



# Iluka Public School - Newsletter 21

## July 25, 2017

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### Dates to Remember

#### Term 3

**Wednesday July 26**

Preschool Transition  
9am-12noon

**Thursday July 27**

Sporting Schools Tennis

**Friday July 28**

Small School Athletics

**Monday July 31–**

**Friday August 4**

Canberra/ Snowy  
Mountains Excursion Yr5/6



**Wednesday August 9**

Preschool Transition  
9am-12noon

**Friday August 11**

Zone Athletics

**Monday August 14**

P&C Meeting 7pm

**Wednesday August 16**

Education Week Open  
Day

**Thursday August 17**

K/1/2 Ballina Excursion

**Tuesday August 22–**

**Friday August 25**

Cascade Excursion

**Wednesday August 23**

Small Schools Big Impact  
Concert Grafton

Town Library visit for  
Book Week

### SPECIAL EVENTS

#### Small Schools Athletics carnival Friday, 28th July



### Principal's News

Well what a wonderful start to Term 3.

Our 126 students arrived back from holidays (including our 4 new students) and settled quickly back into routines. All teachers said that their students were keen and happy to be back into classes. Bonus points for the Year 4/5 room as that room now has been refurbished and once again being well used.

On Thursday we started our Athletics Carnival and the P&C held their first Colour Run. It was a great success. Students were very excited and completed the challenging obstacle course while being bombed with rainbow colours. Thank you to the P&C for your organisation and to the students who were able to find sponsors in the lead up to the event.

To finish off the week, a big day was held between Hickey and Rush teams to decide the winner of the Athletics Carnival. The day was held under brilliant blue sky and was attended by parents, grandparents, carers and friends. Thank you to those students who tried their best in both the track and field events.

Congratulations to the HICKEY team who won the contest this year. It was a great effort also by the RUSH house who 'pushed' them all the way.

Congratulations also to our Individual Age Champions: Juniors: Sarah Bowers, James Everson 11 Years: Luke Gregory, Justyce Hunt and Millie Speirs Seniors: Bella Duncombe, William Everson. I would now like to encourage as many students as possible to participate in the Small School's Carnival if they came first, second or third in their track event or first or second in their field event.

Permission notes were sent home yesterday. Please return them to Mr Bradmore by tomorrow please.

Have you checked out the School website recently? It has an up to date Term 3 calendar completed with all the activities (at this stage) recorded. Some of these include;

- The preschool transition program for our little Kindergarten students starting in 2018, next Wednesday 26 July between 9 and 12 noon. Please spread the word to friends and neighbours who may have pre-schoolers starting with us next year.
- A Fathers' Day breakfast of bacon and egg rolls for all those special 'Dads' out there
- Education Week, including Open Day, a presentation by the school choir and a special Whole School Assembly, WEDNESDAY 16 September starting at 12.15pm.
- The Small Schools Big Impact Concert for participating Year 5/6 students at the Saraton Theatre, Grafton on Wednesday 23 September and...
- A school performance by Queensland Opera on Monday 18 September.

More details about all upcoming events will feature in newsletters, on our Webpage and through FaceBook. Please keep posted!

Welcome to Isla in Year 4, Thomas and Taj in Year 3 and Kobi in Year 1 who belong to a very special group called Iluka Public School. I wish your time at our beautiful school is a big success.

Once again Parents / Carers we bring your attention to payments: Iluka Public School will transition to the new NSW Public Schools' Finance System and a new bank account on 4 September 2017. To ensure a smooth transition, there will be changes to the way we accept payments from parents and carers. Between 22nd August and 8th September, there will be a "blackout" period when no payments can be made. NO EFTPOS payments, NO Cash or cheque payments, NO Online payments, NO payments of any kind can be made during this time. If you have a child going on an excursion in Term 3, please be aware of these blackout dates when ensuring full payment is made. From 22nd August, our school can also no longer accept direct deposits to our bank account.

School photos have not yet come back to the school. We will get them to you shortly after we receive them.

In a sign of the change of times, this week Mr Jones and Mrs Cunningham attended (NAPLAN) training in Coffs Harbour. The National Assessment Program – Literacy and Numeracy is an annual assessment for students in Years 3 and 5. Planning has begun to move NAPLAN from a pen and paper assessment to an online assessment. A fact sheet is available for parents and carers (from the office) to help understand the transition process. A NAPLAN Online School Readiness Test will be held for Year 3 and Year 5 students between 14 August and 22 September this year.

It will be my last newsletter for two weeks as I am part of that excited Year 5/6 group of 30 students next week heading off to Canberra. While I am away Mr Melrose (Year 4, 5 and 6 class) will be the Relieving Principal, Miss Anderson on Year 3/4 and Mr Speirs on Year 2 while Miss Daley is on Year 1 and Miss Essery is on Kindergarten. I am once again looking forward to seeing the important educational attractions of Canberra including a very special day trip to Mt Selwyn.

Phil

## Kindy Class News

**Small Schools Athletics Carnival**-Congratulations to Flynn, Lily, Fraser, George, Mikayla, Nikirri and Jaylen for progressing onto the Small Schools Athletics Carnival this Friday. Good luck and we know you will do your best!

**Speaking and Listening**-This term our speaking and listening program changes. News sharing is only one component and students will be participating in a variety of other speaking/listening tasks. This Friday students will take home their news book to record their weekend adventures.

Books are then returned to school on Tuesday and all students get to share their news in our Tuesday 'weekend round up' session.

**Fire Safety**-Yesterday the kindergarten students participated in our annual whole school fire drill practice and learnt what to do if there was a fire at our school. The students have been encouraged to have a talk with their parents/carers to discuss home fire safety plans.

### Reminders:

\*Library day is Tuesday.

\*Please return Ballina excursion notes and \$12.

\*Infants Athletics Carnival on Friday 4th August at 9am on the school oval.

Lynne

## Year 1 Class News

Hello and welcome to Week 2. What a busy start to the term it has been! Well done to everyone on their participation in the Athletics Carnival and Colour Run held last week.

**Small Schools' Carnival** - Congratulations to Tessah, Taya, Kye, Kobi, Olivia, Jordy and Paige for making the IPS team to complete at Iluka Oval on Friday at the Small Schools' Carnival. A permission note was sent home yesterday and this needs to be returned to Mr Bradmore as soon as possible. Good luck Team Iluka!

**Leave** - I will be absent next Monday, Tuesday and Wednesday and Miss Morgan Daley will be taking Year 1 during this time. She has taught the class before and is very much looking forward to seeing the students again. All regular routines will continue and I know everyone will work very hard.

**Library** - Year 1 currently attend the library on Wednesdays.

**Home reading** - The goal for this term is 150 nights. Please remember to send in journals on Wednesday so that they can be checked and updated.

**Speaking Topics** - This week's topic - My Favourite Poem and next week - My Favourite Character (from a book or tv show).

### Reminders -

- \* Colour Run sponsorship money is now overdue
- \* Ballina Excursion note and \$12
- \* Small Schools' Carnival for some students on Friday
- \* Infants Athletics Carnival on Friday 4th August at 9am on the school oval

## Year 2 Class News

Welcome to Week 2 everyone. Today the students were awarded their prize for winning the 5c challenge and got to view "Boss Baby" and enjoy snacks in our classroom thanks to Miss Lisa. There is a lot happening so I have broken it down into sections below for you to pick and choose what you would like to read.

**BALLINA EXCURSION** - I am still waiting for a few students to bring in their Ballina excursion note and money.

**CANBERRA** - As you all are aware I will be away next week for the Canberra excursion. I am very excited about the opportunity to go on this excursion but at the same time will miss my students and most importantly Lucy. Mr Speirs will be taking over the reins so I am sure they will have an amazing time with him for a week.

**NAPLAN** - Last week I attended a course for NAPLAN online. They are telling us that elements of NAPLAN will be conducted online as of next year. I am beginning to integrate how my students take their weekly spelling test to get them ready for the typing skills they will need next year. Through their spellingcity.com accounts they can practice taking spelling tests using their words for the week and also some writing tasks on their. Because I pay a premium for all students on this website it allows them to access all activities. All they need is 10 minutes each day to practice and this would be highly beneficial for them.

**WRITING** - The first 5 weeks of this term we are concentrating on "Descriptive Writing". I have asked the students to bring in an item from home whether it be a toy or a teddy bear and they will be using this for their first descriptive writing task. This will also be the item they will describe to the class as their news.

**MATHS** - This week we are focusing on multiplication in particular 2 x tables. We are concentrating our attention on understanding that 2 x is simply just doubling. If you could reinforce the use of the word doubling and its direct correlation with times 2 that would be great. I sent home a times table sheet for their homework. They can also access their spelling words through spellingcity.com in their own account.

**ART** - As you are already aware our theme for this term is Space. Yesterday we created a solar system in art. This was the first of many art activities this term that is centred around space. Others activities will include the creation of a rocket ship, their own alien and even their own planet and the inhabitants.

**TECHNOLOGY** - Once again this term we will be integrating the greenscreen into our literacy and be creating a video about space. We will be taking our viewers on a journey through the solar system to educate everyone of the special features of the 8 main planets that are found within our solar system. We may even throw in Pluto (a dwarf planet) for the fun of it.

I hope everyone has a great week and I will see you in Week 4.



## Year 3/4 Class News

Hi everyone,

We welcome Taj to our class. It was great to see all the students trying their best at the Athletics carnival last Friday. Good luck to those students who progressed to the Small Schools Carnival. Next week I will be away on the 5/6 excursion and Miss Anderson will be on the class. Our Science unit this term is 'Shelters'. Students will investigate the relationships between the purpose of built environments and the features required to meet the purpose. The focus for writing this term is 'Explanations' and 'Descriptions'. We started our Ninja Warrior course yesterday, where the students identified the areas they need to work on. They will do this course daily and keep a record of their individual progress. Reminder Library is on this Wednesday and Home Readers are also due. Homework is to be returned on Friday.

Cheers Bek.

## Year 4/5 Class News

Welcome to our second week of Term 3. We are all enjoying the comforts of our new classroom and look forward to a productive term.

It was great to see the level of participation at the Athletics Carnival last week. Congratulations to everyone for your effort and enthusiasm.

With our new timetabling this term our Library day is now on Monday, please come prepared.

The Canberra/Snowy Mountains Excursion is almost here. There was a meeting held with the students today to go through the final details. I will not be attending the excursion as I'll be Relieving Principal and taking the students from classes 4,5 and 6 while Mr Bradmore is away. I'm sure everyone will have a fantastic time and enjoy lots of new experiences.

Have a good week, John.

## Year 5/6 Class News

Hello all,

Well done: to all that participated in the 'Colour Run'. What a fun time was had by all and some great fundraising for our school.

Athletics Carnival: was most successful and it was great to see so many children participating.

Small Schools' Athletics: is this Friday. A high percentage of the class qualified for this carnival. Best wishes for your events on the day.

Excursion: is nearly here. Please read over all that needs to be packed and organised.

Homework: will be due on the Monday of this week.

I will be taking long service leave from Tuesday 8th August until the end of term. I will return in Term 4.

Miss Anderson will be teaching the class while I am away.

Have a good week, Di.

## Infants Athletics Carnival

The Infants Athletics Carnival will be held on **Friday 4th August** (Week 3) commencing just after 9am on the school oval. It will involve all students turning 5, 6 or 7 this year (so it will involve all students in Kinder, Year 1 and some Year 2 students). Students will complete in running races, novelty events, modified field events, relays and even some of the traditional ball games. There will be an opportunity for the parents to compete against students in Captain Ball, Tunnel Ball and Under and Over Ball, so get your teams together and start training! There will still be the rivalry between Hickey and Rush houses and the students are encouraged to wear their team colours. Hickey is green and Rush is yellow.

K.Gardner and L.Essery



## Mr Bradmore's General Knowledge Quiz

All correct entries will receive a prize. Please hand your completed quiz to Mr Bradmore by Friday 28th July.

1. In what sport has Australian Jeff Horn enjoyed great success recently?
  - a. American Football
  - b. Boxing
  - c. Golf
2. The New Zealand cities Christchurch and Dunedin have been badly hit by ...?
  - a. severe flooding
  - b. a 7.1 magnitude earthquake
  - c. massive snow storms
3. In which country was a men's World Surf League event postponed twice because of shark sightings?
  - a. United States
  - b. Indonesia
  - c. South Africa
4. A free website providing information and advice about anaphylaxis is being offered to those who work in the hospitality industry. What is anaphylaxis?
  - a. a toxic bacteria found in raw food
  - b. a severe form of allergic reaction
  - c. a virus that can be spread through food if good hygiene is not used during preparation
5. Which royals will be attending the Commonwealth Games next April?
  - a. Prince William and Kate
  - b. Prince Charles and Camilla
  - c. the Queen and Prince Philip
6. Agriculture ministers around the country will meet this week to decide whether the states will continue to fund a program to eradicate a pest whose attacks on people can be potentially fatal. What pest are they trying to eradicate?
  - a. fire ant
  - b. giant swallowtail caterpillars
  - c. cotton harlequin bugs
7. The frozen remains of a couple that disappeared 75 years ago in the Swiss Alps have been found on a shrinking glacier. What is a glacier?
  - a. a solid lake of ice
  - b. a slowly moving river of ice
  - c. an ice cave that melts during warmer months and then reforms in colder months
8. The NRL has confirmed it plans to hand out bans of nine months to life for players convicted of ...?
  - a. domestic violence
  - b. drug possession
  - c. drink-driving
9. Why has the Deputy Greens leader Larissa Waters, resigned from the Senate?
  - a. she is facing fraud charges
  - b. she has decided to be a stay-at-home mother
  - c. she is a citizen of two countries so should not have been elected to Federal Parliament
10. What did an ophthalmologist (eye specialist) in a British hospital find in a patient's eye when she went for a check-up prior to having a cataract operation?
  - a. thirty contact lenses stuck in her eye
  - b. a cluster of teeth behind her eye
  - c. a dead earwig in the back of her eye socket
11. Which city hosted the 2012 Olympic games?
12. True or false, recent research by a team of American researchers has ranked Australia's healthcare system the second best in the world?
13. Which animated Disney film is set to receive a live action remake?
  - a. Frozen
  - b. Brave
  - c. Aladdin
14. Roger Federer won Wimbledon 2017 by beating Marin Cilic. How many men's singles titles has Federer won at Wimbledon?
  - a. four
  - b. eight
  - c. eighteen
15. The Automatic Teller Machine or ATM celebrated a significant anniversary recently. For how many years have ATMs been used on our streets?
  - a. 20 years
  - b. 30 years
  - c. 50 years

## COLOUR RUN

**Thank you to all the students, staff and parents who helped make the Colour Run such a huge success.**

**Lots of fun was had by all! We raised some much needed funds and I'm in the process of tallying the sponsorship money and ordering the prizes. I will advise of the final tally next week.**

**Thanks Miss Lisa**

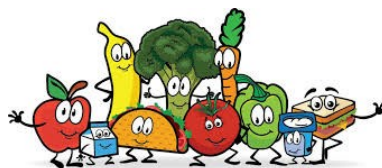


## tuckshop NEWS

Hi there and a big welcome back to another term. Please see attached this terms roster. If you are unable to do your selected day please let me know A.S.A.P. Donations for next week will start at Year 5/6 and work our way back from there. Please remember your donations can be anything from home baked goodies, to home grown fruit / salad etc. or even just some supplies such as serviettes! Thank you so much to all families that do donate. If you have any suggestions or feedback regarding Tuckshop please feel free to contact me.

Thanks

Karla - 0405 638 768



## TWILIGHT NETBALL IN ILUKA

**Are you interested in joining in the fun of playing Twilight Netball on Saturday afternoons in Iluka?**

We are looking for expressions of interest from children & adults, boys & girls to play Twilight Netball in Term 4 (October).

Form a team or sign up individually and we will find you a team to play in.

Please call or message:-  
Jodi Pakoti - 0432 352 636



## Our Future Clarence

### Action planning workshops

South Grafton Ex Servicemen's Club  
Fri 21st July  
6pm - 8pm

Maclean Bowling Club  
Sat 22nd July  
1pm - 3pm

Yamba Treelands Drive Community Centre  
Sat 22nd July  
5pm - 7pm

Iluka Bowling Club  
Fri 28th July  
6pm - 8pm

For more information  
call 6448 1478  
email treelandsdrive@clarence.nsw.gov.au

## Let's Unite

and get things  
done for our  
community

Inspired and  
driven community  
members are  
needed

clarence  
VALLEY COUNCIL



# Parenting *ideas*

## **BFF Forever: When friendships go sour**

**By Jenny Brockis**

*Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain.*

### **Tips to help your child deal with emotional pain**

#### **Allow them to grieve**

Pain hurts and that's normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you're sorry they are hurting to help them learn that emotions are normal, and that it's normal too to feel that their whole world has temporarily turned upside down.

#### **Encourage them to step away from the situation**

When up close it can get very personal. Encourage your child to look at the situation from the other person's perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to **reframe** what happened, elevates **empathy** and builds **resilience** to future hurts. What doesn't work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can't reach out to their other friends for support.

#### **Offer time and an open ear**

Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some 'normal' things is what counts, as well as being available to just listen when required. It's about understanding, not interrogation. They don't necessarily want our advice!

#### **Move forward with respect and dignity**

A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It's something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life's knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Dr Jenny Brockis is the Brain Fitness Doctor, author of *Future Brain: The 12 Keys to Create Your High-Performance Brain* and mother to two young adults.

# Let's L<sup>UNCH</sup> at Lunches

Inspiration for fresh, fast & budget friendly lunchboxes  
from your local health service

When it comes to finger food - think outside the box. It can be fun, healthy & a great lunchbox addition. Many kids love eating with their hands, so finger food can be a hit when it comes to fussy kids lunchboxes. They can even help you make some of the recipes we have included this week!

## Vegetables

Veggie sticks, cherry tomatoes & snow peas

[Broccoli bites](#)

Carrot stars



## Fruit

Fruit kebabs

Fruit wedges

Melon balls



## Meat/Alternatives

Meat rolls

[Beetroot hummus dips](#)

Hard boiled eggs



## Grains

Sandwiches fingers

Sushi

Popcorn



## Dairy

Cheese sticks

[Frozen berry granola bites](#)



## Cucumber Sushi

[Cucumber sushi](#) has been on our to try list for a while now & I must say when we got around to making it, it did not disappoint! It's now apart of our lunchbox rotation. Even better it is super simple to make & almost any vegetables / protein can be used to fill it. We have actually found that you can do without the rice for an even easier snack or lunch!



## Getting Creative with Kebabs

Using paddlepop sticks to make kebabs is a simple way to make the lunchbox more exciting. Most kids love the novelty of eating their snacks from a stick & as you can see from the pictures below, they are super versatile. Try a mixture of fruit & veg, sandwich ingredients, fruit & muffins, meat / falafels & salad or anything else you can think of! A Crunch&Sip kebab is a favourite at our house. If you have time you can line the ingredients up on the beach & ask your kids to put together their own.



## DOES YOUR CHILD HAVE TYPE 1 DIABETES?

### Managing Type 1 Diabetes in Children: A Parenting Perspective

Being a parent of a child with type 1 diabetes can be extremely stressful. The University of Queensland is seeking parents of children with type 1 diabetes to take part in a research study that will explore factors that could help or hinder parents in managing their child's diabetes. If you are a parent of a 2- to 10-year-old child with type 1 diabetes, we would love to hear from you! By sharing your experiences (confidentially) you will help us identify better ways for health care professionals to support parents and families. To complete the online survey, please go to: <https://exp.psy.uq.edu.au/type1/>. For further information about the project or to request a survey to be posted to you, please email Jade Grambower at [j.grambower@uq.net.au](mailto:j.grambower@uq.net.au) or call Dr Amy Mitchell at the Parenting and Family Support Centre at The University of Queensland on (07) 3346 1202.

Thank-you!

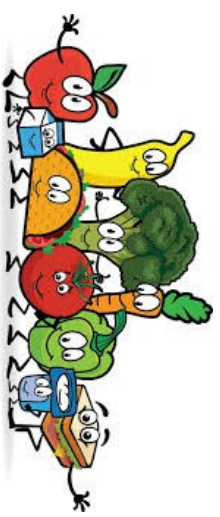
This study adheres to the Guidelines of the ethical review process of The University of Queensland and the *National Statement on Ethical Conduct in Human Research*. This research project has been approved by the UQ School of Psychology Ethics Review Committee (Clearance Number: 2016001875).





# TUCKSHOP ROSTER

## August 2017



Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 (July) Deb T. Sandy Jan	1	2	3	4 Sandy Mark	5	6
7 Karla Erin Sonia	8	9	10	11 Sandy Mark	12	13
14 Aleisha Deb Tanika	15	16	17	18 Sandy Mark	19	20
21 Cass Kay Pete	22	23	24	25 Sandy Mark	26	27
28 Karla Trudy Vanessa	29	30	31			

# TUCKSHOP ROSTER

## September 2017



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Sandy Mark	2	3
4 Cass Kay Deb T.	5	6	7	8 Sandy Mark Trent L.	9	10
11 Kylie K. Vicki Jona	12	13	14	15 Sandy Mark	16	17
18 Sandy Mark Leonie H.	19	20	21	22 Karla Erin	23	24
25	26	27	28	29	30	