



# Palmerston District Primary School Newsletter Issue 4 2023

## Deputy Principal



This week many students have participated in activities that are slightly different to their usual learning programs. They have worked with staff who aren't their usual teacher and adapted to routines that are outside of their usual day to day business. While all of this has impacted our week our staff have continued to complete assessment and reporting responsibilities, have continue to provide engaging learning opportunities for all students and have shown empathy and care to those who may have struggled with recent changes. Thank you to our wonderful community who, as always, have offered support and understanding. I appreciate this so much, and again am in awe of the inspiring manner in which our student show resilience and the heart felt way our staff support each other.

On a separate note, I had the privilege of attending the Year 3/4 camp in week one of this term. I do love the school camp experience, even the late nights and the early starts. There is something about waking up in the morning, listening to the sounds of nature, and enjoying a hot cup of coffee on Ngunnawal land, really appreciating the beauty of country. For me the joy is often in observing students, many who are away from home for the first time, really shine. I admired our students as they navigated many new experiences and applied a growth mindset to all that was presented before them, whether that be cooking damper on an open fire or rolling up a sleeping bag independently. While watching students extend themselves and achieve personal and group goals was delightful, what was just as inspiring was how they treated each other. I have said it before, and I will say it again – our kids are great kids. I witnessed many moments of empathy and support with students holding the hand of another on a bushwalk, helping one another carry bags, assisting each other at meal times and working as a team to ensure their cabins were left in an impeccable manner. It was truly a wonderful experience. It was a lovely time away and once again I extend a thank you to all staff who attended for their organisation in the lead up to camp, and the care they showed students while we were there.

We also held the annual PDPS cross country carnival. Again thank you to staff, students and parents for ensuring it was such a delightful day! Every child I spoke to was excited for the event. The chanting from all sporting houses was infectious. The passion of our runners was inspirational. The leadership of our sporting captains just divine! Every child I spoke to gave it their best shot and participated! Way to go Palmerston District Primary School!

In week five this term we will be celebrating our school learning achievements and recognising the participation and determination our students demonstrate each and every day at a K-2 and 3-6

assembly. Our Kindergarten students will host the K-2 assembly and our Year 6 students will host the 3-6 assembly. We are hoping to see many parents and carers there!

***Marijana Pasalic***

***Deputy Principal***

## Key Dates



### **Sports Dates**

30th May - Sullivan Shield Rugby League Gala Day (Years 3-6)

2nd June - North/Gungahlin Regional Cross Country

7th June - Wally Masur Cup (Tennis) (Years 5-6)

25th May - K-2 Assembly & Musica Viva

26th May - 3-6 Assembly & Sorry Day

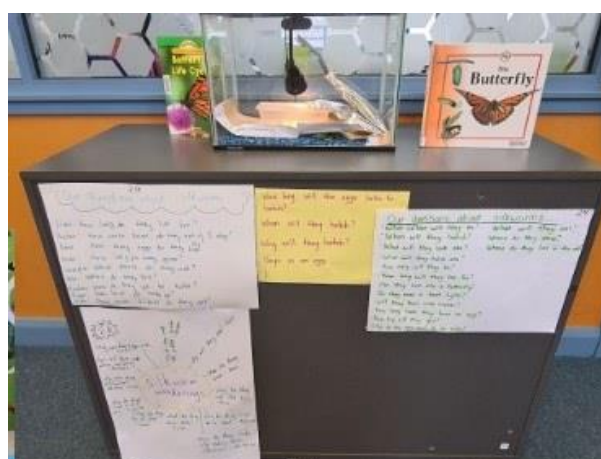
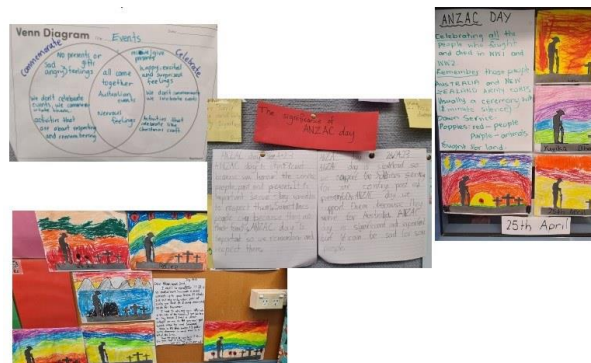
29th - Reconciliation Day Public Holiday

5th - 8th June - Kinder Health Checks

12 June - School Board Meeting 5-6pm

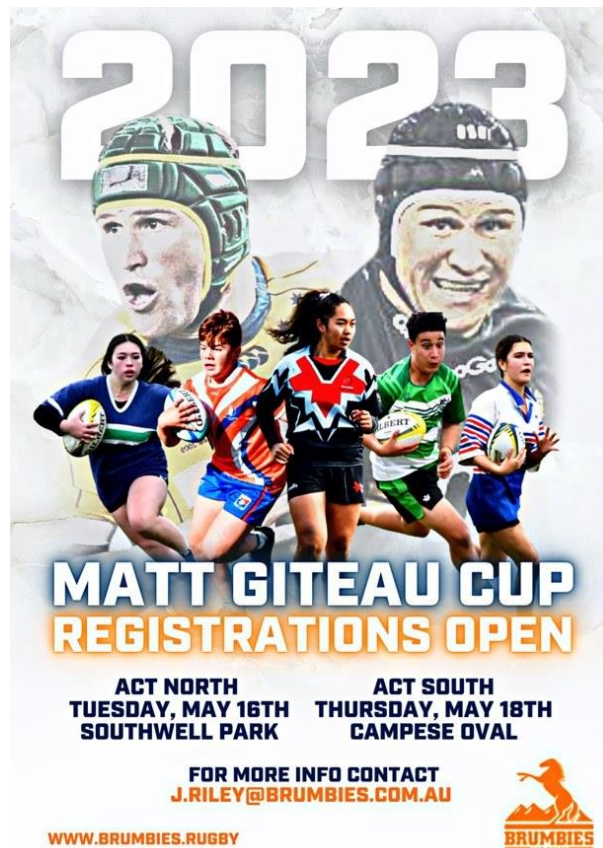
## Class Connections - Year 2

This term Year 2 has started developing our understanding of significant events, people and places. Last week we engaged in tasks to develop our knowledge of the importance of ANZAC day.



Year 2 is investigating life cycles and we have silkworms and mealworms to explore. We can watch the metamorphosis happen in real life! The students have made predictions and written questions for investigations.

## Sports News & Information



### HPE Roundup

#### Regional and State Swimming

At the end of last term, Palmerston sent a team to the North/Gungahlin Regional Swimming Carnival. This team of 26 students were selected based on their results meeting the required qualifying times in our school swimming carnival earlier this year. In a field of 22 schools, I am proud to announce that Palmerston came in at a respectable 7th place overall! Well done to all those who competed and represented our school with pride.

Congratulations to the following swimmers who qualified for the North/Gungahlin Region team which competed at the ACT State Championship on Tuesday 9th May at the AIS.

Lachlan (3G)

Sophia (6B)

Stevi (2B)

Matea (5G)

Maxim (6B)

Trong (5B)

Amari (2G)

Manning (6G)

**A further congratulations to the swimmers who placed at the State Championship in their respective races. The whole school community is proud of your efforts. These swimmers will now head off to Nationals!**

Trong (5B)

2nd Boys 10yo 50m Freestyle

2nd Boys 10yo 50m Butterfly

Matea (5G)

2nd Girls 10yo 50m Butterfly

Maxim (6B)

3rd Boys 12yo 50m Backstroke

### **Cross Country Carnival**

In week 2, Palmerston held our annual Cross Country carnival on our suburban course, starting on the Palmerston oval and continuing around the school. It was great to see so many enthusiastic participants from Kindergarten through to Year 6 having a go and enjoying the perfect running conditions on the day. Congratulations to Snowy, who came in 1st overall in our house point competition. Points were awarded for final places, participation and showing team spirit through chanting & keeping their areas tidy. Thankyou to the amazing staff who helped out on the day and fabulous parents and community members who came to support and cheer on the children.

1st - Snowy (511)

2nd - Murrumbidgee (448)

3rd - Gudgenby (408)

4th - Cotter (386)

Students who placed in the top 5 in their respective races from 8 years old and up will have an opportunity to represent the school at the North/Gungahlin Regional Carnival on Friday 2nd June (Week 6). Permission notes will be handed out in the next couple of weeks, along with ribbons for the top 3 placegetters.

### **Upcoming Events:**

Sullivan Shield Rugby League Gala Day: Week 6 Tuesday 30th May (Years 3-6)

North/Gungahlin Regional Cross Country: Week 6 Friday 2nd June

Wally Masur Cup (Tennis): Week 7 Wednesday 7th June (Years 5-6)





### **We're skipping through the term!**

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. Palmerston Primary has already raised \$1121.00

It's not long until our Jump Off Day on 26th May so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause!

Still need to sign up online? It's easy just follow this link and enter your details.

[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)<sup>1</sup>

P.s Don't forget our skipping goal of 100 hours! Currently, we've completed 21 hours Only 79 to go!

**BUDDING BRUMBIES**  
**GET INTO RUGBY**  
FRIDAY NIGHTS, 5PM  
AGE: 5-8  
DATES:  
BLOCK 1: 12<sup>TH</sup> MAY - 23<sup>RD</sup> JUN  
BLOCK 2: 21<sup>ST</sup> JUL - 18<sup>TH</sup> AUG  
LOCATION:  
NORTH HUB - SOUTHWELL PARK, LYNEHAM  
SOUTH HUB - CURTIN PLAYING FIELDS, CURTIN  
COST: \$150.00  
INCLUDES:  
-12 WEEK PROGRAM  
-TRAINING SHIRT & HOODIE  
-DINNER  
CONTACT: [DEVELOPMENT@BRUMBIES.COM.AU](mailto:DEVELOPMENT@BRUMBIES.COM.AU)

We're excited to open registrations for Budding Brumbies 2023!

The program will feature two hubs, North & South Canberra, providing children aged 5 – 8 a safe and enjoyable rugby experience that both participant, parent / guardian and family can immerse themselves in.

Please see attached the program flyer with additional information – below are registration links to the specific hubs along with the program launch article.

- **Canberra South Hub Registration Link:** <https://form.jotform.com/231148047174857>
- **Canberra North Hub Registration Link:** <https://form.jotform.com/231147274115853>

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<sup>1</sup><http://www.jumprope.org.au/parents>

**Program Article Link:** [https://act.rugby/news/act-brumbies-and-actjru-launch-new-kids-program-2023327?fbclid=IwAR24e3yRtQ-VEbH1Bkxrk\\_EkBeQD5ZD2kn8WmRIX76vBtoGkxA6f5aJADoE](https://act.rugby/news/act-brumbies-and-actjru-launch-new-kids-program-2023327?fbclid=IwAR24e3yRtQ-VEbH1Bkxrk_EkBeQD5ZD2kn8WmRIX76vBtoGkxA6f5aJADoE)

### **Rugby- Come and have a go!**

Palmerston District Primary School is offering a FREE Rugby come and try program again over the course of the year beginning on Thursday 16 Feb, 2023 (week 3).

The program will run for 4 consecutive weeks at 3:10- 4:00 on Thursdays on the school oval. A Gungahlin Eagles Rugby Club junior coordinator and coach Leigh Hancock will facilitate the learning and fun activities, giving students a great introduction to Rugby.

There will be a teacher present for the program however parental supervision is encouraged to support the smooth running of this great program.

No equipment is required of the students and there is no cost. Please ensure your child is wearing appropriate running shoes, appropriate clothes, and a labelled drink bottle each week.

Term 1: years K-2

Term 2: years 3 and 4 (commencing Thursday 4th May)

Term 3: years 5 and 6

Term 4: years TBA

Please email [Natalie.edwards@ed.act.edu.au](mailto:Natalie.edwards@ed.act.edu.au)<sup>2</sup> with their name, and class if you are interested in your child participating.

For information on enrolling in Gungahlin Eagles to play rugby this year please visit <http://www.gungahlineagles.com.au/>

Thank you for showing interest in Rugby.



**2023 will be a great year for sport at Palmerston District Primary School. We are bringing back team sport gala days with the following sports:**

Term 2-

ACT Tennis (online entry only)

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<sup>2</sup><mailto:Natalie.edwards@ed.act.edu.au>



AFL for years 5/6 (Coach required)

Rugby for years 5/6 (Coach required)

Buroinjin for years 5/6 (Coach required)

Tennis for years 5/6 (Coach required)

Term 3- Basketball for years 3/4 and 5/6 (Coach required)







Tennis for years 3/4 (Coach required)

Term 4- Rugby League for years 3/4 and 5/6 (Coach required)

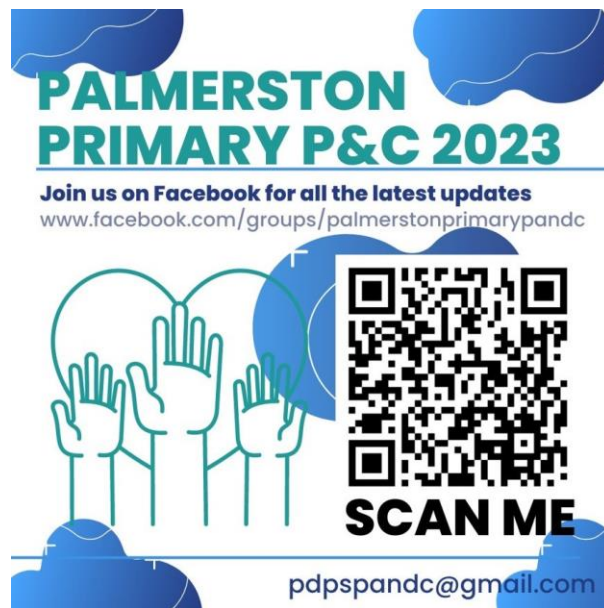
## P&C 2023

**MYTH OR FACT**

**ABOUT PALMERSTON PRIMARY P&C COUNCIL**

|   |   |  |
|---|---|--|
| Joining the committee and attending meetings is just for mums.      |   | The committee is for anyone who has an interest in what happens at the school.       |
| There are lots of volunteers and P&C members.                       |  | We have less than 12 members representing over 700 families.                         |
| The committee is full of cliques who know each other.               |  | We have a brand new committee this year including new and old parents to the school. |
| I don't have any ideas so I can't contribute.                       |  | We need people who can help in big or small ways.                                    |
| If I come to a meeting I will be hounded to help at lots of events. |  | You can choose to help with as few or as many events as you can.                     |
| I work full-time so I can't help at school events.                  |  | You can help online or in person and outside business hours.                         |

Got a question? Contact: [pdpspandc@gmail.com](mailto:pdpspandc@gmail.com)



## Canteen



### Canteen News

#### Canteen News

Its lovely to see your students using the School Canteen. We would like to give you a few ideas to make their canteen experience a fun one.

Each week the canteen will have a "lunch special " that will be advertised on Face Book which you can select on the app.

Lunch & Recess orders can be placed via [myschoolconnect.com.au](http://myschoolconnect.com.au) Tuesday - Fridays

Recess – Over the counter & online daily.

Please remember to look at the recess & lunch snack and drink menu and ensure your child has enough money for what they wish to purchase over the counter. Prices start from \$1.00 in the Canteen.

We would appreciate it if you could not send large notes to school with your child.

Recess & lunch menus attached.

We would welcome any parent/career who would like to volunteer in the Canteen. You would need to have your WWVP card.

***Thank you from the HKA team.***

## HEALTHY KIDS ASSOCIATION -PALMERSTON DISTRICT PRIMARY

Over the counter sales Tues, Wed, Thurs, Friday lunch & recess

### DRINKS:

|                                      |        |
|--------------------------------------|--------|
| PLAIN MILK                           | \$2.50 |
| JUST JUICE                           | \$2.20 |
| FLAVOURED MILKS-CHOCOLATE/STRAWBERRY | \$3.50 |
| CHILL J                              | \$3.50 |

### FROZEN:

|                               |        |
|-------------------------------|--------|
| QUELCH STICKS                 | \$1.00 |
| FROZEN JUICE CUPS             | \$2.00 |
| VANILLA ICE CREAM TUB-Light   | \$2.00 |
| TWISTED FROZEN YOGHURTS       | \$3.00 |
| PADDLE POPS-rainbow/chocolate | \$3.00 |

### SNACK FOOD:

|                          |        |
|--------------------------|--------|
| POPCORN                  | \$1.00 |
| MILO COOKIE              | \$1.50 |
| BANANA BREAD             | \$2.00 |
| MUFFIN                   | \$2.00 |
| JELLY CUP OR CUSTARD CUP | \$2.00 |
| SEASONAL FRUIT           | \$2.00 |
| MOUSSE                   | \$2.50 |



Healthy Kids Canteen Menu  
Palmerston District Primary School  
Order online at [myschoolconnect.com.au](http://myschoolconnect.com.au)

Term 2  
2023

#### Sandwiches

All served on wholemeal bread unless otherwise requested.

Wraps also available.

|  |        |
|--|--------|
| Happy Little Vegemite (with margarine) V               | \$3.00 |
| Cheese V   | \$3.50 |
| Cheese & tomato V                                      | \$4.00 |
| Ham  | \$4.00 |
| Ham & cheese   | \$4.80 |
| Ham, cheese & tomato                                   | \$4.80 |
| Ham & salad  | \$5.00 |
| Ham, lettuce & mayo                                    | \$4.50 |
| Chicken & cheese                                       | \$4.50 |
| Chicken & salad  | \$4.80 |
| Chicken, lettuce & mayo                                | \$5.00 |
| Tuna & cheese  | \$4.50 |
| Tuna, lettuce & mayo                                   | \$4.50 |
| Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V | \$5.00 |
| Salad & cheese V                                       | \$4.50 |
| Egg & cheese V   | \$4.50 |
| Egg, lettuce & mayo V                                  | \$4.50 |

#### Toasted sandwiches (in press)

All served on wholemeal bread unless whole bread is requested.

|  |        |
|--|--------|
| Happy Little Vegemite (with margarine) V | \$3.50 |
| Cheese V                                 | \$4.00 |
| Cheese & tomato V                        | \$4.50 |
| Ham & cheese                             | \$5.00 |
| Chicken & cheese                         | \$5.00 |
| Tuna & cheese                            | \$5.00 |
| Egg & cheese V                           | \$5.00 |
| Ham                                      | \$4.50 |
| Ham, cheese & tomato                     | \$5.50 |

#### Looking to change up your sandwich?

|   |        |
|---|--------|
| Add ham, chicken, tuna                          | \$1.50 |
| Add egg or cheese                               | \$1.00 |
| Add Lettuce, carrot, cucumber, tomato, beetroot | \$0.60 |
| Add Mayo  | \$0.60 |
| Change to wrap                                  | \$0.50 |
| Change to chicken-free bread GP                 | \$0.80 |

#### Hot meals

|  |        |
|--|--------|
| Pasta Bolognese                              | \$6.50 |
| Pasta Napolitana                             | \$5.50 |
| Sausage roll                                 | \$5.50 |
| Veggie fried rice                            | \$5.50 |
| Beef lasagna                                 | \$6.50 |
| Veggie lasagna                               | \$6.50 |
| Butter chicken & rice (vegetarian available) | \$6.50 |

#### Weekly specials

|   |        |
|---|--------|
| <b>Wednesday:</b> Chicken nuggets           | \$6.50 |
| <b>Thursday:</b> Crispy chicken burger wrap | \$6.00 |
| <b>Friday:</b> Stone baked pizza            | \$6.50 |

#### Snacks

|                       |        |
|-----------------------|--------|
| Fruit salad           | \$4.00 |
| Popcorn               | \$1.00 |
| Cheesy garlic bread   | \$2.50 |
| Benene bread          | \$2.00 |
| Fruit jelly cup       | \$2.00 |
| Homemade mini muffins | \$2.00 |
| Corn on the cob       | \$1.50 |
| Chocolate mousse      | \$2.50 |
| Milo cookie           | \$1.50 |

#### Drinks

|   |        |
|---|--------|
| Water: 600ml                                    | \$2.00 |
| Juice (orange/mango, apple, apple/blackcurrant) | \$2.50 |
| Flavoured milk (choc, strawberry): 300ml        | \$3.50 |
| Plain milk: 300ml                               | \$2.00 |
| Chill J   | \$3.50 |
| Sipahh straws                                   | \$0.50 |

#### Frozen

|                        |        |
|------------------------|--------|
| Frozen juice cup       | \$2.00 |
| Twisted frozen yoghurt | \$3.00 |
| Quelch sticks          | \$1.00 |

## SKIP THE CANTEEN LINE WITH



1. DOWNLOAD THE MY SCHOOL CONNECT APP



2. SELECT MY SCHOOL TUCKSHOP



3. ORDER YOUR LUNCH



4. SKIP THE QUEUE!



The Canteen will be having a  
Crispy Chicken Burger special week 4  
\$6.50

(Crispy steggles pattie in fresh roll with lettuce, egg free mayo or choice of sauce)

Tuesday - Thursday

Order on line at

[myschoolconnect.com.au](http://myschoolconnect.com.au)

## Library News

**Rebecca Cameron**

**Teacher-Librarian**



## Additional Information

### Staying COVID Smart in 2023

Being COVID Smart remains a priority for all ACT public schools in 2023.

Students, staff and visitors are reminded to:

- Stay home if unwell and get tested for COVID-19
- Stay up to date with your vaccinations
- Practise good hand and respiratory hygiene
- Physically distance from others when in public places

Individual schools may implement additional measures to manage COVID-19 if deemed necessary in a particular setting. Any changes will be communicated to parents and carers.

**If your child has COVID-19, you must let the school know.** We recommend keeping your child home for at least five days.

RATs are again available from the school for students from the front office.

**You can read more about how we are being COVID Smart in ACT public schools at <https://www.education.act.gov.au/public-school-life/covid-school-arrangements>**

### Safe parking around schools

The start of the school year is a particularly busy time in our school carparks and surrounding streets. It's important that we park safely and legally to support the safety of students.

Parking on a footpath, nature strip or roadside verge can:

- Cause safety risks for pedestrians as they are less visible to oncoming cars
- Increase the risk for vulnerable members of our community like children, people who are visually impaired, and those using a wheelchair or pram
- Restrict the line of sight for other road users
- Restrict access for emergency services vehicles.

Parking on nature strips can also damage trees, footpaths, gutters and underground pipes and cables. Please also remember not to park across driveways or block neighbouring residents' properties.

As students return to school remember to also slow down and stick to the 40km/h limit around our schools between 8am and 4pm.

Parking inspectors regularly patrol school zones to support safe parking and keep students safe.

If you cannot find a car park in our school car parks, we suggest parking a little further away and walking or riding the rest of the way – it's a quick and easy way to get in some exercise too.

Let's all work together to keep our kids and community safe!

More information about travelling safely to school is available on the Transport ACT website<sup>3</sup>.

### **Well Being Journals**

Thank you for your patience in purchasing the "My Wellbeing Journey" book from the school.

The school "My Wellbeing Journey" books are now available to purchase at the front office via EFTPOS.

The prices are as below.

Years 1 – 5 - \$15.

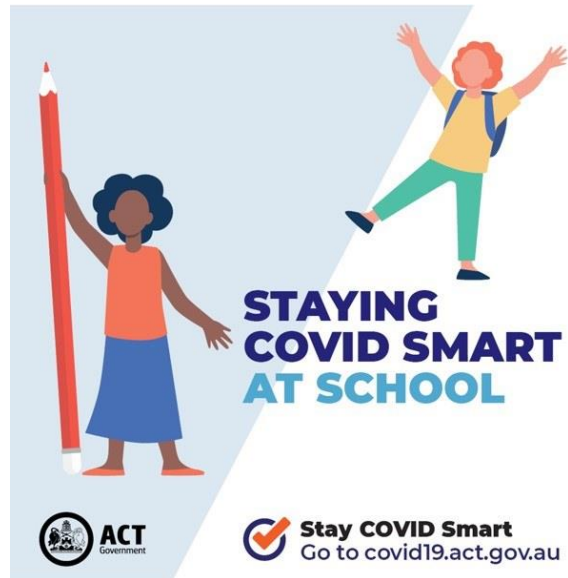
Year 6 - \$10.

Please note, If a school book pack was purchased, there is no need to purchase the additional book.

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<sup>3</sup><https://www.transport.act.gov.au/travel-options/schools/travel-safely-to-school>





## Community Connections

**ALL-STARS SOCCER ACADEMY**

**4-6 YEARS OLD**

- SOCCER FUNDAMENTALS
- MOTOR SKILL DEVELOPMENT
- BUILD CONFIDENCE

**7 - 10 YEARS OLD**

- SKILL PROGRESSION
- TECHNICAL DEVELOPMENT
- TEAM BASED ENGAGEMENT

**11 - 14 YEARS OLD**

- TACTICAL DEVELOPMENT
- POSITIONAL AWARENESS
- GAME RELATED DRILLS

**MON/THURS/SUN**

- PASSING
- CONTROL
- SHOOTING
- KICKING
- DRIBBLING
- MATCH SIMULATION

**\$19  
PER HOUR  
SESSION**

**CLASSES FOR  
ALL AGES  
5-14 YEARS**

**ACT &  
NSW**

**BOOKINGS ESSENTIAL. SPOTS FILL UP FAST!**  
**REGISTER NOW - [ALLSTARS.SOCCERACADEMY@OUTLOOK.COM](mailto:ALLSTARS.SOCCERACADEMY@OUTLOOK.COM)**

## 50 years of IMP Instrumental Music Program

To celebrate 50 years of IMP 1973-2023  
the program will be holding a reunion band event and concert on Sunday June 18  
at Llewellyn Hall, ANU School of Music  
Reunion band rehearsal 10.00-11.30am and concert 2.00-4.30pm

Former SCB – Senior Concert Band – students and staff are invited to join the band for the day  
Families, friends and colleagues of the program are invited to attend the free concert  
Follow our facebook page – “50 years of IMP”

Link to register for reunion band as a player



<https://forms.gle/YHSRrDEJw91DUtd7>

Link to access free concert tickets



<https://www.trybooking.com/CGAJE>



## Enrol Now

Your local public school has a place for your child to learn, develop and reach their potential. Online enrolment in the ACT can be made for children from Preschool through to Year 12, for ACT residents and NSW residents in the region surrounding the ACT.

Online enrolment for the current school year can be made using the relevant links below. Enrolment applications are assessed throughout the year when submitted.

If you have any questions about enrolment or schooling, such as setting up healthcare supports or inclusion and access adjustments for your child, please contact your local school<sup>4</sup> as soon as possible to discuss how we can best welcome, support and include your child.

### 2024 Enrolment Timeline

- **26 April 2023 (6:00am) – 2024 online enrolments open via the ACT Education Directorate website**
- **2 June 2023 (11:59pm) – Bulk round for Preschool completed. Enrol by this date to receive an offer from 24 July 2023**
- **Applications made after 2 June 2023 will receive an offer later in the year**
- **Families can enrol for 2024 at any time during the year after April 26 2023**
- **September to December 2023 - Communication sent to families regarding 2024 school year/orientations**

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<sup>4</sup><https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school/school-enrolment-email-addresses>

- **Monday 29 January 2024 - All new ACT school students commence first day of Term 1 2024**

<https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school><sup>5</sup>

## 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.au](mailto:info_palmdps@ed.act.edu.au)<sup>6</sup>

Visit us on the web at [www.palmdps.act.edu.au](https://www.palmdps.act.edu.au/)<sup>7</sup>



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<sup>5</sup><https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school>

<sup>6</sup>[mailto:info\\_palmdps@ed.act.edu.au](mailto:info_palmdps@ed.act.edu.au)

<sup>7</sup><https://www.palmdps.act.edu.au/>