cycle and how to avoid engaging with it. Parents will have the opportunity to create an action plan to support their child in coping with anxiety.

**Responding to your Child's Strong Emotions:** A 2-hour workshop for parents of children in Year 4-12 who are demonstrating angry, aggressive or at-risk behaviour. The workshop educates parents on how they can take positive action to address their child's challenging behaviours, learn skills to deescalate conflict and make positive changes in their family's interaction. Parents will have the opportunity to create an action plan to respond to strong emotions in a way that's proactive and calm.

# **Defence News**

#### New to the area?

Looking to connect with other Defence partners?

Join our Family Liaison Officer for a coffee at the Wildflour Artisan Bakery, Fyshwick.

Wed 3rd April. 9:30am, 8 Townsville St, Fyshwick.

**RSVP** here

#### https://www.eventbrite.com.au/e/863313502927?aff=oddtdtcreator

#### ANZAC Day – Thursday 25 April

https://visitcanberra.com.au/events/65d6bea88a7caf625e5121e2/anzac-day-dawn-service-2024australian-war-memorial

https://visitcanberra.com.au/events/65d6c2358a7caf625e5121fd/anzac-day-rsl-act-branch-veteransmarch-2024

To find out about upcoming events in Canberra, please visit our

<u>https://www.eventbrite.com.au/o/defence-member-and-family-support-canberra-8927579647</u>. Here you can find all the information about events and register your attendance. You can also follow the page to receive notifications when a new event is posted. To find out about national webinars occurring, please visit <u>https://www.eventbrite.com.au/o/defence-member-and-family-support-8650669752</u>.

### **P&C** News

Dear Families,

What a busy term it's been so far BUT so much *fun!!!* 

#### Fete

A huge thank you to everyone who contributed to the fete – either coming along in person, our sponsors or contributing behind the scenes! At this stage we are still doing the final tally and paying invoices but looking like a \$14k profit.

I would like thank the fabulous P&C stallholders who went above and beyond to make sure we were well supported and our children had so many fabulous things to participate in over the day!

**Emma -** for 'wo-maning' the BBQ all day and prepping MANY, MANY kg's of onions for your delicious snags.

Mel - Lucky dips ahoy! Over 400 wrapped and sold! WOW!

**Dee** - Tongan food was a HUGE hit and really show cased some of their amazing culture. COMMUNITY LOVE!

Hannah – Tickets sales. Did you see the AMAZING handmade ticket booth? INCREDIBLE!

**Tara** – Plant stall. Over 350 plants took over her house for months whilst she cared for them! WHAT LOVE!

Elspeth – Books anyone? Over 60 boxes of books donated, sorted and sold! LUCKY US!

**Emma** – Lob a choc – what a game!! Did you WIN? The game was built by our very own Palmy family! OUTSTANDING!

**Annabel** – Bake sale QUEEN sorting and distributing a container for every child to participate! DELICIOUS!

**P&C Exec** - Behind the scenes both Aimee and Jamii worked tirelessly to help keep all the admin on track! HARDWORK!

#### P&C meeting

Our next meeting is face to face and online. Pod 10 from 2-3 pm Wednesday 3rd April. Please come along and discuss the 2024 goals! Please submit any Community questions ASAP topdpspandc@gmail.com<sup>7</sup>

#### Disco

Preschool to Year 6 welcome (spilt over two discos). Ticket on sales online soon.

Friday 17th May

Friday 8th Nov

Happy Easter to you and your family however you spend the time. The P&C have gifted each child a small egg to enjoy!

Please reach out at any point on the P&C Facebook page or via email at pdpspandc@gmail.com8

Thanks so much

Sarah

**P&C** President



<sup>7</sup>mailto:pdpspandc@gmail.com <sup>8</sup>mailto:pdpspandc@gmail.com



# **Canteen News**





Thursday - Burger Lunch Special (beef, chicken or veggie)

All the beef and chicken we use for our canteen made food is supplied by a halal certified butcher.

#### Thank you from the HKA team.





Healthy Kids Canteen Menu Palmerston District Primary School Term 7

Sandwiches		Hot Meals	
All served on wholemeal bread unless	5	Macaroni & Cheese	\$5.50
otherwise requested.		Pasta Bolognese	\$6.50
Wraps also available.		Pasta Napolitana	\$5.50
Happy Little Vegemite (with margarine)	\$3.50	Sausage Roll	\$5.50
Cheese	\$4.00	Beef Lasagna	\$6.50
Cheese & tomato	\$4.70	Vegetable Lasagna	\$6.50
Ham	\$4.00	Butter Chicken	\$6.50
Ham & cheese	\$4.80	Creamy Lentil and pea dahl with rice	\$5.50
Ham, cheese & tomato	\$5.70	Veggie Fried Rice	\$5.50
Ham & salad	\$6.00	weekly Specials	
Ham, lettuce & mayo	\$5.50	Tues: Chicken Nuggets	\$6.00
Chicken & cheese	\$5.50	Wed: Terivaki Chicken Noodles	\$6.80
Chicken & salad	\$6.50	Thurs: Burgers (beef, chicken, veggie)	
Chicken, lettuce & mayo	\$6.00	Fri: Stone Baked Pizza	\$6.50
Tuna & cheese	\$4.80		\$0.50
Tuna, lettuce & mayo	\$5.50	Snacks	41.00
Rainbow: lettuce, carrot, tomato,	\$5.70	Fruit Salad	\$4.00
cucumber, beetroot		Warm Assorted English Muffin	\$2.50
Salad & cheese	\$6.70	Popcorn	\$1.00
the second s		Cheesy Garlic Bread	\$2.50
Toasted Sandwiches (in	press)	Banana Bread	\$2.30
All served on wholemeal bread unless	5	Fruit Jelly Cup Homemade muffins	\$2.30
otherwise requested.		Fluffy Chocolate Mousse	\$2.50
Happy Little Vegemite (with margarine)	\$3.50	Watermelon	\$2.50
Cheese	\$4.00	Piece of seasonal fruit	\$2.00
Cheese & tomato	\$4.70	Milo Cookie	\$1.00
Ham & cheese	\$5.00	Corn on the cob	\$1.50
Chicken & cheese	\$5.50	Crackers & Cheese	\$1.50
Tuna & cheese	\$5.00		\$1.50
Ham	\$4.50	Drinks	
Ham & cheese	\$5.00	Water (600ml)	\$2.00
Ham, cheese & tomato	\$5.70	Juice (apple, apple/blackcurrant, orange)	
		Flavoured Milk (strawberry, chocolate	
Looking to change up your sa	ndwich?	Chill J	\$3.50
ADD:		Plain Milk (300ml)	\$2.50
Ham, chicken, or tuna	\$1.50	Sipahh Straws	\$1.00
Cheese	\$1.00	Frozen	
Lettuce, carrot, cucumber, tomato, beetro	\$0.60	Frozen Juice Cup	\$2.00
Mayo	\$0.60	Twisted Frozen Yoghurt	\$3.00
Change to: Wrap \$0.50 Gluten Free bread	\$1.00	Quelch sticks	\$1.00
wrap \$0.50 Gluten Free bread	\$1.00		

# **Community Connections**





Watch highlights from past shows.

Scan the QR code.

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A dynamic and inclusive live theatre show for all ages and abilities. Experience exciting acrobatics, mesmerising juggling and quick-witted comedy keeping you at the edge of your seats! Don't miss this high energy, world-class show!

A FREE EVENT with an accessible, flexible environment, and a relaxed attitude to audience noise and movement.

Featuring moving, flashing lights, upbeat and sometimes dramatic music.

Showtimes are approx. 1 hour with no interval.

DAY ONE: Tuesday 23rd April @ 11am, 1pm & 5.30pm

DAY TWO: Wednesday 24th April @ 11am & 1pm

LOCATION: The B-Queanbeyan Performing Arts Centre

COST: FREE - bookings are essential. Bookings from schools. organisations. carers and families are all welcome.

To book complimentary tickets, please email your order and details to <u>meredithnewman@showintent.com.au</u> or call / text 0404-367-782



SOFTBALL CENTRE

SCAN THE QR CODE FOR MORE INFORMATION AND TO REGISTER





# **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.au9

Visit us on the web at www.palmdps.act.edu.au<sup>10</sup>





<sup>&</sup>lt;sup>9</sup>mailto:info\_palmdps@ed.act.edu.au <sup>10</sup>https://www.palmdps.act.edu.au/