



# Forster Public School Newsletter



## Respect

## Safety

## Personal Best

### Term 4 Week 1

### Friday 18 October, 2019

#### CALENDAR

##### October

- 21-23 Happy Hallidays Support Unit Camp**
- 23 Film by Pebbly**
- 25 School Fun Run**
- 28 P&C Meeting 5.30pm**
- 30 Stage 2 Excursion**
- 31 K-2 Gold Principal Assembly**

##### November

- 1 Stage 2 Excursion**
- 4-15 Yr 2 Intensive Swim**
- 6 State Athletics Carnival**
- 7 Yr 6 Performance**
- 8 Remembrance Day Assembly**
- 15 Quizworks Scripture**
- 18-29 Yr 3 Intensive Swim**
- 19-22 School Spectacular**
- 28 Band Workshop**

##### December

- 3 High School Transition Forster Campus**
- 4 K-2 & 3-5 Disco**
- 5 K-2 Gold Principal Assembly**
- 6 3-6 Gold Principal Assembly**
- 10 Presentation Assembly**
- 13 K-2 Performance 11.30am**
- 16 Yr 6 Farewell**
- 18 Last day of term 4**



#### Principal Report- *Mrs Annie Everingham*

Welcome back to Term 4. I hope you and your families had a relaxing and energised holiday. It was lovely walking around the classrooms this week and seeing all the smiling faces keen to be back into school routines and being with their peers.

This term is an exceptionally busy and productive term with lots of end of year activities, assessments, reporting, completing units of work, plays, organisation for 2020, assemblies, Presentation Day, Year 6 farewell just to mention a few!!

As staff we are ensuring each stage continues receiving quality instruction right to the very end of the term. Our high expectations for acceptable behaviour, respect and giving your best is at the forefront of every day. I am impressed with the reduction in playground incidents and the general tone of most areas of the school. Well done everyone!

We have our dance team getting ready these next few weeks for School Spectacular in Sydney, under the creative supervision of Ms Chapple and Ms Meadows. This is such an amazing event to be part of and we are so proud of being selected to participate. Congratulations girls!

I would like to thank Mrs Pearson and her year 5 for 'giving back' and organising gifts for those less fortunate at Christmas time. This is a lovely act of kindness and something that assists students understand empathy and compassion. The story from the class is in our newsletter.

Have a great weekend everyone.

Annie Everingham Principal

## SCHOOL FUN RUN

We need your help!!!!!!

We need to raise money to fix our current playground equipment!!!

It is currently closed as it is unsafe. The cost to fix it is close to 30 thousand dollars!!!

All money from the colour run is going to the fixing the equipment!!

#### Current Statistics:

Total Enrolment:	Children with a Profile:	Children Raising Money Online:
<b>730</b>	<b>188</b>	<b>107</b>
Avg. Raised per Child online:	Amount Raised Online:	Active Online Fundraisers:
<b>\$46</b> <small>(of a national average of \$25)</small>	<b>79%</b> <small>(of the national average of 65%)</small>	<b>15%</b> <small>(of your goal of 30% of students fundraising, or 21 to go)</small>

CHILDREN WITH A PROFILE ONLINE    REMAINDER OF CHILDREN

Did you know...  
If all children were fundraising online you would raise \$39,258.00 based on your current average!

Parents - you don't need the booklet you can log on and raise online without it!!!!

<https://schoolfundraising.com.au/>

1. Keep fundraising and collecting money or if your finished return to school.
2. Buy a white shirt.
3. Return permission note signed
3. Students bring in \$2 if they have not raised any money.

N.B. Any student who has already raised money will not have to donate \$2.

## Film by Pebbly

Our Film by Pebbly showcase will be held this year at-

**Club Forster**

**Date: 23rd of October 2019**

**Time: 12pm**

**Cost: Donation at door**

**PARENTS WELCOME**

**THIS WEEK'S POSITIVE  
BEHAVIOUR FOR LEARNING  
LESSON (PBL)**



**Respect  
Safety  
Personal Best**

**Term 4 Week 2 - Our focus for the coming week's PBL lesson:**

**Learning Intention:** To help students understand that "Right Place Right Time and doing the right thing" is an important aspect of school life for their safety and personal best.

**Why is it important?**

So that students embrace school expectations as a means for them to practise 'doing the right thing' and understand that rules are everywhere in life to ensure we are safe, respectful citizens.

**Specific skills to be taught:**

School Rules for each value – see posters in each classroom

1. Safety
2. Respect
3. Personal Best

**Success Criteria:**

- Moving around the school in a quiet orderly manner.
- Everyone is in the right place at the right time.
- Calm voices.
- Follow teacher's directions.
- Be responsible for yourself and respectful to others.
- Return to class promptly after going on a message or to the toilets.

We remind ourselves and each other to always meet our three core values of safety, respect and personal best every day. If we do the right things, we may get rewarded with Class Dojo's or Hadley awards.

Intention to apply for Year 7 entry to a selective high school in 2021

Dear Parent/Carer

Selective high schools cater for academically high potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and materials.

Selective high schools are unzoned so parents can apply regardless of where they live. Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 12 March 2020.

If you would like to have your child considered for Year 7 selective high school entry in 2021, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from late-September 2019 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at that link on 8 October 2019 and closes at 10pm on 11 November 2019. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 8 October 2019.

You must submit only ONE application for each student.

Remember: the tear-off slip below is NOT an application and the school cannot apply on your behalf.

Yours sincerely

Principal

Cut along the dotted line and return the completed slip below to this school by next Friday.

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.** This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE. <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

Intention to apply for Year 7 entry to a selective high school in 2021

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

I intend to apply for selective high school entry in Year 7 in 2021 through the High Performing Students Team website between 8 October 2019 and 11 November 2019. Yes  No

Signature of parent/carers: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.** This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE. <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>



**Introducing FPS Staff:  
Hi. I'm Mrs Phillip and my class this  
year are the Cheetahs in 1/20.**

For as long as I can remember I always wanted to become a teacher. As a young girl I would line my teddies and dolls up on a picnic blanket and read to them. One day my father brought home an old wooden school desk that was going to be replaced with a modern one. I was very excited about this as it meant I could teach my little sister. She was not so enthusiastic about playing schools as I think I was always the teacher.

I ventured out west to Bourke Public School for my last teaching experience at college. Growing up on the coast I had never travelled further west than Armidale so the vast, flat land and remoteness were fascinating to me. I began working at the Bourke School of Distance Education the following year. I loved the experience of teaching children on remote sheep stations and those that lived around the Mudgee area, too far from a school. Some were lucky enough to have a governess but mostly they were taught by their mothers.

I applied for a position at The Dubbo School of Distance Education and once again was teaching children in remote areas and expat children in Papua New Guinea. I learned to teach over the 'radio' in a similar way to The School of the Air. I travelled to places like Brewarrina, Walgett and Louth to visit my students and participate in workshops. This was a wonderful experience for a young teacher from the coast.

I met my husband, Jonathan, during my fifteen years in Dubbo. I was then teaching at Orana Heights Public School. Our favourite weekend activity was to visit the Dubbo Zoo with our two little boys, Nicholas and Lachlan. We loved our life out west but were drawn to the coastal life style and family in this area.

We welcomed Sophie to our family and our household is a typically busy one here in Forster. We have been involved in Little Athletics, gymnastics, dance, soccer and endless swimming and squad lessons at the YMCA.

I sometimes pause and think how amazing it is to be teaching in a school over the road from the beach! I read about crowded city schools and think how lucky we are. It is also special to be teaching at Forster Public School as my father was the principal here before it became a primary school.

One of my favourite moments in teaching is to read beautiful picture story books to the class. A good story is a wonderful shared experience and it can take your imagination anywhere.



# A Note From The Canteen

We have a surprise!

We have decided to play a game. Around the school we will be hiding four colourful "Canteen" rocks. Each time a student finds one or more of our rocks they return it to us at the canteen for their FREE Slushy (or an item of the same value) We will then take a photo for the school newsletter and re-hide the rocks when no one is looking.

Please be aware these rocks will NOT be hidden in any of the gardens or any out of bounds areas. Only safe and accessible locations, they may even be hiding indoors. There will be hint photos of the rocks in hiding on our Facebook page.

Also, it's a great time to remind everyone to put their lunch orders in at the start of the school day so we can prepare all their meals and they don't miss out. If you are running late or leaving early just call us at the canteen and we will make it work for you.

Canteen- 6554 5409

We are open every morning from 8:30am to serve breakfast from the 3-6 window and take lunch orders from the k-2 window. Parents and visitors are welcome to purchase items at anytime during the day with students being served for recess from 10:55am-11:15am and at lunch from 1pm, after the designated eating period until 1:35pm. Students can also purchase their fruit for fruit break fresh from the canteen throughout the day with permission from their class teacher.

Parents you may have heard that TNT's and Paddle Pops are back in stock and the kids are over the moon about it. You can follow us on facebook or Instagram at 'Forster Kids Canteen' to keep updated with any new items or specials we have.

The canteen is owned and operated by myself, Danika Lemessurier and Nicole Condello. Both of us have had students at Forster PS since 2009, with the youngest to start here next year. We absolutely love the work we do and honestly have the best customers imaginable. We strive to keep the canteen prices as low as we can so everyone has the option for a treat once in a while. But to be able to continually do this we require a little help from our school community. If you are in a position where you are able to volunteer in our happy and sometimes crazy canteen, even just for an hour here and there, please don't hesitate to get in contact. With a few volunteers we can really create some great things for the kids and our school. Plus, its such a fun place to be.

## Operation Christmas Child

During Term 3 the children in classes 4/5-11 and 5/1 had the opportunity to support 'Operation Christmas Child'. This is the world's largest **Christmas** project of its kind where gift-filled shoeboxes are delivered to children in need around the world.

We watched videos in class showing the process involved in filling a box and what happens when it reaches its destination. Then through much discussion each class decided on whether to buy for a boy or a girl and the age group. After that it was up to the children to bring in gifts, keeping in mind that many of these children have suffered significant trauma and therefore the gifts had to be appropriate.

Each class filled 2 boxes and an extra one was completed with left over gifts. The five boxes were packed up, labelled and then delivered to a local person who took them to Sydney for postage to the selected country. The journey of the boxes has begun. Some children are hoping that they might receive letters from the recipients of the boxes.

Mrs Carol Pearson (classroom teacher)



Some of the children in 4/5 -11 who took part in 'Operation Christmas Child' with some of their gifts.

Daniella, Lacey, Casey, Lauren, Suraiya and Ruby.



Some of the children in 5/1 who took part in 'Operation Christmas Child' with some of their gifts.

Angus, Slater, Jovi, Isabella, Shamiya, Connor, Caleb and Izabella.

## Year 6 News

Year 6 have been very busy with all of their end of year activities and there have been lots of notes going home about High School Transition and the Farewell. A reminder that graduation bears and balls money and orders were due in this week. I will send orders to the company next Friday so you have one more week to get that in! The children have also been asked to bring in a baby photo and a photo of themselves now for our slideshow at the farewell. They can be emailed directly to the school or to teachers if that is easier for you. There are a few students who have not returned high school enrolment forms. This is essential for securing a place for your child in a high school for 2020.

# TERM 4 School Planner and Canteen Information

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 October	21 Support Unit Camp Happy Hallidays	22 Support Unit Camp Happy Hallidays	23 Support Unit Camp Happy Hallidays Film by Pebbly	24	25 School Fun Run
Week 3 October	28 P&C Meeting 5.30pm	29	30 Stage 2 Excursion	31 K-2 Gold Principal Assembly	1 Stage 2 Excursion
Week 4 November	4 Yr 2 Intensive Swim	5 Yr 2 Intensive Swim	6 Yr 2 Intensive Swim State Athletics Carnival	7 Yr 2 Intensive Swim Yr 6 Performance	8 Yr 2 Intensive Swim Remembrance Day Assembly
Week 5 November	11 Yr 2 Intensive Swim	13 Yr 2 Intensive Swim	13 Yr 2 Intensive Swim	14 Yr 2 Intensive Swim	15 Yr 2 Intensive Swim Quizworks Scripture



## LIBRARY NEWS

### Book Fair Orders

We have delivered or refunded most of our book fair orders. Apologies for the lengthy delay on the few remaining orders, please be assured we are working as hard as we can to get these to you. Some of our orders have had to come from overseas and this has made the process a lot slower than we anticipated. Thanks to everyone for their patience. If anyone has any questions, please see Miss Eggins in the library.

### Borrowing Term 4

Borrowing will cease at the end of week 5 to allow us to get ready for our annual stocktake. Please take the opportunity to look for overdue books in the coming weeks. The first class to have all their borrowed books back by the end of week 6 will enjoy a pizza party!!

# NEXT P&C MEETING

Monday 28 October

5:30pm Staffroom

All welcome!

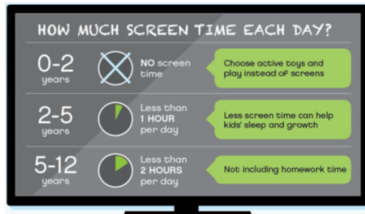
## Good for Kids good for life

### TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

#### How can parents help?

- Ensure kids have at least one hour of physical activity a day.
- Limit kids total screen time to less than 2 hours per day.
- Remove TV sets and computers from your child's bedroom.
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24-hour Movement Guidelines



HNEUID:GoodforKids@health.nsw.gov.au  
http://www.goodforkids.nsw.gov.au/

## Good for Kids good for life

**TIPS TO HELP KIDS EAT VEGGIES**

- ADD TO EVERY MEAL**  
• Add veggie to sandwiches  
• Add veggie to soups  
• Add veggie to pasta
- ENCOURAGE YOUR CHILD**  
• Show them how to wash vegetables  
• Add veggie to food they already like  
• Be positive and praise them for trying new foods
- TRY A VARIETY**  
• Fresh, frozen, canned, raw or cooked  
• Different colors  
• Fun in kitchen

**EAT MORE VEGETABLES and fruit**

Vegetables and Fruit: taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.

NSW HEALTH MAKE HEALTHY NORMAL



HNEUID:GoodforKids@health.nsw.gov.au  
http://www.goodforkids.nsw.gov.au/



Come & walk with us!!!  
Join us for a Teddy Bears Picnic in the park.

SUNDAY 27th October 2019  
Queen Elizabeth Park, Taree  
(Behind KFC)  
10am - 2pm (Registration 9am)



Bring along your Teddy or adopt 1 for a gold coin donation

- Special Visitors
- BBQ Lunch
- Cake Stall
- Raffles
- & Much more!!!!



Contact Donna Yarnold  
0416669685

To register  
www.walk.jdrf.org.au  
(Find us under, Find a walk-NSW-Taree)

