



# Palmerston District Primary School Newsletter

## Principal Message



Hello families of Palmerston!

2022 is an exciting year with many new families, many new teachers, many new ideas and clarity of vision to ensure your child has a wonderful time at school, learning in all directions.

### **Positive start**

We are completely in awe of our students and the manner in which they are just accepting what learning looks like since Week 1. Cohorting out on the playground, difference in break times and washing hands like champions – we could not be more proud of how our students are managing. I take my hat off to our teachers, who are doing a sterling job wearing masks all day – voices are strained at the end of every day – but we all understand what must be done to keep everyone safe. As Execs, we all fall under the cohorting rules, so we cannot visit all classes, like we did in the past, and that is terribly difficult for us – but we are loving the photos we see from teachers and peeking in windows!

### **Family connections**

We want to be ambitious and grow our community connections with more families this year – we are hoping to raise the engagement level of families contributing to our school to make it the best it can be. We have had some fabulous families already paving the way with our attempt to make the front of our school more appealing and in line with many front yards boasting incredible agapanthus gardens.

Our new buildings are delayed due to the pandemic and available resources, so we have some time to plan with you, what landscaping in and around the buildings can look like, so please keep an eye out for upcoming Working Bee's on a Saturday.

### **Covid and it's impact**

Like so many places around Canberra and further afield, we are feeling the impact of positive cases at school with staff and students. For anyone at home now with Covid, I send you all my positive vibes for a swift recovery. We really need the honesty and support from all of our families to test your child twice a week, and to please keep them home if they are unwell, have symptoms, and if they have Covid. If a child is asymptomatic and positive, they cannot come to school. We are relying on the integrity of all of our families to keep us all safe. We do have positive cases across the school, but it is the early years that are showing the greatest numbers. We have been working very closely with ACT Health and the ACT Directorate of Education to get information out to you as soon as we receive it – sometimes this is well into the evening, please know we send letters out immediately upon receiving them. We are delighted that we can hand out RATs today to each child – so please make sure you check school bags to retrieve them and store under 30 degrees.

### **Carpark and foot traffic**

We understand the difficulties the beginning of the year that the allocated entry and exit gates bring for parents to come onsite to collect their child, but, we must reiterate again please the **essential need** to have polite, respectful driving behaviours in our carpark. We must all do everything we can to keep every child safe. PLEASE do NOT park in the drop off zones – this is stopping the entire flow of how the carpark was designed to be used. Now, that we are two weeks into school, and students know the routines, could we please ask you to consider a pick up spot on the oval to meet your child if possible?

Routine parking inspectors come to the school at random times, so please be cautious as to where you park – it is a tricky space we all know. If the drop off zone was clear at all times, parents can flow in anytime between 3.00pm and 3.15pm.... taking away the urgency to be there at 3pm exactly. Could you please help us to achieve this goal?

More things grow in the garden that the gardener sows. - Spanish Proverb

Thank you everyone, lets see the magic that 2022 can bring to this incredible learning community.

**Kate Smith**

## Deputy Principal of Achievement and Potential



Being a lifelong learner has never been more true to me than in 2022, and I am here for it! I'm excited! I am ready to go! For many years now I have dedicated my professional career to the wellbeing of students, and leading schools and school communities to implement effective systems and supports to develop, and build upon, positive school cultures. However, following the departure of Mrs Cox in 2021, I am refocusing my professional learning journey and leadership towards curriculum and pedagogy. The wellbeing of our community is a true passion of mine, and one that I will continue to be involved in, because without a strong, positive mental wellbeing we cannot be our best selves and we cannot learn at our full potential. Learning and wellbeing are not separate, they are indeed intrinsically connected. Wellbeing is so important as it can lead to increased academic outcomes for students, just like a safe classroom supports students to engage in the learning process and a growth mindset encourages students to take risks and show resilience when things get a little tricky. Over the past couple of years, if I have learned anything from this global pandemic, it's this – curriculum and wellbeing go side by side, you can't have one without the other. Education is so much more than curriculum, classroom seating plans and academic success. It is about a safe and supportive environment where every student is receiving what they need to achieve in an equitable way. Education is about learning lifelong skills to ensure we can confidently and positively contribute to our society. Education is about being a lifelong learner. Education never ends. This year we continue our journey as teachers, as learning support assistants and as adults in the community to ensure that the curriculum we deliver is relevant, engaging, informed by the standards outlined in the Australian Curriculum and competently address key learning areas and general capabilities that support our students to be successful learners (e.g. literacy/numeracy skills, critical and creative thinking and personal and social capabilities). We have a strong focus, outlined through our strategic goals, on writing, spelling and assisting students to connect with the learning environment and what they are learning. There are exciting times ahead. We have outstanding teachers at school. Teachers who are as passionate as I am about our students and who strive everyday to provide the best learning experiences to achieve academic, behavioural and social outcomes. We have classrooms that are the most beautiful learning spaces

with reading nooks, organised resources, art works on display and wellbeing visual supports. I cannot wait to see where it goes from here.

Finally, welcome back to our students and families. For some it has not been an easy transition back to school, it has been a bit rough at times. As a school we continue to respond to changing events as best we can. What we have on our side though, is a community who support each other and show empathy and care. We are so lucky. This year I look forward to watching our little people, and big people, thrive! I look forward to celebrating successes and supporting others when needed. Let's make 2022 our best year yet!

***Marijana Pasalic***

## Deputy Principal of Inclusion, Diversity and Wellbeing



Please allow me to introduce myself. My name is Emma Campbell and I am new this year to Palmerston. This is my 22nd year of teaching, all of which I have taught in Canberra, except for 2 years when I taught in London.

So far, I am incredibly impressed by the students in this school. I continuously see students being safe, respectful learners. They love to chat and tell me a quick story in passing about something important to them in that moment. It is going to take some time for me to learn everyone's names, especially with cohorting currently happening, but I will do my best. You will see me most afternoons outside the front of the school. Please feel comfortable coming and saying hi if you wish.

This year, the school will continue the journey of PBL (Positive behaviours for learning). PRIDE awards will continue be rewarded to students in online assemblies each fortnight. We are always looking out for positive examples of our school values – Participation, Respect, Integrity, Determination, Empathy.

As a school we will continue our focus on cultural integrity, raising the knowledge and understanding of the culture of our First Nations people. We are incredibly lucky to have Leah Brideson in our school this year to guide us in our collective learning.

Thanks and I look forward to meeting you all.

**Emma Campbell**

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*Palmerston Well Being Community Hub<sup>1</sup>*

<https://sites.google.com/ed.act.edu.au/palmerston-community-well-bein/home>

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### **Getting to know you interviews**

Next week Palmerston DPS teachers will be conducting getting to know you interviews. These will be conducted online. The interview provides an opportunity for you, as parents, to talk to this year's classroom teacher and let them know anything about your child that is relevant to their learning and development. The interviews will run for ten minutes. Specialist teachers are also available if you wish to talk to them.

Interviews will occur next week, 14-18 February. Teachers are available from 3.30 – 4.50 Monday, Thursday and Friday and from 3.30 – 6.50 on Wednesday. Teachers are not available on Tuesday.

To book an interview, please click on this link:

<https://www.schoolinterviews.com.au/code/97k8a>  
**code 97k8a)**

**([www.schoolinterviews.com.au](https://www.schoolinterviews.com.au)<sup>2</sup> event**

You will be asked to enter your details, then select the teacher with whom you want to talk. Please remember to select an online conversation, we are currently unable to do them face to face. Once you have booked your time, there will be a link provided which you use at the time of your interview.

Teachers are looking forward to hearing about the children in their class.

If you have trouble with the link, please contact the front office.

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<sup>1</sup><https://sites.google.com/ed.act.edu.au/palmerston-community-well-bein/home>

<sup>2</sup><http://www.schoolinterviews.com.au/>



## Key Dates



**21st February - P & C General Meeting 6pm, Gungahlin Lakes Club**

**14th February - Canberra Day Public Holiday**

**8th April - Last day of term 1**

## Classroom Connections













## Preschool

Layla has shown her great fine motor skills by putting the special rocks on the zig zag lines. She was very happy with her work.

Anureet has worked hard to count from 1 to 10 and match numerals to quantities using the number puzzle. She was very proud of herself when she completed the puzzle.

Friends working together to build a tower of magnets.

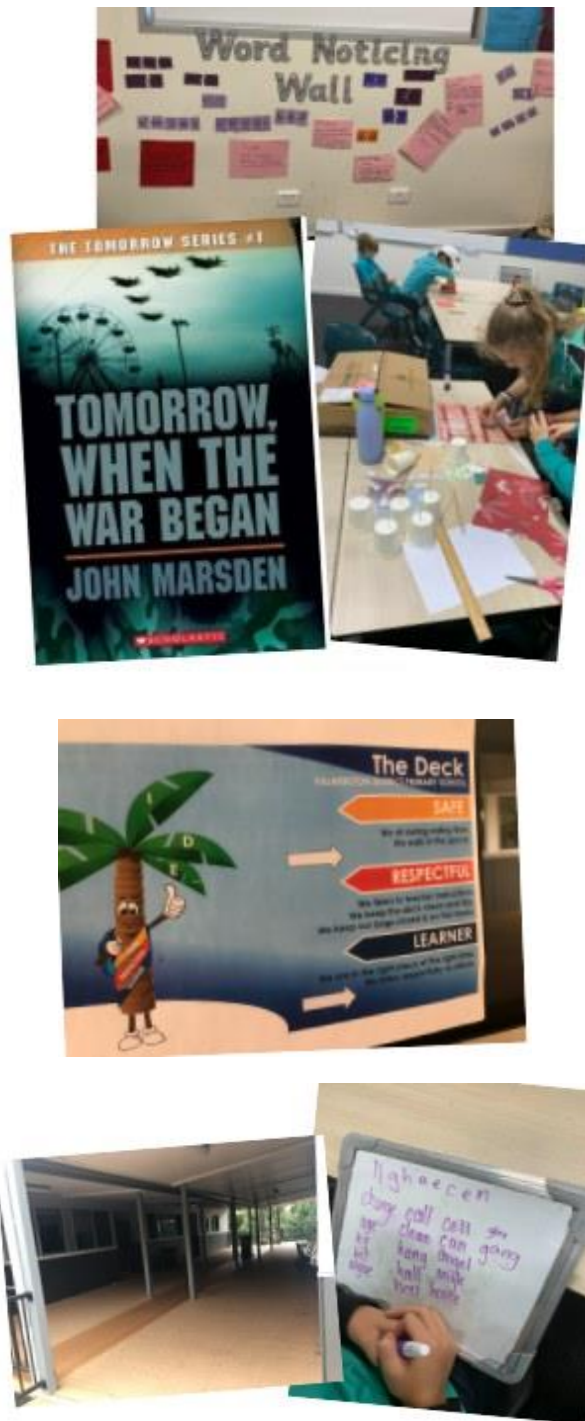
Bradley is a keen builder and has enjoyed creating this amazing rocket ship with the magnetic tiles.

Preschool Legless Lizards love playing outside. They are on the obstacle course practising their climbing skills.

We aspire to support children to develop a sense of themselves as 'confident and capable learners.'

'We did not realise we were making memories. We just knew we were having fun.'





## Year 6

Year 6 students have been busy developing teamwork strategies and getting to know the teachers and their peers. To develop collaborative learning skills, students have worked in small groups to design, make and share solutions to problems posed in quality picture books such as 'The Windy Farm' by Doug MacLeod.

We are building 'Word Conscious Classrooms' to improve our spelling and writing. Our text 'Tomorrow When The War Began' is providing opportunities for us to learn, study and understand new vocabulary. We are also using this novel to develop deeper knowledge on our key inquiry concept of 'Power'.



Each class has co constructed Positive Behaviour for Learning expectations for each classroom and is developing terminology on the Zones of Regulation. There has been a new club created this year, the Palmerston News, where Year 6 students will create a news segment for the entire school each week, discussing headline topics and key information for students and staff.

We are so lucky to have 'The Deck' as a Year 6 Assembly area. This is a fabulous place for messaging and will be used for break away, collaborative and independent learning opportunities. We are looking forward to working with our students on furniture to complement the learning in this space.

## Sports News



### Cricket

*Cricket Australia has provided a catching challenge to assist Year 2 students. We have obtained 120 balls and certificates free, for year 2 students who complete the challenge*

### Swimming

School Sport ACT Swimming Competition information can be found here  
<https://schoolsportact.org.au/sports/swimming/>

**Robert King** [robert.king@ed.act.edu.au](mailto:robert.king@ed.act.edu.au)<sup>3</sup>

**Physical Education & Health Teacher**

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<sup>3</sup><mailto:robert.king@ed.act.edu.au>



## Pride Awards



### **PRIDE**

Max 1Y, Seeana 1R, Salmon 2I, Natasha KR, Malakai 2V, Noor 1V, Jax 1V, Raymond 1B,  
Lin 1O, Milla KV, Akin KV,

### **RESPECT**

Charlotte 1R, Harrison Roy 2Y, Anella KR, Akshitha 2V, Ugochukwu KO, Sophia 1B, Tyler 1G, Edmond  
1G, Jack KY, Dieter 2O,  
Abeeha 2O Lea KG, Zaiyda KI, Aymaan 2B

### **Integrity**

Zoya 2G, Evelyn 2Y, Zahra 2I, Max 1O, Jonathan 2R,

### **Determination**

Ryan 1Y, Zahran KO, Grace KB, Taleah 2B

### **Empathy**

Maddie 2G, Zara 2R, Emily KY, Ava KG, Ethan KB, Samuel KI

## Cultural Integrity at Palmerston



Yaama Palmerston Community,

My name is Leah Brideson. I am Kamilaroi yinarr born in Canberra, Ngunnawal country. 'Yaama' means hello and 'yinarr' means woman in Kamilaroi/Gamilaraay/Gomeroi language.

I am working as a Cultural Integrity Coordinator (CIC) at Palmerston District Primary School for Semester 1.

I have been working for the Education Directorate for 14 years in an Indigenous Education Officer and CIC role. I am a mother of 2, I come from a proud Aboriginal family and am also a professional Contemporary Aboriginal Artist.

My role over the semester is to support all teachers and school staff to build and embed cultural integrity in all settings. I intend to do this by developing whole school approaches for enhancing understanding about and through Aboriginal and Torres Strait Islander histories and cultures.

I would love to get to know First Nations students and families in this space and hear your voice about how the school can improve with reflecting our cultures in the curriculum and making the school a culturally safe space for mob. I truly value your voice, and will throughout the semester, connect with you through phone, emails, letters and online surveys. When face-to-face meetings are safe, I'd be happy to have a cuppa and a yarn with you at the school.

A cultural integrity section will now be part of the school newsletter to keep the community updated about our cultural integrity journey, and to share Aboriginal and Torres Strait Islander cultures, news and events.

You are welcome to contact me through email or through the front office on (02) 6142 1440 with any questions you might have about our cultural integrity journey.

Maaruba (thanks)

**Leah Brideson | Cultural Integrity Coordinator**

ACT Aboriginal and Torres Strait Islander Education

Palmerston District Primary School – Mon-Wed

E: [leah.brideson@ed.act.edu.au](mailto:leah.brideson@ed.act.edu.au)<sup>4</sup>

*Kamilaroi Yinarr – Kamilaroi Woman*

I acknowledge the traditional custodians of the land in which I live, breathe, work and play on, the Ngunnawal people. I also acknowledge other First Nations people and Country across Australia. I pay deep respect to the past, present and future Elders and recognise their eternal spiritual connection to the land, water and skies. dhawun nhalay winanga-y.lanha ngaya (I respect Country)

## P&C/Board News

In 2022 we will have 2 positions vacant on the School Board:

Two representative members from the parents, guardians and carers of the school

Please keep an eye out early in Term 1 for information and instructions on how to nominate.

Dear Palmerston Families,

You are warmly invited to our Parents and Citizens (P&C) Association Annual General Meeting and first general meeting of the year.

**Monday 21st February**

**6pm** AGM followed by **7pm** General Meeting.

The Gungahlin Lakes Club, 110 Gundaroo Drive Nicholls

We will elect new executive office bearers and plan for the year ahead. All parents and carers are welcome to attend. Look out for more information in the school newsletter about how you can be part of our P&C this year.

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<sup>4</sup><mailto:leah.brideson@ed.act.edu.au>

# Join the fun at the Palmy P&C

Being involved in the P&C gives you the chance to meet new people, get to know school staff and help build a stronger school community. Research shows that when parents are involved, their children have a better attitude to school.

**You are welcome**  
Every parent of a child attending Palmerston Primary is eligible to be a member of the P&C.

**Join the Committee**  
Nominate to join the executive committee and help our association run effectively.

**All help needed**  
Can you:

- Cook sausages?
- Help at a working bee?
- Manage social media?
- Apply for grants?
- Contribute ideas?

We need all kinds of skills and abilities!

**Come to our first meeting**  
**AGM 6pm 21 Feb 2022**  
followed by  
**General Meeting at 7pm**  
**The Gungahlin Lakes Club**  
110 Gundaroo Drive, Nicholls

**Want to know more?**  
Or can't make the meeting but keen to help?  
Contact Kate or Calli  
kate\_baron@outlook.com  
calli\_bowyer@yahoo.com.au

## School Uniform Shop

Second hand uniforms can be ordered through the My School Connect App under Uniform Shop.

## Canteen News

The canteen is operated by Healthy-Kids Association.

The canteen is open for online orders Tuesday to Friday

Counter sales are available for recess snacks, drinks & ice blocks.

Your student can order via **[myschoolconnect.com.au](https://myschoolconnect.com.au)**

Interesting items such as honey soy chicken, pasta bolognese, salads, muffins, and lots more are available



## Additional Information

**NAPLAN Online will occur in our school between 10 and 20 May 2022.**

NAPLAN Online is a more engaging assessment that adjusts questions to each student's achievement level. It also delivers more precise results to schools and parents more quickly.

NAPLAN provides valuable information to schools and parents about literacy and numeracy achievement. It supports school improvement processes by enabling teachers to monitor student progress over time and to identify areas of strength and development.

All eligible students are encouraged and supported to participate in NAPLAN testing. Visit [www.nap.edu.au](http://www.nap.edu.au)<sup>5</sup> to see interactive versions of the test and for more information.

### **Tips on how to support children's return to school during COVID-19**

The start of the school year can be a time of excitement and anxiousness with lots of uncertainty, particularly in the context of an ongoing pandemic. Feeling a range of emotions, positive, negative and everything in between is expected. Parents and carers can support children to understand and navigate these emotional experiences. Emerging Minds have developed a useful resource with tips on how to support children's return to school during COVID-19. You can find this resource here<sup>6</sup>.

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<sup>5</sup><http://www.nap.edu.au/>

<sup>6</sup>[https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2022/01/24102321/Supporting-childrens-return-to-school-during-COVID-19\\_Final.pdf](https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2022/01/24102321/Supporting-childrens-return-to-school-during-COVID-19_Final.pdf)



# Testing children for COVID-19 using a rapid antigen test



## Information for parents and carers

Rapid antigen tests (RATs) are a quick way to test your child for COVID-19.

PCR testing is also available free of charge at a number of facilities across the ACT. Testing centre locations can be found on the ACT Government's COVID-19 website.

### What is a Rapid Antigen Test (RAT)?

RATs involve taking either a saliva sample or nasal swab that is placed into a chemical solution. The result usually takes 10 to 30 minutes.

RATs are not recommended for children under 2 years of age. It is recommended young children instead get a PCR test.

**If you test positive with a RAT you must isolate immediately and follow guidance on the [COVID-19 website](https://www.act.gov.au/covid19).**

### Using a RAT

A RAT can be used to test your child if they have had a COVID-19 exposure, or if they have symptoms. If the test is positive, your child has COVID. You should register the test and follow the advice online.

If the test is negative, then your child should stay home from school until their symptoms have gone away. If the first test that was negative was a RAT and your child continues to have symptoms, they should take another RAT in 24 hours, or have a PCR test.

**If your child has a COVID-19 exposure, a RAT is a useful screening tool, even if your child doesn't have COVID-19 symptoms.**

**If your child has symptoms of COVID-19, they should not attend school.**

If your child has recovered from COVID-19 in the past 4 weeks, COVID-19 testing is not recommended, unless they have developed new COVID-19 symptoms after a period of being well.

It is important to note that you may still test positive to COVID-19 without displaying any symptoms. It is not compulsory for students or staff to do a RAT.



[covid19.act.gov.au](https://covid19.act.gov.au)



## How do I do a RAT with my child?

Each RAT comes with a set of instructions. Please read and follow these instructions closely. Many test manufacturers have instructional videos online that you can also watch.

### Reporting positive results

Parents should report a positive RAT to ACT Health via the [COVID-19 website](https://www.covid19.act.gov.au).

You should also notify your child's school via email or phone call. You **do not** need to report a negative RAT.

## What if a RAT is not suited to my child?

If they have had a COVID exposure or have symptoms then you can take your child for a PCR test.

Remember to practise COVID-safe behaviours, monitor for symptoms and stay home if unwell.

We know this is a stressful time for your child. You may wish to reach out to your school for support or visit the [www.education.act.gov.au](https://www.education.act.gov.au) for handy links to additional support resources.

## My child is scared/unsure about taking a RAT. What can I do?

We know that some children may find the idea of having a RAT scary or daunting.

There are a number of things you can do to help your child:

- › Talk to your child – explain the process ahead of time
- › Let them watch you when you next take a test
- › Do the test at a time of day that works best for them (eg when they are less tired)
- › You may also like to show them the video on the COVID-19 website.

## Handy links

- › For more information about how to use RAT tests (including registering positive results), testing facilities and general COVID-19 information visit: [www.covid19.act.gov.au](https://www.covid19.act.gov.au)
- › For more information on the ACT Government's Back to School Plan for Term 1 visit: [www.education.act.gov.au](https://www.education.act.gov.au) or talk with your school.



[covid19.act.gov.au](https://covid19.act.gov.au)



## Defence News



Welcome to all our amazing Defence families, new and returning. I am very excited to be working in the role of Defence School Mentor for another year.

My role as DSM is to make the transition for a new student or leaving student as smooth as possible. I also support the student's family during times of transition with advice about the school and providing information about the community and services available for ADF families. This has been tricky the past few terms and I am so proud of how well all the students and families have handled the changes so far. You have all been very resilient and flexible in these tough times and I thank you for your patience as I navigate my way through the cohorting and restrictions we are faced with. I also support families during parental absence due to posting, deployment or course assignment. This can impact a child's emotional wellbeing so I find it very important to work with the family and teacher to ensure the student's emotional needs are being met. I advise teachers when they have a student that has a parent deployed and work together to support your child/ren at school during this time. Can you please let me know when there is an absence or you have received your posting orders so I can best support your child/ren. I have had to find new ways of supporting the students while not being able to go and see them but last year worked really well considering and I am keen to continue to provide the absolute best support I can for you and your child/ren this year. Please reach out if you need me either via email or through the front office number 61421440. I work Tuesday and Thursday 8:30am to 3:30pm.

Looking forward to a wonderful term 1!

**Kristle Cross | Defence School Mentor**

## Community Connections



# Want \$500 to help you with school costs?

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment\*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:

 laptops & tablets	 uniforms & shoes	 books & supplies
 sports fees & gear	 lessons & activities	 camps & excursion

For more information, please contact your local Saver Plus coordinator:

 Kathleen Watson

 [CanberraSP@thesmithfamily.com.au](mailto:CanberraSP@thesmithfamily.com.au)

 0448 730 305

DELIVERED BY

  
everyone's family

Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.





# GUNGAHLIN FLAMES BASKETBALL CLUB

## 2022 Winter Season Junior Trials

**AGE GROUPS**

- U10'S - Born 2013/14
- U12'S - Born 2011/12
- U14'S - Born 2009/10
- U16'S - Born 2007/08
- U19'S - Born 2004/05/06

**TRIAL DETAILS**

Tuesday 15th & 22nd February @ Harrison School

- U12 Girls & U14 Girls 6:00-7:15pm
- U16 Girls & U19 Girls 6:00-7:15pm
- U14 Boys 7:15-8:30pm

Thursday 17th & 24th February @ Harrison School

- U12 Boys 6:00-7:15pm
- U16 Boys & U19 Boys 7:15-8:30pm

**COME AND TRY DAY**

Monday 21st February @ Ngunnawal Primary

- U10 Boys & U10 Girls 6:15-7:15pm

Trials are open for all skill levels. Preference is to attend both trials however if unavailable but wish to be placed in a team please contact the club to reserve a spot.

PLEASE BRING A BASKETBALL AND DRINK BOTTLE

Further information about the 2022 Junior Winter season can be found on our website  
[www.gungahlinflamesbasketball.net.au](http://www.gungahlinflamesbasketball.net.au)



 [Jexamine Wheeler - 0417 265 794](tel:0417265794)  
 [info@gungahlinflamesbasketball.net.au](mailto:info@gungahlinflamesbasketball.net.au)




## Enrol now

Enrolments for the school year are open.

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](http://education.act.gov.au)<sup>7</sup> or the Enrolments Telephone Service (02) 6205 5429. You can also contact us about enrolments directly by emailing [PalmerstonPS.Enrolments@ed.act.edu.au](mailto:PalmerstonPS.Enrolments@ed.act.edu.au)<sup>8</sup>

Preschool

<sup>7</sup><https://www.education.act.gov.au/>

<sup>8</sup><mailto:PalmerstonPS.Enrolments@ed.act.edu.au>



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

Enrol for Preschool in 2022 if your child turns four on or before 30 April 2021.

## 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>9</sup>

Visit us on the web at [www.palmdps.act.edu.au](http://www.palmdps.act.edu.au)<sup>10</sup>



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<sup>9</sup>[mailto:info\\_palmdps@ed.act.edu.au](mailto:info_palmdps@ed.act.edu.au)

<sup>10</sup><https://www.palmdps.act.edu.au/>