



Forster Public School

A vibrant, caring and successful learning community



Respect

Personal Best

Safety

Find us at: Head Street, Forster Tel: 6555 6766

Fax: 65556374

Email: forster-p.school@det.nsw.edu.au

Term 1 Week 6

Friday, 9 March 2018

DATES FOR YOUR DIARY

(please see Skoolbag for further details and copy of notes)

Term 1 - 2018

Week 7

- 12 Mar Hunter PSSA Basketball Trials
- 13 Mar Hunter PSSA AFL Trials
- 14 Mar Zone Football Trials
- 16 Mar Cricket Knockout @ Tuncurry

Week 8

- 19 Mar P & C AGM 5.30 pm Staffroom
Zone Boys Cricket Trials
- 20 Mar Cross Country
- 23 Mar Gold Principals Assembly

Week 9

- 27 Mar School Photos
- 28 Mar School Photos
- 29 Mar Hunter PSSA Boys Football
K-2 Easter Hat Parade 11.30 am
- 30 Mar Good Friday - Public Holiday

Week 10

- 2 Apr Easter Monday - Public Holiday

Week 11

- 13 Apr Last Day School for Term 1

Principal's / Deputy Principals' Report

Relieving Principal

Due to unforeseen circumstances, our Principal Rick Clissold has been asked to fill the role of Relieving Director. We are unsure exactly how long this will be for. Ms Karen Austin will be the Relieving Principal until such time that Rick comes back to the school or the new school Principal begins next term. As soon as we have any more information we will inform families. Thank you for your understanding.

School Photos By A1 Fotomakers

The photographers will be at the school on Tuesday 27 and Wednesday 28 March. Each child receives an envelope with the cost of the photos clearly marked. PLEASE RETURN THIS ENVELOPE ON PHOTO DAY EVEN IF YOU ARE NOT INTENDING TO BUY A PHOTO. Family photo envelopes are available from the office. Each child gets photographed for school purposes and the information is contained on the barcode on the envelope.

School Visitors

We would like to thank all of our volunteers for completing the Working with Children Check. Just a reminder to sign in and out of the front office. Whilst most people are remembering to sign in there are a number of visitors not signing out when leaving the school grounds. This is especially important if there was an emergency on site.

Welcome to our new AEO

We recently held a Meet and Greet BBQ for the indigenous community at the school. Over fifty Indigenous students and their families attended the function which was held on the grassed areas inside the school gates and on the parkland across the road adjacent to the beach. The BBQ was held for all indigenous students, the wider indigenous community and staff as a welcome for the new Aboriginal Educational Officer (AEO), Bria Simon. Mullet and sausages were provided. It also provided an opportunity for all involved to contribute ideas for consideration by Bria, the school and the community in order to make 2018 a successful year for all. Feedback was sought and a comment booklet provided with many positive responses recorded. A big thank you to 'Our Fish' on Boundary St for supplying the lovely fish.



Miss Bria Simon with Zarli, Shaylee and Byron



Chloe and Grace K23



Jerome with his aunt, Lena Simon



Lela and Lachlan K22



Gary Bishop with his daughter, Karlee



Mattea and Sophie K23 and K24

Rick Clissold	Principal
Karen Austin	Deputy Principal
Lorelle O'Brien	Deputy Principal
Katrina Pettet	Instructional Leader
Keryn Stone	Instructional Leader

Early Stage 1

Awards

Students continue to display positive attitudes towards our core values of Personal Best, Respect and Safety in classroom and playground settings.



Willow and Ivy K25

Library

Students are very excited about visiting the library on a weekly basis. They are learning how to take care of books, the features of a book and how to say their name clearly when borrowing. A library

bag is required if they want to borrow. Bags need to be clearly labelled with name and class. Bags do not need to be fancy, a plastic bag or pillow case is okay. Books may be returned each week (during their library lesson) and a new book may be borrowed.



Technology

As technology advances so are our children. Students are very good at manipulating IPADS, iPhones and similar touch screen devices. However, we have witnessed a decrease in general computer skills. Kindergarten students are currently learning how to use a mouse to perform basic functions on a computer. With persistence and guidance students are becoming more confident in navigating a computer for programs such as reading eggs and paint. Please send in a pair of headphones (in a labelled snap lock bag) for your child to use during computer sessions.



Ethan and Emma engaged in Reading Eggs

Tall Program

Kindergarten classes will be running a talking and listening program for the next four weeks. Please see your class teacher if you are able to help out. The program will run for 20 minutes each Tuesday and Wednesday morning in classrooms. Students are learning to communicate in full sentences and to follow a sequence of instructions. Volunteers will need to have completed their Working with Children's Check. You can apply online and there is no fee as it is on a volunteer basis. <https://www.service.nsw.gov.au/transaction/apply-working-children-check>. Please give a copy of your paper work to the office staff.

Tianne Buderus

Assistant Principal - Relieving

Stage 1

Visible Learning

Stage 1 are starting Visual Learning. This is a way of learning that focusses more on learning and progress rather than teaching and achievement. We are working towards each student having the positive learning disposition and self responsibility to work towards their own personal learning goals that are discussed with the teacher. At the moment in Stage 1 we are working on goals in addition and subtraction and students are meeting their goals and seeing the self satisfaction and motivation that this brings.

A game that is good for improving these skills at home is car cricket. Runs are based on the colour of the cars you pass, with a red car getting you out. It works best on less busy country roads. There are no universal rules, and there are many scoring variations based on different colour cars and vehicle sizes. You may want to make a score limit so players have to retire if they make 100 runs or so.

One person at a time comes up to 'bat', and they score 'runs' when vehicles are sighted. For cars to count as runs they must be moving and traveling in the opposite direction. White cars (and silver/grey) are worth one run, coloured cars (including black, excluding red) are worth two runs, motorbikes are worth a four, and trucks and busses six runs. Any vehicle towing anything collects an additional "overthrow" run. Red cars, they get you out. After everyone in the car has had a turn at bat, the person with the most runs wins. It works well on

open roads for long road trips, not so well with city driving

Home Readers

Remember to read with your children each night for 10 - 15 minutes. Home Readers should be going to every home regularly. Make sure that your child has a protective bag for the readers to travel safely to and from school.

Precious Toys and Pokemon Cards

Children should not be bringing precious or expensive toys from home. Their safety cannot be guaranteed.

Lynelle Patterson
Assistant Principal

Stage 2

Thank you to all of the parents who were able to make it to our meet the teacher night. It is always wonderful to meet the parents of the students in your class and start building positive relationships.

If you were unable to make it some important information that you may like to talk to your child's teacher about are the password and username for Reading Eggs. This is a fabulous program that the school pays a lot of money for to support the students' learning and can be used at home and at school. If you would like your child to have some extra help with reading this is free for you and caters for individual levels. Another program called Mathletics is currently in the process of being set up for Student's use as well.

Parent Helpers

It's great to see all the parent helpers in the school. Teachers appreciate the time you give to supporting the children in their learning. If you'd like to help, just speak to your child's teacher. Our Garden Program is underway and helpers are still required. Please help if you are able.

Stage 2 Sport

Stage 2 Rotating Sports Groups will run again this year and will commence in Week 6 Friday 9th March. Each activity will run for 3 weeks and then they will rotate to a new activity. A sporting roster will be sent out shortly.

This Friday, 3-4/29 will start their 3 weeks of swimming at the Aquatic Centre. There is a cost associated with this activity. Your child will bring

home a swimming permission note when their class is due to have their 3 weeks of swimming.

Parents/Carers may wish to start paying off some money towards this paid Sport so it is less of a drain on family resources. Please approach Office Staff if you would like to choose this option.

The total cost for swimming is \$18 which covers pool entry and an Austswim instructor. If you are a member of the Aquatic Centre, you do not have to pay the \$10.20 for entry but only the \$7.80 for the 3 weeks of Instructor costs. Please see Mrs Evans if you have any questions about swimming.

Anne Evans
Assistant Principal

Stage 3

Forster Public School students recently attended the Morisset Outdoor Education Centre.

The camp was a great way for students to get to know their new classmates and teachers. The camp provided activities that encouraged team bonding and challenged the students to step outside their comfort levels in a safe, supportive and fun environment through activities such as high ropes, canoeing, rock climbing, mud world, night time commando, flying fox, archery and the giant swing.

The students rose to the challenges and happily participated in many of the activities, some of which they had not attempted before.

It was a three day camp and students rotated around a range of different activities to experience an exciting array of challenges on each of the three days.



Willa braving the High Rope Activity



Lachlan and Curtis enjoying the Mud World Activity



Rafting group having fun on the water



Yr 5 & Yr 6 students gearing up for Archery

**Paula Drew
Assistant Principal - Relieving**

Sport

Welcome to our 2018 House Captains



Albatross - Jarrod, Curtis, Ava & Keira-Lee



Shearwater - Alfie, Jai, Leilani & Summer-Jade



Gannet - William, Jesse, Maya & Paige



Penguin - Ethan, Frank, Sophia & Nakiyah

Zone Swimming Carnival

Following the Manning Zone Qualifying Swimming Carnival where nearly 40 swimmers participated, three swimmers made it to the Hunter Regional Carnival. Forster Public School is justifiably proud of Torie, Kirra and Joshua.

Many personal bests were recorded at the Hunter Carnival but no one was successful at qualifying for the State Championships from the school. There were swimmers, however, who qualified for the AWD (Athletes with Disabilities) Swimming Carnival for the next level.



Winning Junior 4x50m Boys Relay, Josh, Wes, Maxim & Jarhys



Senior Boys 50m x 4 Relay Team of Ben, Ethan, Luke and Zachary

Dorota Osinski
Sport Organiser

Library

Welcome to Library for 2018. All classes are now able to borrow from the library. Students will need to bring a bag to carry their books home. Suitable library bags include cloth supermarket bags, old pillowcases or drawstring bags. Please remember to write your name on your bag.

Borrowing limits are as follows:

Kindergarten: 1 book
Years 1 & 2: 2 books
Years 3 & 4: 3 books
Years 5 & 6: 4 books

Library days for each class are as follows:

MONDAY -

K-2/28, 2/16, K-6/6, 3-6/5, 3/30, 4-6/32 and 4-6/27

TUESDAY -

5/7, 5/10, K/23, 3/26, 4/12 and 1/20

WEDNESDAY -

6/1, 6/2, 4/9, 4-5/11, 2/14, 1/19 and 1/18

THURSDAY -

2/17, 2/15, K/22, 5/34, 4/8, 3/29, K/25 and K/24

FRIDAY -

1/21, 3/31, 5/34, 6/3 and 6/4

Students may borrow outside of their allocated library time at 2nd half lunch Monday to Thursday. If students have outstanding loans, they will be unable to borrow, so please make sure all books find their way back to the library.

Premier's Reading Challenge will begin shortly; keep an eye out for more information to be coming home over the next few weeks. If students are already reading books, keep a record to be used for the Challenge. Kinder to Year 2 read 30 picture books for the challenge (1-2 picture books per week) and Year 3 to Year 6 read 20 chapter books for the challenge (1 chapter book per week). We are looking to set a record this year for the number of students participating.

Kellie Eggins & the Library Team

Kitchen Garden Program

Kitchen Garden program has officially kicked off entering another exciting year of planting, growing, harvesting, preparing and sharing. Thank you again to all of the people who have put their name down to help with their children's classes. We could not do it without you. It seems to be a pattern with parents, relatives and friends that once they come and help they are hooked! They enjoy coming back year after year following their child's journey in Kitchen Garden from Year 3 right through to Year 6.

Year 5 & 6 have returned to the kitchen starting off their year with a refresher lesson of Kitchen Safety and Knife Skills. Mr Phil York, a parent at

the school, very generously sharpened our knives again over the holidays in readiness for classes. He does a fantastic job so if your knives are a bit blunt at home make sure you repay his generosity by giving him a call. He can be found on Facebook "Phil York Knives" The children have had fun getting back into the swing of things by creating "Crunchy Noodle Salad" - one of their favourites.



Year 6 girls, Laura, Kirra-Lee, Lily, Kayla and Taila showing off their knife skills cutting a cabbage down to size

Most of our recipes can be found on the school website. Parents are often surprised how adventurous the students are in trying and loving new tastes in Kitchen class! You might like to try some of these recipes to cook at home. They will love to show you what they have learnt.

Years 3 & 4 Garden classes have also been learning the basic skills and safety required to be in the garden. Children are completing their wheelbarrow licences and learning about the correct handling of essential garden tools. They have also been planting cabbages, broccoli, onions and tomatoes for the kitchen. The lessons have also included learning about the important role that bees play in our garden pollinating the flowers of fruit and vegetables so we have produce to harvest. The children have also planted some flowers in our vegetable beds to attract the bees to aid in this process.

If you have not returned your permission notes for this program please do so as soon as possible.

Happy cooking and gardening

Trina Smith and Ellen Wilson
Kitchen Garden Specialists

Music

Choir

Singing is scientifically proven to benefit your health, and we don't just mean a little bit... a LOT.

The primary school choir for Years 3 to 6 has been established for 2018, under the direction of Ms Marissa Holland and Ms Leah Pasierbek. The choir meets each Monday lunch to rehearse and look forward to performing for their peers and parents/carers at upcoming events.

There has been an impressive amount of interest in choir this year, and we hope to maintain interest and motivation throughout the year by choosing age appropriate pieces that we all like to perform.

Singing as a part of a choir is scientifically proven to have the same positive effects on your wellbeing as yoga. Keep an eye out for upcoming performances!

Band

The Primary School Concert Band rehearse each Tuesday morning at 8:00am, conducted by Ms Pasierbek, and is open to all Years 3 to 6 students who have been learning a woodwind, brass or percussion instrument for at least one year. Approximately 25 students from the Concert Band play a variety of instruments including flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, percussion and piano. All students approach each rehearsal with positivity and have made significant progress in their ability to sight-read music and work together as an ensemble in such a short amount of time.

The Primary School Training Band rehearse each Monday morning at 8:00am, conducted by Miss Holland, and is open for to all Years 3 to 6 students who have limited musical experience and are considered beginners.

Tutorial lessons are offered to all band members, and are held on site during school hours.

Cultivating musical skills benefits all other areas of study.

If your child is interested in joining the choir or band, please see Ms Pasierbek or Ms Holland.

Ms Pasierbek and Ms Holland
Music Teacher

P & C News

Our Annual General Meeting will be held Monday 19 March 2018 at 5.30 pm in the staffroom. Please feel free to come along.

We are still looking for a Treasurer. Please come to the Uniform Shop if you could help us out.

Our Uniform Shop is open Tuesday & Thursday 8.30am to 9.30am. Order forms are available at the front office.

Lesley Campbell

P & C President Community News



Gloucester High School

For Parents & Guardians



Gloucester High School Presents:

An evening with **Susan McLean**,
Australia's foremost expert in Cyber Safety and young people.

This event is for parents only and starts at:

7pm Gloucester High School Hall—Thursday 22 March, 2018

A separate area will be provided for children with supervision.

Growing up Online:

An informative & entertaining session for Parents and carers is delivered with Susan's famous 'no nonsense' approach & will cover the positive benefits of technology as well as what parents need to be aware of:-

- What are kids doing online – The popular social networking sites and apps such as Kik, Musical.ly and Instagram & Yubo as well as live streaming sites.
- Online Grooming – What is it and when/how does it occur? What are the warning signs & what to do if you suspect this is happening to your child.
- Cyberbullying – What it is, where it happens, what it looks like, how to prevent and what to do if it occurs. Also the legal consequences and the possible criminal charges.
- Sharing Nudes – the taking and sending of explicit images. The social and emotional consequences as well as the Law.
- Potential dangers and safety tips – how to assist the children in your care to stay safe online via parental controls and restriction passcodes.
- Problematic Internet use and gaming issues
- The session will conclude with time for Questions.

www.cybersafetyolutions.com.au



Office of the Children's
eSafety Commissioner



Nutrition Snippet

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money at the shops.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- Strategies to manage fussy eaters.
- How to save time with easy, family-friendly recipe ideas.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to pack a healthy lunch box.

Pack at least one item from each of the following food groups for a healthy lunch!

Breads/ cereals: Wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, or homemade muffins and slices.

Fruit: Serve in fun ways; try fruit kebabs or fruit in jelly, cut whole fruit into small pieces for younger kids.



Vegies: Pack carrot or celery sticks with hummus.

Dairy: A slice of cheese, yoghurt or custards are all great lunch box items.

Meat and alternatives: Cooked chicken, tuna, egg, roast meat and legumes like red kidney beans or chickpeas.

Water or milk: Water or milk are the best drink choices.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit





Recycling at Home and Beyond!

What can/can't go in my recycling bin?

Yes!

Rigid Plastic containers
Milk & juice cartons
Paper & cardboard
Magazines & junk mail
Aluminium cans
Aluminium foil & trays
Steel/tin cans
Steel/tin aerosol (spray) cans
Glass bottles & jars

NO!

Coffee Cups
Plastic bags
Plastic packets & wrappers
Plastic film or zip lock bags
Polystyrene (foam) trays, takeaway containers & cups
Food scraps
Tissues, face wipes & serviettes
Nappies

What can/can't go in my garden waste bin?

Yes!

Garden weeds
Grass clippings
Leaves & flowers
Palm fronds & prunings
Wood (untreated, less than 30cm)

NO!

Food scraps
Plastic bags & liners
Rocks & soil
Nappies
Honey or honey products
Used tissues & face wipes
Animal droppings & waste



Waste Education Program

Take Home Survey Form

Questions (Please Tick)	Yes	No
Before receiving this leaflet, were you aware that your child had participated in the Waste Education Program?		
Has your child shared any information about recycling, garden waste or wider resource recovery?		
Has your child changed his/her behaviour at home since participating in the Waste Education Program e.g. helping sort recycling at home or suggested ideas for recycling other items such as other/problem wastes (E-waste, gas bottles, batteries etc.)? (please specify in comments section below)		
Has this leaflet helped you and your child with use of the bins or the disposal of other types of waste at home?		

Comments:

Student Name:

School:

Class:

Please return this section to school for your chance to win a \$50 gift voucher
(supplied by Midcoast Waste Services, winners drawn each term)

Privacy statement: Midcoast Waste Services is collecting your school details and feedback for the Waste Education Program for continuous improvement purposes. The information will only be accessed by our consultant company JR Richards, employees and/or Councillors of Midcoast Council. Your information will not be given to any other person or agency unless you have given us permission or we are required to/or authorised by law.

www.midcoastwaste.com.au
1300 290 763



Waste Education Program

Dear Parent/Guardian

Your child recently participated in the Midcoast Waste Services Education Program at their school.

The Waste Education Program aims to increase children's awareness and participation in waste minimisation activities, providing sessions that focus on reducing the amount of waste we send to landfill by recycling and utilising other resource recovery avenues provided by Council.

To assist in future planning of educational activities, it is important to understand if the messages your child received from their participation in the Waste Education Program has had an impact beyond the school environment.

Please take a few minutes to complete the survey overleaf and return it to your child's school within the next 2 weeks to be eligible to win a \$50 gift voucher.

Thank you for your time.

Regards,
Megan Griffiths
Waste Education Office

For further information please contact:
Midcoast Waste Services
Phone: 1300 290 763
Email: education@jrichards.com.au



Artwork by local artist Ron Potter



Waste Education Program Information for Families

Provide your feedback and go in the draw to win a \$50 gift voucher!

