



Palmerston District Primary School Newsletter Issue 8 2023

Principal



Hello families of Palmerston,

There is so much positivity in the air lately, in our classrooms, in our Staff Meetings, in our loungeroom as we watch the Matilda's soar to new heights, and to see blossom trees exploding with flowers – all let's me know that life is good.

After 36 years of being a teacher of leader, I still utterly love:

- 1. Athletics carnivals where Yr 6 leaders lead chants, runners run as fast as they can, throwers use their muscles to land that shotput as far away as possible, ribbons of house colours are tied in hair and our staff run in races to show they can still move! Seeing students congratulate each other during and after races or events, and when presented with ribbons, makes me proud.
- 2. Watching students approach the stage in Palmy's Got talent to show to everyone their skill, their talent, often from dedicated hours of practice, sometimes over years. The range of acts for us to watch was fabulous, and every student felt special and validated for what they bring to our world. Tears and laughter and admiration are experienced by the audience, giving us memories to last a long time.
- Seeing the enthusiasm for the teachers and support staff to gear up for Book Week including colossal artworks for the library, and fun brainstorming sessions of what each team will wear on Parade Day.
- 4. How pre-schoolers look incredible for Book week parades, as witnessed on Tuesday morning in the Hall. A massive thank you to parents and carers for going above and beyond every year. I still have photos of my 32-, 30- and 20-year-old adult children in the Book week characters and those photos still make me smile!
- 5. Taking students out of the school to represent our school, such as the recent Level Up Opening at Gungahlin Marketplace, makes me so proud – making speeches, being part of the ribbon cutting process – the faces of excited students is something that I personally love to capture in my mind's camera.

- 6. Seeing co-operation and teamwork during the recent science build-a-bridge challenge was incredible, where minds and hands connect to build, as they actively problem solve.
- 7. To see our senior students, arrive at school very early for 'before school' Tournament of the Minds practices, and dedicating recess and lunch times to be prepared for the Challenge they will be exposed to at the ANU this weekend.
- 8. Knowing our teachers create amazing opportunities such as Japanese day today when schools from all over Canberra come to us to experience a day of Japanese magnificence.

Look the list could go on and on... from where I sit, we enthusiastically work to provide our students with a wide range of opportunities... this is the magic of a school!

We are very proud to be a part of this community, and you can help us with dedicating around 20 minutes to fill in the parent School Satisfaction Survey Form, that was recently emailed to you from our Directorate of Education with a link inside to access.

Last year we had 194 families respond, we would really love to have that increased for 2024. There are many surveys in other languages for you to use if English is difficult – thank you so much for your anticipated help. Hearing from many families helps us greatly!

Let's enjoy Spring as it sneaks up on us, and we busily prepare for the upcoming Learning Journey in Week 9.

Regards,

Kate Smith

Principal



Deputy Principal



Recently, I have found myself pondering the following question, "When did I become a Matilda's fan? How did I get here? What even is the offside rule?" I think most of us have been touched by a little Matilda fever over the last few weeks. Recently most of us have sat on the edge of our couches as we watched the Matildas run around the soccer pitch and cheered them on from our lounge rooms. We collectively experienced jaw dropping, nail biting moments as the women on this team displayed their talents on the world stage. This group of young women have certainly become one our nation's most beloved sporting teams. One of my favourite parts of each game was, surprisingly, when the game ended. Whilst I loved the excitement and fast paced nature of the game, I also loved to watch the connections between players after the final whistle blew and the kindness shown to team mates and the opposition. I loved the effect this team has had not only on sport at the grass roots level (you only have to step on the oval at recess at lunch to see the soccer games in action), but also the positivity expressed by people towards the game and the players by people across the country. The positivity and hype were most certainly contagious. It felt good to feel good. For the past few weeks most of us have been #teamMatilda, on the same side, we lived a shared experience and felt like we were a part of something pretty big. I actually felt the same emotions on the oval at the Preschool Athletics Carnival last week. I watched students help each other, I watched a community cheer on some very small humans as they sack raced, balanced eggs on spoons, ruffled a parachute and ran like the wind. There were a few tears, tears of frustration, tears of pride, and tears of elation, but the smiles and the community spirit oozed positivity and fun. Across our country, and on the Palmerston oval, we stood together and we belonged. The experience of the matildas at the FIFA World Cup reinforced concepts I have believed in for most of my adult life. For example, being part of a community is a wonderful thing and that being positive, brings positivity. This is why I have always loved working in a school. The sense of belonging is truly something to experience. The smiles on teacher's faces, the laughter of children is all part of the positivity I feel each and every day. Watching adults work together, in a respectful manner for the benefit of our student body fills me with joy. Another example of how the Matildas reminded me of what is important in my personal and professional life is the power of support and the importance of inclusivity. The Matilda's, win or lose, showed solidarity and perseverance. They had each other's backs. They stood in unity and created a safe culture where people are free to take risks and feel inspired to reach for the stars. How wonderful that this ideal can translate to the classroom. We always strive to create and maintain safe spaces for students to thrive and succeed. A final example of how the Matildas have reminded me of what I value is the notion of having pride in what I do, and the significance of this thinking across all areas of the school community. Whether it is wearing an Australian jersey at an international sporting event, or conferencing with students regarding a text

they had written, pride is important. Whether it be taking on a coaching role at such an elite level, or organising an athletics carnival, pride matters. Whether it be talking to fans who adore you, or the helpful office staff behind the counter at school, pride in our actions can make or break someone else's day. The Matildas, like other elite sporting teams, inspired many, and set an example for all of us on and off the field. They congratulated each other, acknowledged the opposing team with great respect, and consoled losing teams, demonstrating grace and dignity. The Matilda's taught us more than how to determine if a player is offside (although I still have not got my head around this one), or how to survive a nail biting penalty shootout. They highlighted the value of many different aspects of life that can benefit ourselves, our school and our community. The Matilda's reminded us that life events are powerful and experiences can bring communities together. That the way we treat people matters. Connections (in all directions) matters. The events of the past few weeks have highlighted the power of perseverance and the importance of positive role models. The importance to empower others to do great things resonated with me, the idea that you can achieve great things individually but also work together to achieve greatness. In a way I'm sad that it is all over, but am grateful that it happened. I am thankful for the entertainment, for something to cheer for, for bringing us closer together and for the inspiration to continue to focus on the positive and strive for greatness. We might even see a few 'sporting stars' at the Book Week parade. I look forward to seeing many of you there on Friday.

Regards,

Marijana Pasalic

Deputy Principal

Deputy Principal



Tournament of Minds

I have been lucky enough to be involved with eleven years 5 and 6 students for six weeks this term, who have been participating in Tournament of Minds (TOM). TOM is a program that provides the opportunity for students to solve authentic, open-minded challenges that foster creative, divergent thinking whilst developing collaborative enterprise, excellence and teamwork (taken from TOM website).

The students choose from 6 challenges; one group chose The Arts challenge and one chose the Social sciences challenge. They have come to school one morning a week at 7.45am and have given up at least three lunches every week for 6 weeks. This week sees them working every break to get finished!

I am really proud of the collaboration and thinking the groups have done. Teachers are only allowed to supervise and guide, we cannot help them with any props, script writing or thinking.

A huge thank you to Fallon Holt who has led the challenge, I have simply helped in order to learn from her about how TOM works. I look forward to seeing the presentations this weekend at ANU, the culmination of the six weeks of work.

Maths Enrichment

Another opportunity that is being provided to a group of senior students is a maths enrichment challenge. I am working with 6 year 6 students and 6 year 5 students who will work collaboratively over ten weeks to complete the challenge.

Year 5 complete Ramanujan which includes fast arithmetic, special numbers (squares, triangular numbers, primes), counting techniques, polyominoes and specific problem-solving techniques.

Year 6 complete Newton which includes estimation, polyhedra, divisibility, sequences, patterns (including Fibonacci numbers), colouring graphic, arithmetics in different bases and specific problemsolving techniques.

The students work in groups over ten weeks. They are given class time and they will work at home. I look forward to hearing the mathematical thinking that occurs and seeing how they solve the problems. I can never solve them myself so am always incredibly impressed at how students do it!

Emma Campbell

Deputy Principal

Key Dates



31st August

• Regional Athletics Carnival

1st September

• Year 3 Questacon Excursion

6th-8th September

• Year 5 Camp Cooba

15th September

• Learning Journey Preschool-Year 6 8:30-10:30am

18th-22nd September

• Year 2 Aqua Safe

19th September

• Learning Journey Preschool Beginning of week 8:45am

20th-22nd September

• Year 6 Camp Borambola

22nd September

• Preschool 2023 Tea Towel Fundraiser orders due

Class Connections - Year 6

This term Year 6 has been focusing on figurative language for poetry. We have been delving into sensory descriptions about nature in preparation for our Poem Forest Competition entries. They have been writing a twenty-line poem about nature or threatened species. In line with our Truth Inquiry unit on sustainability, a tree is planted for every poem submitted.

Year 6 team



Sports News & Information



Athletics Carnival

A big thank you to all of the staff, parents and students who helped to make our Athletics Carnival on August 11th a big success. It was great to see such enthusiasm and athletic ability on display throughout the day. Congratulations to Snowy who took out this year's house points competition:

- 1st Snowy 721
- 2nd Murrumbidgee 455
- 3rd Gudgenby 392
- 4th Cotter 382

A further congratulations to the 45 students who qualified for this year's Palmerston athletics team which will compete at the North/Gungahlin Regional carnival on August 31st. We wish them all the best of luck!

Capital Football Futsal Gala Day

Two teams represented the school at this year's Capital Football Gala Day at Lyneham on August 1st. Many students had their first experience with futsal and it was great to see those with experience guide their teammates throughout the day.

Our girls team came away with two wins and two losses out of their four games, finishing third in their group and narrowly missing out on a finals berth. Our boys came away with two wins, two draws and a loss; finishing second in their group and fourth overall on the day based on combined points. An excellent result from both our teams!

Regards,

Jacob Downey

Senior School HPE Specialist



Aqua Safe for Year 2

Each year Royal Life Saving Australia run an Aqua Safe program for Year 2 students. Notes for this went out to families last week and many families have already enrolled. Please follow this QR code to

enrol your child if they are in Year 2. If you require another copy of the information, permission note, or have questions, please see the front office staff or email Natalie.edwards@ed.act.edu.au¹

Natalie Edwards

Junior School HPE Specialist



Important Dates Ahead Term 3

Regional Athletics Carnival – Week 7 Thursday 31st August

Todd Woodbridge Cup Tennis Gala Day Year 3-4 – Week 10 Wednesday 20th September

P&C News 2023

1) Did you get your brochure? Look out for Issue 6 of Book Club in your school bags. Please place your orders via online via LOOP by Wednesday 6th September.

2) P&C mufti day - 15th September. Gold coin donation.

3) Bookings still available for the family photos on 16 & 17 Sept for the P&C fundraiser! Book a time that suits your family and get some great pics! Only \$20 per session which goes directly to the P&C to help support the teachers & school.

https://www.trybooking.com/events/landing/1091991

4) Referendum BBQ & Cake stall - 14 Oct

The P&C will be running a BBQ & cake stall at the school on the Referendum day. We will need all hands on tongs & ready to help! More details to follow or email pdpspandc@gmail.com²

¹<u>mailto:Natalie.edwards@ed.act.edu.au</u>

²mailto:pdpspandc@gmail.com



There's a new choir in town!



We've recently welcomed the With One Voice Canberra Choir to Palmerston. They are a friendly group who welcome singers of all ages and levels of experience (including none). They're rehearsing in Pod 10 each Tuesday evening from 6-7:30pm and new members are welcome any time.

Led by conductor Rodney Clancy – who's led choirs around Australia, as well as being a parent of Palmerston kids, the choir has a wide repertoire. In the first couple of rehearsals at Palmerston, they've covered Leonard Cohen, The Beatles, Simon and Garfunkel and some traditional choral classics.

There are performance opportunities throughout the year at markets and community events, but these are optional and there's no pressure to be part of them.

For more information visit <u>https://www.withonevoice.org.au/choirs/canberra/</u> or pop in to a Tuesday evening rehearsal try out the choir before committing.

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 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.

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 ASSOCIATION -PALMERSTON DISTRICT PRIMARY

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



Healthy Kids Canteen Menu Palmerston District Primary School Order online a+ myschoolconnec+.com.au



\$6.50 \$5.50 \$5.50 \$5.50 \$6.50 \$6.50 \$6.50

Sandwiches to+ meals Santowicchess All sorved in which tail tread intess +therwise responses Happy Unite Vegemilia (with margarine) V Cheeses V Cheeses & V Cheeses & Somato V Ham, Cheeses & Somato V Ham, Cheeses & Somato Ham, Cheeses & Somato Ham, Cheeses & Somato Ham, Cheeses & Chicken & Stated Ham, Cheese & The Somato Ham & Somato Ham & Somato Chicken & Stated & Mayo Chicken & Scheses & Chicken & Scheses V Sailad & Cheeses V Egg & Cheese V Egg, Lettuce & mayo V Pasta Bolognaise Pasta Napolitana Sausage roll Veggie fried rice Beef lasagna Veggie lasagna Butter chicken & rice (vegetarian av \$3.00 \$3.50 \$4.00 \$4.80 \$4.80 \$4.80 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 Weekly specials Wednesday \$5.00 \$4.50 \$4.50 \$4.50 toas+ed sandwiches (in press) A sond to -default vision solution in the food is regest Happy Linlle Vegentile (with margarine) V Oheses V Cheses & Iomato V Ham & Cheses Chicken & Cheses Chicken & Cheses Egg & Cheses V Ham Ham, cheses & Iomato \$3.50 \$4.00 \$4.50 \$5.00 \$5.00 \$5.00 \$5.00 \$4.50 \$5.50

5.		
Wednesday: Thursday: Friday:	Chicken nuggets Crispy chicken burger wrap Stone baked pizza	\$6.50 \$6.00 \$6.50
Snacks		
Fruit salad Popcorn Cheesy garlic t Banana bread Fruit jelly cup Homemade min Corn on the coi Chocolate mou Milo cockie	ni muffins b	\$4.00 \$1.00 \$2.50 \$2.00 \$2.00 \$2.00 \$1.50 \$2.50 \$1.50
Drinks		
	nango, apple, apple/blackcurrant) (choc, strawberry): 300ml ml	\$2.00 \$2.50 \$3.50 \$2.00 \$3.50 \$3.50 \$0.50
Frozen		
Frozen juice cu Twisted frozen Quelch sticks		\$2.00 \$3.00 \$1.00

SKIP THE CANTEEN LINE WITH





Library News



Book Fair

Our Annual Book Fair will be at PDPS during Week 7 and Week 8. During Week 7 students will come with their class to browse the Fair and write wish lists. During Week 8 the Fair will be open before and after school for buying.

Rebecca Cameron

Teacher-Librarian

Defence News



Hello Palmerston community!

This year, Legacy is celebrating 100 years of service and support of Defence families. As this is such a big milestone, Palmerston Primary will be hosting a fundraiser at the school to show our support of the organisation.

I have attached the merchandise poster Legacy has sent through. Everyone is welcome to come and support Legacy and our Palmerston Defence families.

On the 29th and the 30th of August, we will be selling the merchandise in the morning and afternoon. We will be selling badges, wristbands, pens, and keychains.

We are looking for some **Defence families** who would be interested in volunteering! If you are interested, please contact me and we can organise times.

Thank you,

Ella Braban

Defence School Mentor





Legacy is celebrating 100 years of supporting Defence families this year during Legacy Week!

To show our support, we will be hosting a fundraiser where Defence students and families will sell Legacy merchandise at our school.

Legacy Week is from the 28th of August to the 3rd of September so be ready!

Additional Information

Managing Staff Absences

As the colder weather sets in, we expect to see a higher number of staff away at times due to seasonal illness and COVID-19.

To ensure that we continue to provide all students with quality learning with minimal disruption, we may be implementing temporary changes to our learning programs.

If required, some classes may be combined for short periods of time. We may also deliver student self-directed learning onsite using either online modules such as Google classroom or hard copy resources.

The school may also take the opportunity to temporarily modify timetables or work with external providers to deliver some programs. There may also be a need to postpone excursions and other extra-curricular activities until there is enough staff to support them.

Every school will implement these measures differently and has the flexibility to make choices that best meet the needs of their school community.

If changes are required at our school at any time, we will write to you to let you know. We will also ensure we keep you up to date on how long we expect any changes to be in place.

As always, we remain committed to providing our students with high quality learning experiences in a safe and welcoming school environment.

Thank you for your understanding.

Staying COVID Smart at school

To help minimise the spread of COVID-19 and other illnesses in our school please remember the following:

- Students who are COVID-19 positive or displaying symptoms (including a runny nose, sore throat, cough, fever) should test and **must not attend school while unwell.**
- If your student is COVID-positive let us know.
- Practise good hand and respiratory hygiene.
- Keep up to date with vaccinations.

You can access **free rapid antigen tests** from the front office. Nasal and saliva tests are available.

For the latest COVID-19 advice please visit the ACT's COVID-19 website³.

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 was to get in some exercise too.

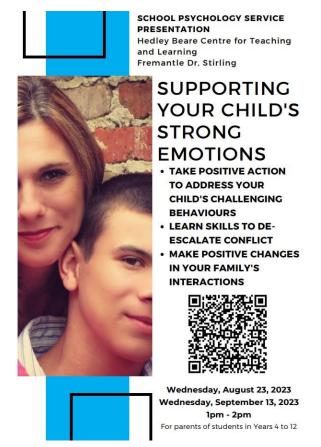
Let's all work together to keep our kids and community safe!

More information about travelling safely to school is available on the Transport ACT website⁴.

³<u>https://www.covid19.act.gov.au/home</u>

⁴https://www.transport.act.gov.au/travel-options/schools/travel-safely-to-school

The School Psychology Service



The School Psychology Service Early Intervention team are providing two parent presentations in term 3 that are aimed at supporting parents in responding to their child's strong emotions. During these presentations parents/carers will learn strategies to take positive action to address their child's challenging behaviours, learn skills to de-escalate conflict, and learn how to make positive changes in their family's dynamics. Sessions will be held on Wednesday, August 23 and Wednesday, September 13, 2023 from 1:00pm – 2:00pm at Headley Beare Centre for Teaching and Learning. Parents can sign up to attend directly through the QR code on the flyer, or by registering online through https://forms.office.com/Pages/ResponsePage.aspx=MqjU8SFsdUSb9IzH6QRKKdp1CpbcloJBnMoinD https://status.ktb2dUMDM4U1JYREVPRjIRODYwSDJTNUFLT0lxVi4u

Community Connections





Phone 1300 347 224 WWW.DISABILITYTRUST.ORG.AU

ACT Instrumental Music Program

Secondary Extension Ensembles – 2024

The ACT Instrumental Music Program is seeking students who will be in Years 7-12 in ACT public schools in 2024 to audition for secondary extension ensembles.

Current Year 6 students continuing to a public secondary school in 2024 can apply for:

- Junior Concert Band (Woodwind, Brass, Percussion): Years 7-8 students in ACT public schools in 2024
- Percussion Ensemble (Percussion Only): Years 7-12 students in ACT public schools in 2024
- Senior Concert Choir (Singers): Years 7-12 students in ACT public schools in 2024 Students auditioning for Junior Concert Band and Percussion Ensemble must have previous experience on their instruments. These groups are not suitable for beginners. Students auditioning for Senior Concert Choir may or may not have previous singing experience. Auditions will be held online in Term 4 (30 October 10 November). All audition requirements and pieces will be available on the IMP website by the end of Term 3. The ensembles are an excellent opportunity for hard-working, skilled and committed young musicians to work together in an enriching environment. The groups are active performance ensembles and the families of students auditioning will need to be prepared to make a strong commitment to rehearsal and performance attendance for the year. Further details and information about how to apply for an audition are available from the Instrumental Music Program website at http://www.imp.act.edu.au/our_ensembles/auditions The form to register for an audition can be accessed in the following three ways:
- <u>http://www.imp.act.edu.au/our_ensembles/auditions</u>
- <u>https://forms.gle/ExeEwb8EwLJ9UP148</u>
- QR code Information cards and posters will be available from the Music/Arts teacher at your child's school from Term 3 Week 5. Applications close Monday 16 October.



2024 Enrolment Applications

2024 offer letters have been sent to families who have submitted their application by the 15th August

If you have received a offer letter but have not contacted the office, please do so promptly as your application will expire 10 days after receiving your offer letter.

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 school⁵ as soon as possible to discuss how we can best welcome, support and include your child.

2024 Enrolment Timeline

Applications made after 2nd June 2023 will receive an offer after the 21st August

- Families can enrol for 2024 at any time during the year after April 26th 2023
- September to December 2023 Communication sent to families regarding 2024 school year/orientations
- Monday 29th 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-schoo⁶l

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.au⁷

Visit us on the web at www.palmdps.act.edu.au⁸

⁵<u>https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school/school-enrolment-email-</u> addresses

⁶https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school

⁷mailto:info_palmdps@ed.act.edu.au

⁸<u>https://www.palmdps.act.edu.au/</u>

