



**ACT**  
Government

Education

# Palmerston Post

9 May 2019  
Week 2, Term 2



**Board Chair:** Lisa Fior **Board Members:** Parent Reps: Adam Davidson and Kate Baron

**Teacher Reps:** Jessica Lago and Maxine Green

**P&C President:** Lisa Fior

**Principal:** Kate Smith **Deputy Principals:** Haeley Simms (A/g) & Kylie Moller (A/g)

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

## ASSEMBLY:

10 May Mother's Day Concert

17 May Senior - 3JL & 3FB

## DATES TO REMEMBER:

10 May P/S (end) Nutrition  
Magician

10 May P/S (end) Mother's  
Day "Stay and Play"

10 May Mother's Day Stall

14-17 May Naplan

17 May National Walk Safely  
to School Day

21-24 May Naplan

22 May Simultaneous  
Storytime

24 May Yr3/4 & IEC Theatre  
Excursion

## NOTES:

- Mother's Day
- Yr3/4 & IEC theatre excursion

## 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**

## PRINCIPALS' MESSAGE

Hi everyone,

What an incredibly busy and wonderful start to the term we have had! Thank you to those of you who have met and chatted with me after school. I enjoy learning about you and your children, as building connections is a very important component of my role.

I have spent a significant amount of time in classrooms in the past nine days. I am impressed by the learning environments and engaged students working busily no matter the task at hand. I am a keen photographer and you will notice the daily posts to the school Facebook page. Please, if you haven't been on there for a while, hop on and see some of the learning and experiences through my eyes. Share comments and let's build a vibrant page for our school together.

Across my short time here already, I sense a very connected community, with a lot of pride from the way Mr Phil keeps the grounds through to the comments provided to me from parents and all that fits in between. We certainly have a school to be proud of.

Speaking of being proud, I have spent time with four Yr 5/6 classes today, who went with me on a journey to talk about PRIDE and PBL and the role they play as some of the senior students in our school. It was really lovely to spend a little time with them and start to learn their stories. Some students were happy to share with me that we had connections with mutual friends, and I stated what a small world we live in. I was delighted with Safina's response, "Yes Mrs Smith... small world, big things". I think that says it all.

Being impressed has been a theme this past fortnight – listening to teachers discuss the reporting process they find themselves in the middle of, listening to the executive team discuss the learning goals of the school, meeting with and listening to our School Board Chair, Lisa. Another highlight was meeting Blake Moon, from Yr 4, and being presented with a hard copy of his book – My Deltoran Journey. Blake has been working with Mrs Jeffs, and liaising with author Emily Rodda and Marc McBride – Illustrator. Magical moment of learning captured forever in the publication of his book! Congratulations Blake.



To all our mothers, grandmothers, carers and significant people in our community, I wish you a joyful Mother's day, a time to cherish the moments with your family, and a time for you to close your eyes, smile and remember what a special person you are. I look forward to meeting many of you tomorrow morning.

*Kate Smith*

## Positive Behaviours for Learning (PBL)



### PBL at Palmerston



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

**weeks 3 and 4 (term 2) are....**

- **We run in the right places**
- **We keep our whole bodies to ourselves**

## Positive Behaviours for Learning (PBL)

This year at Palmerston we are entering our second year of PBL. PBL is an evidence based whole school approach to student well-being and behaviour. It supports the school to create a positive learning environment to promote student learning and well-being.

Last year we completed our expectations and behaviour matrix. We then implemented this for the outside of the classroom. The three PBL expectations at Palmerston are: We are safe, respectful and learners.

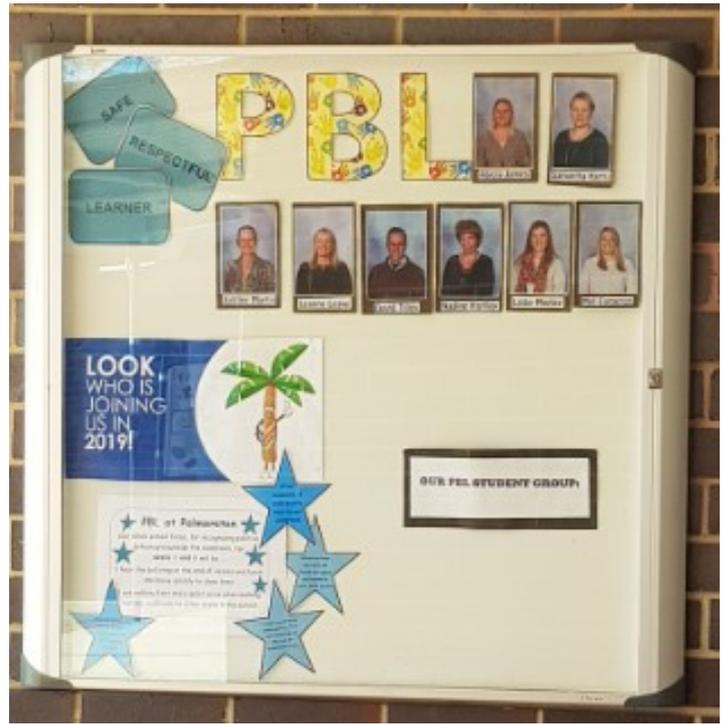
The students were very excited at the beginning of last term when we introduced Palmy, our PBL mascot. Also at the start of last term, each class focused on the three expectations and created a display, a poster or even a video. They were fantastic. We have included some photos to show you. Unfortunately, we can't include the videos but they were exceptional, particularly 5/6KB who made a rap of the values!

This term we are continuing on our PBL journey. We will be introducing tokens in the playground for students who are showing our PBL expectations. These are then added up and a reward is given to the house with the most points. Last term the lucky winner was Snowy who won ice blocks. We will also be placing signs around the school to make PBL more visible. Look out for them! Please ask your child about PBL. The PBL team are always happy for any parent feedback or comments. Once we have completed the outside component of PBL we will be moving to inside of the classroom. We will keep you up to date with our progress.

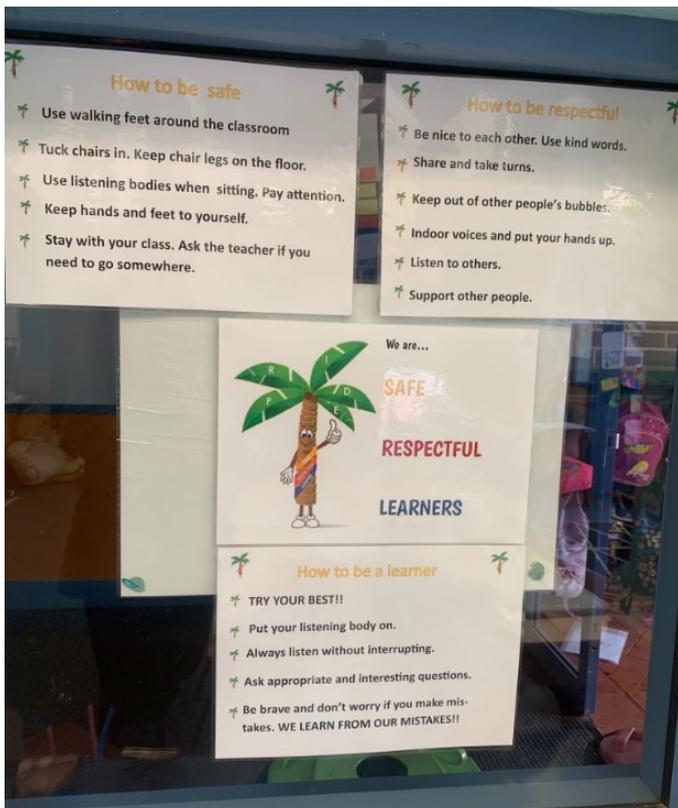
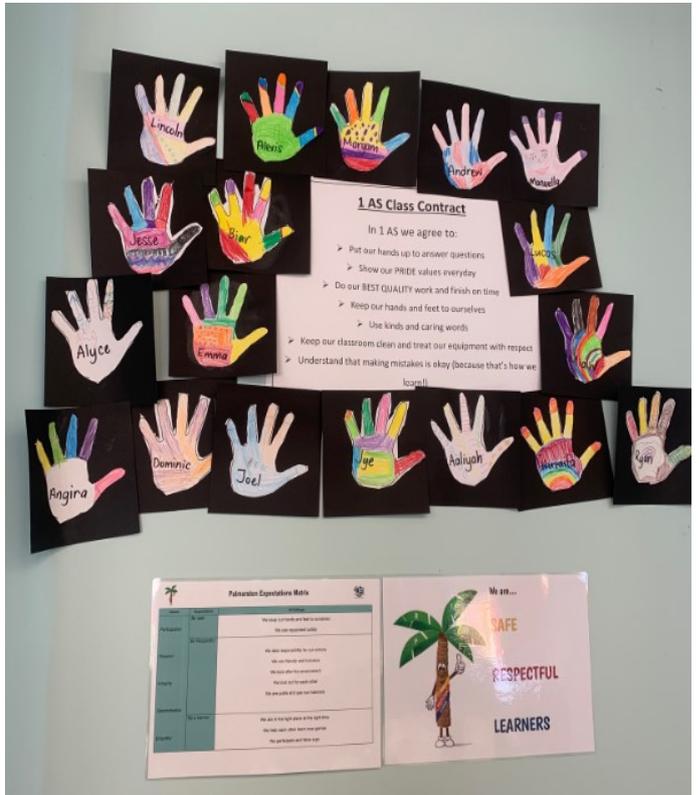
The PBL team



PBL NEWS



## PBL NEWS



## ENVIRONMENTAL SCIENCE

Classes that cooked with Mrs Campbell made silverbeet and feta triangles.

The silverbeet and garlic were grown in the garden and the eggs were from the chickens.

The children found the triangles delicious! The recipe is included for you to try at home.

Mrs Campbell

### Hortopita Recipe – Silverbeet Triangles

#### Ingredients

- 1 brown onion - finely diced
- 3 cloves of garlic - finely chopped
- 1 bunch of silverbeet - leaves and stems separated - shredded
- Bunch of parsley- finely chopped
- Bunch of mint - finely chopped
- 200g of firm feta - cut into small cubes
- 1 packet of filo or puff pastry sheets
- 125g of butter - melted
- 2 eggs
- Olive oil



#### Method

1. Preheat oven to 180C
2. Chop onion, garlic, silverbeet leaves and stems, herbs and feta cheese.
3. Sauté the onion and silverbeet stems in olive oil until soft
4. Add the garlic and fry for a minute
5. Add the silverbeet and fry some more
6. Put the eggs, feta cheese and herbs in a bowl – mix
7. Combine the cooked silverbeet mix into the bowl - mix
8. Place a damp tea towel over the filo to prevent the pastry from drying out. Remove one sheet and brush with butter, place another sheet on top, brush with butter again and lay one more sheet on top. If you are using puff pastry just use one sheet.
9. Cut the pastry into three equal strips and spoon the spinach mixture onto the ends. Rolling up the mixture, fold the pastry on a 45-degree angle and repeat until you have a neat pastry triangle. Brush with melted butter and place onto a lined baking tray.

Bake for around 20 minutes or until golden and crisp.

## UPCOMING EVENTS

### Preschool (end) - Nutrition Magician

Date: Friday 10 May 2019

Location: Library

### Mother's Day Concert

Date: Friday 10 May 2019

Location: PDPS, hall

### Simultaneous Story Day

Date: Wednesday 22 May 2019

Location: PDPS

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## P&C NEWS

# Palmerston District Primary School ELECTION DAY BBQ

Palmerston District Primary School  
Kosciuszko Ave,  
Palmerston ACT 2913

**ELECTION DAY -- SATURDAY 18 MAY 2019**  
**SAUSAGE SIZZLE, BACON & EGG ROLLS, DRINKS & A CAKE STALL**

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**This is a great opportunity for us to raise funds for the school!**  
**If you can help the P & C by baking for the cake stall**  
**or volunteering your time on the day,**  
**please fill in the attached form and return it to the front office**  
**or email the P & C [palmpandc@hotmail.com](mailto:palmpandc@hotmail.com)**

**P&C NEWS**

**Election Day BBQ Fundraiser – Saturday 18<sup>th</sup> May  
HELPERS WANTED**

The Election Day BBQ and Cake stall is a wonderful opportunity for the P&C to raise funds for the school.

To make this successful we would like to ask for either

An hour of your time

Or

A donation of a tasty treat for the cake stall

Many hands make light work

And we would love any help you can offer

Name: .....

Mobile: .....

Email: .....

Please circle/tick your preferred time below

	<b>7-8am Set up</b>	
<b>8-9am Prep</b>	<b>8-9am Cooking</b>	<b>8-9am Serving</b>
<b>9-10am Prep</b>	<b>9-10am Cooking</b>	<b>9-10am Serving</b>
<b>10-11am Prep</b>	<b>10-11am Cooking</b>	<b>10-11am Serving</b>
<b>11-12pm Prep</b>	<b>11-12pm Cooking</b>	<b>11-12pm Serving</b>
<b>12-1pm Prep</b>	<b>12-1pm Cooking</b>	<b>12-1pm Serving</b>
<b>1-2pm Prep</b>	<b>1-2pm Cooking</b>	<b>1-2pm Serving</b>
<b>2-3pm Prep</b>	<b>2-3pm Cooking</b>	<b>2-3pm Serving</b>
	<b>3-4pm Pack Up</b>	

Or circle

I would like to make an item for the cake stall

## HIRERS NEWS

### Talon Karate Do

## SHOTOKAN KARATE

*Learn from the Champion*

Instructor: **Sensei Suresh Guna** Black Belt 4<sup>th</sup> Dan (Yondan).

- Increased fitness
- Increased strength
- Increased flexibility
- Better focus
- Reduced stress & Tension
- Improved self confidence
- Learn practical self defence

**Beginners classes starts on 8<sup>th</sup> May 2019**

**Every Wednesdays 6:15 PM to 7:15 PM**

**At: Palmerston Primary School Hall. Contact: 0468 932 422**





### ParentLink

ParentLink provides parenting education to the community, from birth to teenage years. It is available for parents, carers, kin, teachers, and the broader community, providing information and links to local resources and services.

The ParentLink website provides links to all ParentLink guides including a variety of topics - *Starting School*, *More than Reading and Writing*, *Optimism* and *Cyber Safety*.

The ParentLink suite of resources includes guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the website at, <https://www.parentlink.act.gov.au/>

**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](http://transport.act.gov.au)

CANBERRA IS BETTER CONNECTED

ACT Government | Transport Canberra

### PARKING AROUND SCHOOLS



As we drive and park our cars around schools we all need to ensure the safety of school students is our priority. Parking illegally and unsafely across pedestrian crossings, corners and verges puts children at risk. We all need to help keep our children safe. Here is a short video demonstration: <https://youtu.be/AsIMVXpA9Zc>

Access Canberra inspectors will be patrolling our school zones to help us ensure drivers do the right thing.