



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 3 Week 7

Friday 6 September, 2019

CALENDAR

September

- 9 P&C Spring Ball Raffle
Tickets Return Date
P&C Meeting 5.30pm**
- 11 K-2 Gold Principal
Assembly**
- 12 Yr 2 Billabong
Excursion**
- 14 P&C Spring Ball**
- 20 Yr 1 Seal Rocks
Excursion**
- 27 Last Day Term 3 Mufti
Day**

October

- 14 Students Return to
School**
- 25 Colour Run**
- 31 K-2 Gold Principal
Assembly**

November

- 4-15 Yr 2 Intensive Swim**
- 6 State Athletics Carnival**
- 15 Quizworks Scripture**
- 18-29 Yr 3 Intensive Swim**
- 28 Band Workshop**



Principal Report- Mrs Annie Everingham

The Regional Spelling Bee was held in our school on Tuesday of this week with a large number of schools participating. A great effort by our 4 students who competed. Congratulations to Stevie and Amarnee who were our two junior contestants and Maxim and Lucas who were our two senior contestants who came first and second respectively. Well done!

Our staff and students have been filming using our school's up to date technology and a green room that has been set up for filming. Mrs Gonzalez has a wealth of knowledge around the filming process and has been supporting and teaching our staff and students techniques along the way. Students are preparing films for Film on Pebbly Festival, which is occurring early in term 4.

We have been very disappointed by the amount of inappropriate language that we are hearing sneaking into our school grounds of late. We have made it very clear that we do not accept inappropriate language and when heard we will be taking students out of play and if necessary calling parents. When questioned, many students say they hear this language on their computer games at home, at school in the playground or from older siblings or friends. I know you will support the school in reiterating that the use of inappropriate language is unacceptable in all settings and inform your children it is not OK. Thanks for your support.

Orientation for our 2020 Kindergarten students was this week. Mrs Holm and her team have organised a great transition for our Kindergarten students in readiness for 2020. We already have 90 students enrolled for next year at Forster PS in our Kindergarten classes. It is so lovely to welcome to our school all the small pre-schoolers who are delighted to be at big school.

These students have all been given a T-shirt to wear informing the public they are a Forster Public School Kindergarten student for 2020.

If you have not enrolled your Kindergarten child yet for next year, please give our friendly office staff a call and they will give the relevant paperwork to you.

You may have noticed that Ms Jenkins has repainted the Kindergarten entrance murals. These make our Kindergarten entrance much more colourful and inviting. Thanks Ms J!



We have also worked on beautifying our Infant toilets. With the help of our Learning and Support Team, SRC, ALDI and Ted Bickford - The Graffiti Man—we have made some big murals to hang outside the toilets and have had stickers placed inside the toilets on the toilet doors.



We also completed two murals for our breezeways to brighten them up with positive affirmations to remind students how special they are.

We had our Gold Assembly this week instead of next week for students in year 3-6. It is always a delight to hand out awards to our students who are working hard at giving their personal best, being respectful and playing safely.

Have a great weekend everyone. See you next week.

Annie Everingham
Principal

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



Respect
Safety
Personal Best

Term 3 Week 8 - Our focus for the coming week's PBL lesson:

Learning Intention: To use appropriate school talk, thoughtful and respectful language toward my peers and all teachers, especially casual teachers. To recognise when I need help to manage my emotions and the words I use. To be able to use positive strategies when I am feeling upset or angry and treat everyone respectfully.

Why is it important? To create a culture of respect, safety and belonging

Specific skills to be taught: School Rules for each value

1. Respect
2. Safety
3. Personal Best

Looks like/Sounds like:

Keep your hands, feet and objects to yourself
Use school talk and manners when speaking to others
Be in the right place at the right time
Be responsible for yourself
Allow other students to learn
Do your best at all times
Follow class behaviour expectations

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.

The Tell Them From Me Parent Survey

This Term, our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carers views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 26 August and 25 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated. More information about the survey is available at:

<http://surveys.cese.nsw.gov.au>.

To access the survey for our school go to:

<http://nsw.tellthemfromme.com/9f9k3>

Class news: 5/10 Lemurs

5/10 has been working hard to refine their skills across all subject areas. They are making great progress in mathematics, while also continuing to develop their writing skill. They had plenty of fun creating our artwork for the school and enjoyed using computer technology to research animals for their report writing. The students are keen participants in our science experiments as well as the much loved Stephanie Alexander Kitchen-Garden programme.

Premier's Spelling Bee Regional Final

On Tuesday 3 September, Forster Public School hosted the Premier's Spelling Bee regional final. 20 local schools attended the event with approximately 40 students competing in both the morning and afternoon sessions. We had four students represent our school on the day, our two junior competitors were Stevie Park and Amarnee Currie and our two senior competitors were Maxim Ceccato and Lucas Guiney. All students represented our school with pride and performed their personal best in the spelling bee. In the senior competition Maxim and Lucas placed first and second out of the 40 competitors taking part which is an amazing result! Maxim will now be attending the state final of the spelling bee in November. Congratulations to all our finalists in your excellent efforts.

Justine Mills



Class news: Information Technology

Mr Ireland

There is so much happening with technology in our school at the moment! The majority of classes from Kindergarten through to Year 6 visit the computer room for lessons each week. The lessons include TypeQuick to develop typing skills, learning how to use Microsoft Word, Powerpoint and Excel. Year 3 has a focus on using the internet and emailing, while years 4, 5 & 6 do some blogging and some internet research.

We are fortunate to have access to Minecraft: Education Edition where children can link work in Science, Geography, Mathematics, Visual Arts, History and English to the extremely engaging Minecraft Worlds that are available from an enormous global library, in fact, right now K-6/5 are working on a literacy unit based on Fantastic Mr Fox!

This term, classes from Year 1 through to Year 6 will have been involved in coding activities either in the computer lab or in their room. We have also had access to 4 STEMShare kits this year, which class teachers can book to use with their class, we have had a Tablet Robotics kit, a Filming kit, a PC Robotics kit and a Virtual Reality headset kit.



Please help us win the Terracycle Colgate Community Garden Challenge by voting online.

The web address is <https://www.terracycle.com/en-AU/brigades/colgategarden> and it only takes less than 1 minute to vote.

Students may need to register their email address the first time they vote, after this it will be a fairly quick exercise. **You can vote once a day, every day until the competition closes.**

Schools can earn additional Garden Points through online votes from the community. Voting will be open till the 30 September 2019. Each vote will count as one (1) Garden Point.

***** And remember - continue to bring in your used oral hygiene waste to help us win a Recycled Garden worth up to \$7000. We are currently coming 13th but can only climb the ladder with your help. All brands of oral hygiene products are accepted. *****



TICKETS ON SALE NOW

Spring Ball

Our Sponsors

Big 4 Great Lakes
Ray White Real Estate
Amaroo Dolphin and Whale Cruise
Forster Yoga Studio
Choices Flooring Forster
Taronga Zoo
Rachael Turner Branding
Arbonne by Kimberly Stubbs
Reef Bar and Grill
Spice Monkey

McNamara's Frames & Trusses
Plunge
Buko's Bistro - Forster Golf Club
Beach Burns
Body Shop by Tracey Horn
StormRiders
Reflection on Wallis
BCF
Aldi
PJ's
Bunnings
Tuncurry Pharmacy
Super Cheap Auto

Aura Beauty
U Neek Cakes
Candi B
Hamiltons
The Aztec
News Xpress - Stocklands
Wilko's Waxes
Lane Hair and Beauty
Face HQ
PJ's
Bunnings
Aldi
Kmart

TJL Business Advisors and Accountants

The Tell Them From Me Student Survey (Term 3, 2019)

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

You may remember that our students also participated in a Tell Them From Me student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year.

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used Tell Them From Me to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 26 August and 25 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Monday 9 September**. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.



JUNIOR SUMMER 6's
BORONIA PARK, FORSTER

GLUFC WILL BE HOSTING A JUNIOR SUMMER SIXES TOURNAMENT

THURSDAYS
Ages 8 - 15 boys and girls
Registration Fee - \$40
(Regos open 9th September 2019)

LIMITED SPOTS - GET IN EARLY!

'How to register online' go to - www.thevikings.org.au
Facebook - <https://www.facebook.com/JuniorSummerSixes/>
Nominate a team (On Website above)

MORE INFORMATION:
Lesley Campbell (Girls) 0427 548 957
Brett Graham (Boys) 0434 614 738
General enquiries: Pete Flower 0419 430 769
Registrar: Carlene Robertson 0402 911793

Comp starts Thursday 17th October
Kickoff 4.45pm !!



NIPPERS REGISTRATION DAYS
2019 - 2020 Season

8th September, 22nd September @ Cape Hawke Surf Club
9.00am - 11.00am
& 13th October 2019
@ Forster Beach Bullring

Proficiency U/9 to U/14
13th October, 2019 @
Forster Ocean Pool, Main Beach 9.30am

Registration fee is \$60.00 per child

New Members:
Please attend one of our sign on days to register; proof of age is required.

Returning Members:
Online renewals need to be completed asap. Members must be financial and proficient on the beach.

Go to club website - www.capehawkeslsc.org.au, then Members, then Members Portal

Nippers Season will commence Sunday 20th October, 2019 @ 9.30am

Children must 5 years old before 1st October 2019 to register for our youngest group, U/6's.

For further information, please contact Brendan on 0407 894 765, by email at nippers@capehawkeslsc.org.au or visit our club website www.capehawkeslsc.org.au

Since 1978

TERM 3 School Planner and Canteen Information

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8 September	9 P&C Meeting 5.30pm P&C Raffle tickets due	10	11 K-2 Gold Principal Assembly	12 Yr 2 Billabong Excursion	13 14 P&C Spring Ball
Week 9 September	16	17	18	19	20 Yr 1 Seal Rocks Excursion
Week 10 September	23	24	25	26	27 Last Day of Term Mufti Day



NEXT P&C MEETING

Monday 9 September

5:30pm Staffroom

All welcome!

Great Lakes ~ Band ~



Entry \$2 Gold Coin
* Your donation of \$2 or more will be gratefully appreciated. We thank you for your support!

**Fundraiser Concert
Sunday 22nd Sept
2pm • Club Forster**

Fri 20 Sept 6:30pm

TUNCURRY BEACH BOWLING CLUB

TIME: 6.30PM - 8PM

COST: \$5

AGES: PRIMARY STUDENTS YEARS 3-6

PRIZES AVAILABLE | FUN GAMES

CANTEEN AVAILABLE

NO ALCOHOL | NO DRUGS | NO PASSOUTS

All Blue Light events are drug and alcohol free and supervised by Police Officers.

Blue Light

www.pycnsw.org.au

Your child's first smartphone – are they old enough?

Children often have access to devices, including smartphones, from a very young age. Whether it's watching their favourite program through streaming services on your phone, using educational apps or simply viewing photos with you and the family, they are engaging with devices in one form or another.

But when is my child old enough to be given their own mobile phone?

In 2012, the Australian Bureau of Statistics revealed children as young as five years old owned a mobile phone – two percent of children aged between five and eight years old, and 29 percent for children aged five to 14 years. This figure is likely to be higher now!

For many parents and carers, five years old would seem too young. For others, it might offer them peace of mind and security to know they can keep in touch with their child—especially in an emergency.

The right age for your child will depend on their level of maturity. It's worth asking yourself the following questions before handing over a digital device.

- Does my child have a good sense of responsibility?
- Are they able to stick to the rules?
- Do they show a good understanding of actions and consequences?
- Do they come to me or another trusted adult when they are distressed or encounter problems?



- Do not share your passwords with others – apart from parents.
- Do not share your real name (or full name), age and address when posting, talking to strangers or on sites where anyone can see it.
- Be kind to people – treat people on the phone as you would face-to-face.
- Do not take or share photos of others (including friends) without their permission.
- Tell a parent or another trusted adult if anything makes you feel uncomfortable, or if a stranger contacts you online.
- Do not purchase or download an app or game without talking to a parent first—especially as these often have minimum age requirements.

Use technology tools to help set the boundaries to keep your child safe

Use parental controls to help manage your child's device and the types of content they can access. Most devices come with parental controls and offer a range of features:

- iPhone: Go to Settings > General > Restrictions. Here you can disable apps or features, prevent access to explicit content and specific webpages.
- Android (Google Play): Go to Play Store > Settings > Parental controls. Most Android phones use Google Play as the digital marketplace for purchasing apps and accessing content. Through Google Play you can restrict the content your child can download or purchase from Google Play.
- Google's Family Link is an app for parents to help manage their child's device and account and offers additional layers of protection. It enables parents to set screen time limits, review app permissions (such as their camera, location, contacts), block apps and approve downloads, block sites and filter content.
- You can also check with your mobile service provider if they offer any parental control tools.

For younger children it's best to start with a mobile phone without internet access, and introduce a smartphone when they demonstrate an appropriate level of maturity. Some younger children might argue that they are ready for a smartphone, especially if their friends already have one. But it's worth holding out until you feel confident that your child is mature enough.

My child has their first smartphone – now what?

When your child receives their first smartphone it's a great opportunity to instil safe online behaviours early on, so they can carry these skills through to their teens and beyond.

Here are some tips for getting them on board with good online habits.

Establish rules at the outset with clear boundaries

Talk about expectations and the consequences for not meeting these rules. Depending on the age of your child, you might want to set up a written signed agreement which lists the rules.

Here are some you may want to agree on:

- No phones after a certain time (i.e. 8.00 pm) – unless in an emergency.
- Keep to daily screen time limits (i.e. 1 hour per school night).
- Family time is a no-phone zone (i.e. dinner).

Activate any privacy settings and safety features available on the device, in web browsers and apps. In some cases you can do this through parental controls or when installing apps on their phone. Carefully consider permissions and whether apps really need to access your child's location, contact list, messages and other features.

Help your child set up a pin or password to lock their phone. In addition to protecting their personal information, this will ensure that no one else can use their phone.

Help your child set up strong and unique passwords for their apps and websites. Even if the phone is locked, apps and websites can be accessed from other devices.

Communicate openly with your child, establish and maintain trust

Most importantly, communicate openly with your child about their phone and online use. It's not possible to supervise your child 24/7 and no technology tool is 100 percent effective in protecting them from online risks. So it's really important to establish and maintain trust.

- Talk openly and regularly with your child about their online activities. Show them that you are interested in how they connect with friends, who they talk with and the type of sites they visit.
- If you are using parental controls, be upfront about this and get them on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Talk about positive online behaviour and about respecting others online. Encourage your child to think carefully before they post, text or share comments or photos so they don't hurt or upset others. Remind them there is a real person at the end of the screen.
- Encourage your child to come to you (or another trusted adult) if they are upset because of an online experience, even if they think they are to blame.



1800 FUN RUN (386 786) ☎
Info@schoolfundraising.com.au ✉
schoolfundraising.com.au 🌐

The Fundraising Group (Australia) Pty Ltd
ABN 44 090 756 488

Dear Parent/Guardian,

We will be holding the *School Fun-Run* as a major fundraising event this year on **25th October, 2019!** We're doing it to raise much needed money for **updating the fixed playground equipment.**

About the Program

The *School Fun-Run* promotes healthy and active lifestyles while helping us raise funds! It's all about participation, with students treated to a great day as a reward for their fundraising efforts. Family support is key to our fundraising success and we encourage everyone to get involved.

How Does My Child Fundraise?

Firstly, go to schoolfundraising.com.au and create a student profile page. Everything to do with your fundraising revolves around this page. Once you have completed this, read through your Sponsorship Form, which has instructions on how to raise money and order prizes.

Students who raise just \$10 will receive a reward for their effort. The more they raise, the better their reward – don't forget to check these out in the sponsorship form! We have educated students on the dangers of door knocking without adult supervision, and we encourage you to reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

Online Fundraising

The easiest way to help your child raise money is through online fundraising, where students raise an average of \$120. On top of raising more money, it's also safer and easier than doorknocking and you don't have to worry about handling money! To start fundraising online, go to your student profile page at schoolfundraising.com.au and share your online fundraising link.

Getting Involved

Not only can you support the school and students with your sponsorship – but you can join in on the fun! We would love to welcome parents and family members to attend the *School Fun-Run*. I can't wait to see you at our event!

Ordering Prizes – ALL PRIZES MUST BE ORDERED ONLINE

Prizes MUST be ordered between the **Thursday 24th of October, 2019** and **Monday 28th of October, 2019**. Simply visit schoolfundraising.com.au to create / log into your Profile Page between these dates. Then click on the 'CLAIM YOUR PRIZE' button and follow the prompts. If you have any questions, please contact the *School Fun-Run* team on 1800 FUN RUN and they will gladly assist!

Thank you, good luck and happy fundraising!
Angela Coffey & Sam Simmons
Fundraising Co-ordinators



FUNDRAISING COMPANY OF THE YEAR