

Palmerston District Primary

Issue 4



Hello families,

Thank you so much for the part :
another wonderful celebration of
we are at Palmerston come toge

School Board

I am delighted to share with you

Bowyer and Mr Vikrim Kulkarni & Foster and Mr Adam Chad as our focus on creating a brand new Five Year review cycle in Week 7 of Term 2.

Play and a little change

Next week, we will be relaxing things by keeping the junior and senior students across larger play areas. We have had a consultation, I have made the decision for this term. We will revisit what the whole school thinks about this.

Yr 6 Palmy News

In filling the void of school assemblies, we have created an alternative, called the "Palmy News". We have put together a News Bulletin, with a Song, Principals' Address, Meet the Staff, and more. It is wonderful to see, why we have been successful in the afternoons.

Staffing

A few little staffing changes for Term 2. Mrs. Cameron is on maternity leave and meeting her baby. Mrs. Cameron has won an Executive teaching award and will be back from maternity leave very soon. Mrs. Cameron while Ms Eloise Eldridge takes over her duties.

We welcome Mr Thomas Langman to the school providing Innovative Digital technology.

To honour Harmony Week, finish your projects with the theme *protect yourself with a fence, but*

Kate Smith



This year, we are embarking on a journey of self-regulated learning. We are working in partnership with Shyne and the other teachers. All teachers will be taking part in the implementation of self-regulated learning. We will be implementing some strategies in the classroom implementation.

Self-regulated learning is a cyclic process. It involves setting goals, monitoring their performance, and then reflecting on their performance. It uses the reflection to adjust and improve their performance. It should be tailored for individual learners (Zimmerman, 2002).

Self-regulated learning can be defined as the ability to be the best learner you can be.

Self-regulation is needed in all areas of life. It is needed for emotions and behaviour. Too often, people are told to control their anger, or someone told them to control their emotions. The benefit from understanding what is going on with their emotions and behaviour. People with good self-regulation understand and they can regulate their emotions.

Self-regulation is not a steady state. It is a process. For example, self-regulation can be used to control anger.

understanding and practicing it,

How well does your child/ren sel
Do they have a wide range of err
so much more these days, not ju
order to be successful readers a
learning and emotions. But we c
parents and carers.

Emma Campbell

Palmerston Well Being

[https://sites.google.com/
bein/home](https://sites.google.com/bein/home)

I have a close friend who is the t
most random questions you can
factual and often debatable. His
awesome educator. He loves to
discoveries and sometimes even
the midst of an inquiry cycle. He
question about it, or verbalise a :
were driving back from the south
beach, enjoying all that mother r
day laying on a towel, reading a
and made statements throughou
"I wonder how big that towel is c

bit more complicated like, “what questions and statements just do Kings Highway back to Canberra thinking about?” This took me back thinking about, having never been thoughts, so I took a leaf from his mind, and we laughed and pondered cows? Do they consider one cow annoyed when another cow eats to tell us something? Do they know they like the rain? The question is imagination, but we laughed, and again in the same way.

Our students are busy with their my face after I was approached Pasalic, we are learning about the cool things that had been delivered excursions haven't been possible thought outside the box by having Museum. I took two things away Number one, I must be old if a la the olden days (who else remember conversation as a teenager?). The learning tools. At Palmerston North grade covers a number of big ideas way for students to focus on the forward in their learning. Ultimately learning, see the relevance in what build on their understanding of a applied across all areas of the curriculum experiences when they are delivered people in Year One who are learning and connecting to their prior knowledge of the big ideas they are exploring

Through our concept inquiry approach talking! Displays to showcase learning and students have taken their concepts poles on show, tiki torches leaning oval. How wonderful for our students is the spark that ignites a life time

Marijana Pasalic

1st April - Jump Rope For H

25th April - ANZAC Day

Easter Hat Parade 2022

Next week as part of our end of term activities the school will be organising an Easter Hat Parade for all students in Preschool, Kindergarten, year 1 and year 2. Students are invited to create a decorative headpiece to wear and will have the opportunity to parade in front of their peers. Due to COVID we are unable to have parents attend but we will endeavour to share the event on platforms such as Seesaw and Facebook. Students in year 3-6 will be invited to wear bunny ears or an Easter festive mask on Tuesday. An email will be sent home with more details

Preschool beginning of the week Parade Tuesday 5th April

Preschool end of the week Parade Thursday 7th April

K-2 Parade Tuesday 5th April

K-1 RM

In K-1RM we have had a major focus on student wellbeing. We have been exploring the Zones of Regulation, mindfulness, and different strategies that we can use to bring ourselves back to the 'green zone'. This has really helped us understand the important connection between our minds and bodies, and how our emotions not only impact us, but those around us as well. Here are some strategies that we like to use, you might like to try them as well.



Year 4

Over the term, year 4 have been exploring narratives and all that they encompass. The students have looked explicitly at the structure and the language features, alongside transferring these skills into their fables during Integrated Inquiry where they have been looking at the overarching theme of 'connection'.

As a cohort we have sat down and analysed the various elements that narratives entail. Over the last 3 weeks, students led a rich and authentic conversation about the fundamentals in their own narrative writing that needed to be recrafted and improved. The first whole group discussion was around how many times they have either read or written themselves, the boring, monotonous beginning of *"Once upon a time..."*

YAWN muttered the students in year 4...

"How can we fix it? What are some other ways to start a story?" The teachers queried.

Over the next course of lessons, we explored story starters using action, describing settings, introducing characters, dialogue, rhetorical questions, statements and even onomatopoeia. Check out some of these sensational story starters taken from some student's Literacy books:

'A legless pirate, Rip-Jaw the Ripper, had sharp, crooked, peg-like teeth. He carried with him a rusty, dented sword...'

"We have to get out of here...NOW!" Josh called, frantic. "I hear you!" Jenna cried, picking up speed.

'BANG! WHOOSH! The ground shook from the large flying saucer in the sky. On closer inspection, it was being chased by helicopters at high speed.'

It has been an amazing transformation watching the students carefully and cleverly choose which story starter strategy they are going to use when writing a narrative, and we hope you've enjoyed reading those samples as much as we did.

The students also voiced they had observed some "common" and "boring" words that they use all the time when writing. We decided to make a whole cohort resource with a "Bump up" word wall using those words, along with the resources and point switches! Firstly, as a

up word wall using these words, along with thesauruses and paint swatches! Firstly, as a class we brainstormed the most common words we see describing things in narratives, after that, students were sent off in pairs to work together to create some “deeper words” which could be used easily as a resource to help their peers and expand their vocabulary choices. Check them out!



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 DPS has already raised \$2236.00

ψ2200.00

It's not long until our Jump Off Day on 1st April, so keep on practising 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

Natalie Edwards

Junior Physical Education & Health Teacher

PARTICIPATION

Kenzi - 6R Alex - 6R Toby - 4O
3G Layla - 5O Felix - 6G Aditi -
Angira - 4O Arrow - 1R Christia

RESPECT

Cooper - 3G Elijah - 6O Natash

INTEGRITY

Luka - 6Y Jarvis - 3-6FS Manni

DETERMINATION

Kylah - 6Y Mack - 4O Faryal - 4
Leila - 5G Jerry - 3R Lachlan - 4
Sophia - 3R Christian - 2V Elijal
Isabel - KI Pia - KI Sophia - 1Y

EMPATHY

Max - 5Y Agam - 6G Brendan -

Yuma Palmerston Community.

Leah, our Cultural Integrity Coordinator, our Aboriginal and Torres Strait First Nations authors will be joining me in the launch of *The First Scientists* by Corey Pusey. This book is the result of consultation with various community scientists through topics of astronomy, climate change, land management and ecology. The first scientists of the past sky to the future scientists of today. Their lessons are now shared in this book. It is a First Nations book in teaching and learning.

Leah Brideson | Cultural Integrity

ACT Aboriginal and Torres Strait

Palmerston District Primary School

E: leah.brideson@ed.act.edu.au

Kamilaroi Yinarr – Kamilaroi Wonnarua

I acknowledge the traditional custodians of the land on which I live, the Ngunnawal people. I also acknowledge the First Nations people across Australia. I pay deep respect to their eternal spiritual connection to the land. *Yanha ngaya* (I respect Country).

Congratulations to the following parents on their appointment to the Palmerston District Primary School board.

Vikram Kulkarni and Chris Bowyer

We thank them both for their involvement in our school, their commitment to public education and warmly welcome them both to our board.

School Uniform Shop

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

Centre News

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 bolognese, salads, muffins, and lots more are available.

The canteen has a position for an assistant on Friday's between 9am- 1pm. You must have a WWVP card and be vaccinated. If you are interested please contact debbie@healthy-kids.com.au

NAPLAN ONLINE 2022 – UPDATE FOR YEAR THREE AND YEAR FIVE FAMILIES

ACT schools will participate in NAPLAN Online testing from 10-20 May 2022. The practice familiarisation tests are now available online, and will be open until the 22 April 2022. Students have already begun exploring the format at school. The practice test does not assess student performance. You can become familiar with NAPLAN Online tests by visiting the public demonstration site, <http://bit.ly/naplanonline>. By engaging in this you may be able to assist your child with understanding the type of items/questions they will see on NAPLAN Online and the related functionalities on this site. Please refer to communication sent home earlier in the week regarding this. Further information explaining tailored testing can be found at <https://bit.ly/2PgG7rL> and www.nap.edu.au/online-assessment/naplan-online.

Thank you,

Miss Pasalic

MENSLINK INFORMATION

For 20 years, Menslink have provided free counselling to young men and boys throughout the Canberra region. Currently their wait times are low so they are ready to help when/if your young guy needs it. They provide a welcoming and supportive environment for young men/boys to share their concerns and worries and provide tips and strategies to get them through tough times. Menslink counselling sessions are completely confidential and are available to any young guy aged 10-25. There are no fees or charges or limits to the number of sessions. You don't need a mental health plan and they are available during the school term and school holidays. If you think someone in your family would really benefit from a counselling session have a chat with them and head to www.menslink.org.au. The click on the 'Get Help' button, fill in the form and they will get back to you, generally the same or next business day. For more information please email admin@menslink.org.au or

call 6287 2226.

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 a 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.au 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>

Stranger Safety

This is a reminder to help our children understand the importance of stranger safety and the need to report any unusual incidents or approaches to staff immediately.

If you become aware of an incident, or notice anyone acting suspiciously around a school or child, contact police immediately on 131 444 or in the case of an emergency call 000. If you witness incidents or if you have any information that could assist Police, contact Crime Stoppers on 1800 333 000. Information can be provided anonymously.

Please support us to keep our children safe by having conversations about moving safely around the community and what to do if they ever feel unsafe. You may wish to visit the Australian Federal Police website for tips on [Child Safety](#) or the [Safety4Kids](#) non-government website for useful information and links. The [Constable Kenny website](#) also has a number of tips for parents.

The school and the Education Directorate will continue to work with ACT Policing on this issue.

Dear families,

Soldier On is a national not-for-profit organisation and has been supporting the veteran community since 2012. Soldier On was established to support those returned personnel that had been physically or psychologically impacted by their service. Through the delivery of holistic services, we currently support more than 3000 veterans and their family members. Our school has taken part in the March On for Soldier On fundraiser to help support Soldier On continue to provide much needed services for our service men and women. Attached is the link to our fundraising page. Any donation is greatly appreciated. This is the last week to get amongst the challenge and support a worthy cause. **Take your own virtual 96km challenge this March to help our brave veterans. Join us as we March On to support and raise funds for Soldier On's life-changing mental health services and programs so that our returned ADF members and their families can march on.**

<https://www.marchonchallenge.org.au/fundraisers/kristlecross/virtual>

Our ANZAC ceremony will be held on Tuesday the 26th of April. I am looking for parental support to record yourself giving the ANZAC speech or playing the Last Post. If you would like to be virtually involved please get in contact by the 6th of April. I would really love to see all families involved and appreciate your time and support. Please email me your availability Kristle.cross@ed.act.edu.au

Looking forward to hearing from you.

Kristle Cross | Defence School Mentor



Enrolments for the 2022 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](https://www.education.act.gov.au) or the Enrolments Telephone Service (02) 6205 5429. You can also contact us about enrolments directly by emailing PalmerstonPS.Enrolments@ed.act.edu.au

Preschool

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

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

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

Made with Microsoft Sway

Create and share interactive reports, present personal stories and more.

Get started

