



Palmerston District Primary School Newsletter Issue 7

Deputy Principal of Achievement and Potential



My mother is amazingly brave, curious and determined. In the early 70's she arrived in Australia from a little town in Bosnia not knowing the language, culture, societal expectations and norms. I think about this time in her life a lot and how scared and excited she must have been to be start a new life and embrace the opportunities presented. Now, at 75, my mother is always learning new ways of doing. She knows how to use a smart phone, she can watch apps on her television and she can organise anything with very little help. She is truly inspirational. Working three cleaning jobs most of her life, my mother was not always around to read to me at bedtime, or assist with a homework assignment. My dad, a migrant from the same little Bosnian town, also worked long hours and had very little time to help my sister and I. My parents were such amazing role models. In my parents eyes, you can be anything. You can learn and do anything. You can achieve anything. My mother and father taught themselves to read, learnt the language on their own (no apps required) and continue to improve their writing and spelling skills. All while working hard, keeping house and raising a family. Truly remarkable in my eyes. My sister and I learned how to become self sufficient learners. To complete homework tasks independently and to embrace books and reading. My sister and I are both avid readers to this day. Looking back I can think of many ways my parents helped us learn to read. Probably the most effective way was to model good reading habits. My mother was always reading a magazine - in bed, at the beach, during long drives.... My dad had a newspaper in his hand at the coffee table every Saturday and Sunday. To this day we still get together every Sunday morning for a coffee and peruse over the Sunday papers. Growing up my parents would check in about school every day and we had a strict routine. My parents encouraged us to sit in a quiet place, in our rooms, in the lounge without the television on to study and read. Even when mum and dad were at work we would come home and do our homework and read. We had a few books and a small shelf where they would sit. We were members of the local library. My parents also sent us to school every Friday to learn how to read and write in our home language. A skill which I still highly value. I thank my parents for these small,

but effective ways of helping us learn at home. Here are some other ways you can enjoy reading with your child at home;

- Before reading, talk about the cover, the title, the pictures and discuss what the book may be about.
- During reading stop and talk about interesting story lines, characters and words
- Take turns reading if the book is a little bit difficult
- Pause when you get to a tricky word and give your child time to think about what it could be. Prompt them by asking what the first sound is, if the picture in the story provides a clue, look at the letter at the end of the word and try and sound it out.
- Practice high frequency words and practice writing sounds and words at home

These are just some ideas to help. Something magical happens when you open the cover of a novel, a book, a magazine. There are so many treasures to be found. The love of reading is one of the greatest gifts I was given. Instilled in me by my parents and teachers. As Barack Obama once said, "reading is important. If you know how to read, then the whole world is open up to you." I hope you all find some time, in what can be a very busy day, to sit somewhere warm and read.

Marijana Pasalic

Election Day BBQ 21st May!

WE NEED YOU!

Can you volunteer to help us run the sausage sizzle at the polling station at Palmerston Primary?

We need people to help set up, pack up and cook and sell our wares!

You can sign up here: <https://forms.gle/NCuzCxeR1zmHBbwe9>¹

Questions? Contact us at palmpandc@hotmail.com²

¹<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2FNCuzCxeR1zmHBbwe9&data=05|01||36ac8bed14b047cf037308da2bd47d60|f1d4a8326c2144759bf48cc7e9044a29|0|0|637870489281165523|Unknown|TWfpgZsb3d8eyJWIjojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|2000||&sdata=9f2azQm94gBz5y%2FP%2BokhQfDLzQP0hoaOwMAEBOH1VUc%3D&reserved=0>

²<mailto:palmpandc@hotmail.com>

Key Dates



19th & 24th May - School Photos

8th & 22nd June - Pupil Free Days

13th June-Queen's Birthday Public Holiday

30th May-Reconciliation Day Public Holiday

Sports News



1 - <https://evenplayingfield.com.au/products/palmerston-district-primary-house-tshirts>³

³<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevenplayingfield.com.au%2Fproducts%2Fpalmerston-district-primary-house->

Interschool Snow Sports

Expression of Interest

Any families keen to enter this year's Interschool Snow Sports please contact Natalie Edwards. Entries open 16th May. For further information please access this website

<https://www.interschools.com.au/home-nsw-act-qlt-sa/policies-important-documents/>

Get Into Rugby

Palmerston Primary are hosting a Rugby program with our local Rugby club, Gungahlin Eagles and Brumbies Canberra during term 2, after school for students keen to give Rugby a go. The program will run for 4 weeks, 1 day a week for one hour each session at no cost to participating families. We have 20 available positions for children in year 5 and 6. Term 3 will be for years 3 and 4, and term 4 will cater for kindergarten to year 2. If you are interested, please email Natalie.edwards@ed.act.edu.au⁴ for more information.

School House T-shirts

School House T-shirts are now available through Even Playing Field. Please order through the website

<https://evenplayingfield.com.au/products/palmerston-district-primary-house-tshirts>⁵

School Cross Country Carnival

Last Thursday we held our school Cross Country Carnival. All children who participated displayed the PRIDE values and ran to the best of their ability. Children who were unable to run were led by our year six sports leaders in house group chants and cheering support for their mates.

Next Friday afternoon during the assembly I will be presenting the ribbons for 1st, 2nd, and 3rd place in 8, 9, 10, 11 and 12/13 age groups. The top 5 place getters from these age groups are invited to attend the Gungahlin Regional Cross Country to be held on Friday 4th June at Stromlo Forest Park. The names of runners who have qualified for this event are listed below. Permission notes will be provided soon.

12/13 years- 1- Aaron, Elka 2- Reign, Sopiato 3- Harley, Natalie 4- Cruz, Emily 5- Kobe, Indiana

11 years - 1- Jamie, Snehdeep 2- Yuchen, Sophia, 3- Lucas, Lara, 4- Tristram, Adelle, 5- Hamish, Holly

[tshirts&data=05|01||ee8c64dffd854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|637871028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0](https://www.evenplayingfield.com.au/products/palmerston-district-primary-house-tshirts&data=05|01||ee8c64dffd854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|637871028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0)

⁴<mailto:Natalie.edwards@ed.act.edu.au>

⁵<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevenplayingfield.com.au%2Fproducts%2Fpalmerston-district-primary-house-tshirts&data=05|01||ee8c64dffd854e1c2b3e08da2c521489|f1d4a8326c2144759bf48cc7e9044a29|0|0|637871028864576991|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|1000||&sdata=MnK2WT24LOyl4cnVDw1ybqbFumLPFCHOKP2Tu9wSYKg%3D&reserved=0>

10 years - 1 - Hendrix, Hannah, 2 - Lincoln, Ainslie, 3- Murray, Emma, 4 - Sebastian, Beza, 5 - Ryan, Madeline

9 years - 1 - Muhummad, Hannah, 2 - Yusman, Chloe, 3 - Jedd, Matea, 4 - Elijah, Amber, 5 - Jye, Grace

8 years- 1 - Max, Savannah, 2- Cruz, Apajok 3 - Lachlan, Kenzie, 4- Eoghan, Imogen, 5 - Samuel, Tana

Natalie Edwards

HPE Specialist

Natalie.edwards@ed.act.edu.au⁶

Pride Awards



PARTICIPATION

Leo - 1Y, Evin - 1R, Cheston - 1V, Sienna - 1-2GM, Eloise - 4O, Serene - 4R, Mason - KI, Aliya - 2B Mia - 4G

Zahraa - 1B, Mia - 1O, Aditi - KR

RESPECT

⁶<mailto:Natalie.edwards@ed.act.edu.au>

Yuvika - 1Y, Aleena - 2G, Temperance - KI, Joel - 4G, Natasha - KR, Dania - KR

INTEGRITY

Zabaydah - KO, Tana - 2I, Logan - 2O

DETERMINATION

Izabella - 1R, Layton - 2G, Alex - 3B, Nishi - 3B, Jackson - 1V, Mia - 4O, Jessica - 4Y, Nguyen - 4Y, Hendrix - 4R

Cooper - 2B, Phoebe - 2V, Cooper - 2V, Anonta - 1O

EMPATHY

Jorgia - KO, Olivia - 2I, Umaima - 1B, Ulyana - 2O

Cultural Integrity at Palmerston



Yuma Palmerston Community.

Hope you had a refreshing break and found some time to connect with the cultural landscape on either Ngunnawal Country or a First Nations Country you travelled to.

We have formed a Cultural Integrity Committee with a diverse group of Educators across the school. The Committee will be focusing on priority areas such as enhancing visible culture, resourcing, staff professional development and developing a Reconciliation Action Plan (RAP). A RAP is a formal statement of commitment to reconciliation. Developing a new and targeted RAP will compliment our Cultural Integrity journey and support us in building a whole school culture of respect.

If you are interested in being part of our RAP process, please email Adam Chad: adam.chad@ed.act.edu.au⁷.

To learn more about RAPs, please visit the Reconciliation Australia Website.⁸

Maaruba

Leah Brideson | Cultural Integrity Coordinator

ACT Aboriginal and Torres Strait Islander Education

Palmerston District Primary School – Mon-Wed

E: leah.brideson@ed.act.edu.au⁹

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)

⁷ <mailto:adam.chad@ed.act.edu.au>

⁸ <https://www.reconciliation.org.au/reconciliation-action-plans/>

⁹ <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.

The school is asking for any small (size 4-8) donations of pants, skirts, undies etc to be used in our first aid room. If you could please drop them to the front office. If your child has come home with borrowed school clothes can you please wash and return them.

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**

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



Additional Information

Missing Books Library Books

The library currently has a large number of overdue books. Many of these are from 2021. It would be wonderful to have these books back for others to borrow.

If you have time this weekend, could you spare a few moments to see if any PDPS books are lurking in your home? If you do find some, please ask your child to return them to the library as soon as possible.

Thanks,

Rebecca Cameron | Teacher-Librarian

RAT TESTS

The ACT Education Directorate will no longer be asking schools to distribute two RAT's per week to students. Instead from the commencement of week 9, RATs will be provided on an as needed basis for all students in ACT schools. Schools will hold a supply of RATs that can be sent home with students at the request of a parent/carer (2 per student) if required or can be collected from the Front Office between 8.30am to 3.30pm.

In the event that you require RAT tests please email info_palmdps@ed.act.edu.au¹⁰ stating:

Child's name

Class

RAT tests will then be given to your child to bring home and a confirmation email sent to you that this has occurred. If students are not attending school when requesting tests, or are subject to isolation or quarantine requirements, families can make alternative arrangements to collect RATs through a relative, neighbour or other student.

If you have any queries please feel free to contact the Front Office on 61421440.

Rapid-Antigen-Tests, Symptoms, When to get tested

https://www.covid19.act.gov.au/stay-safe-and-healthy/symptoms-and-getting-tested/when-to-get-tested/_recache#Rapid-Antigen-Tests

Public Health Alert-protect against Mosquito Bites

<https://health.act.gov.au/public-health-alert/public-health-alert-protect-against-mosquito-bites>

Defence News



Kristle Cross | Defence School Mentor

¹⁰mailto:info_palmdps@ed.act.edu.au



Community Connections

Swim Teacher
 by ROYAL LIFE SAVING

WE'RE RECRUITING!

- Subsidised training
- On-the-job mentoring
- Minimal aquatic fitness required
- Work during school hours

Contact Royal Life Saving ACT to register your interest and find out more:
 Phone Nora on 62605800 OR Email us: programs@royalact.com.au

The poster includes a photograph of a male swim teacher in a blue shirt with 'TIAH' on it, assisting a young boy in a blue and green swimsuit with 'BONDS' on the sleeve. They are in a swimming pool, and the teacher is holding the boy's hands as they splash water. The background shows a swimming pool lane with a red buoy.

Seeking Participants for Head Lice Treatment Trial

Do you or your child suffer from head lice? You may be eligible for **FREE** treatment as a participant in this research study

Researchers at the University of Canberra are trialling a new natural topical treatment shown to kill head lice and eggs rapidly in pre-clinical studies.

UC head lice survey summary results

1 in 5 school-aged children are affected by head lice

Head lice affects **1 in 5 SCHOOL CHILDREN** in Australia at any time - nearly **30% MISS SCHOOL** as a result.

Head lice infestation causes **parental anxiety** and leads to signets and economic loss through missed school days and caregiver time off work.

Our recent survey showed that there is poor activity, awareness and knowledge towards existing treatments. There is an absolute need for new treatments to get rid of this nuisance.

UNIVERSITY OF CANBERRA

You are eligible if:

- Aged 5-55 years
- No known history of irritation or sensitivity to malathion, essential oils, or other components of the test product, pediculicides or hair care products

What is involved?

- 3 in-person appointments at the University of Canberra Health Clinic, Bruce, across a two-week period.
- Telephone follow ups during the study.

Participants will receive:

- Free treatment
- A ticket to a lucky draw to win an iPad.

Book an appointment today:

<https://calendly.com/headlice-research-uc/head-lice-clinical-trial-appointment>



Or contact the study team via:

headlice.research-uc@canberra.edu.au

Phone: 0466346532

Facebook: UC Head Lice Trial (<https://www.facebook.com/UCheadlice>)

Enrol now

Enrolments for the 2022 school year are opening 6am Tuesday 26th April for 2023 with the initial round closing at 11.59pm on 3rd June 2022

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](https://www.education.act.gov.au)¹¹ or the Enrolments Telephone Service (02) 6205 5429. You can also contact us about enrolments directly by emailing PalmerstonPS.Enrolments@ed.act.edu.au¹²

Preschool

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

¹¹<https://www.education.act.gov.au/>

¹²<mailto:PalmerstonPS.Enrolments@ed.act.edu.au>

Enrolment timeline for 2023 2023-enrolments-timeline-public.pdf(act.gov.au)¹³

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.au¹⁴

Visit us on the web at www.palmdps.act.edu.au¹⁵



¹³https://www.education.act.gov.au/_data/assets/pdf_file/0009/1743489/2023-enrolments-timeline-public.pdf

¹⁴mailto:info_palmdps@ed.act.edu.au

¹⁵<https://www.palmdps.act.edu.au/>