



Forster Public School Newsletter



Respect Safety Personal Best

Term 4 Week 3

Friday 30 October 2020

CALENDAR

NOVEMBER

9 NAIDOC Week Celebrations

DECEMBER

14 Yr 6 Farewell

School Canteen



[Online ordering](#)



[Booking Form](#)

P & C Uniform Shop



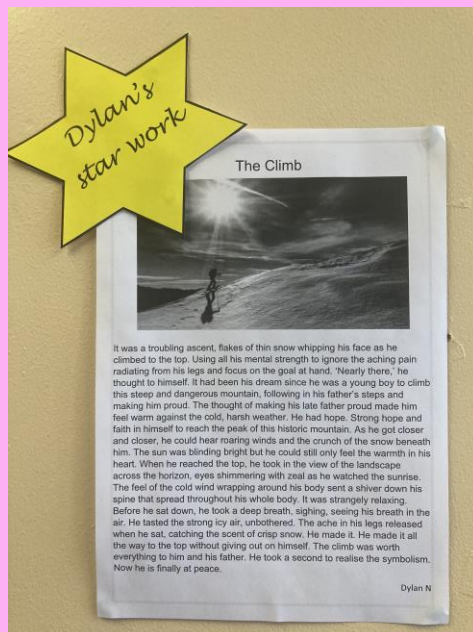
[Order here](#)



Principal Report – *Mrs Annie Everingham*

Another busy and exciting week has finished. This week Year 6 had their opportunity to dress up for Book Week. We were visited by many characters and everyone had a lot of fun...including the teachers!

We now have a 'Forster Public School Star Wall' in the office area. Students who have done some amazing 'star' work now have their work displayed here in acknowledgement of their efforts. Please have a look at some amazing work when you're visiting our school.



We are currently preparing for NAIDOC in Week 5. There will be many exciting opportunities for our students to engage in cultural activities to celebrate NAIDOC week. We are sorry that due to Covid regulations, keeping everyone safe, we are unable to have parents and visitors attending but we will take many photos and videos to share.

This week was our first activity for Kindergarten transition. We are thinking creatively about how we might be able to support our preschool students coming to Kindergarten in 2021. Our amazing staff have timetabled a zoom meeting with all our local preschool and day care centres being invited to join. While we read a book to students and complete activities at our school, the preschool and day care students are watching and listening to our staff through zoom and completing the same activity at their end! Technology is so amazing!!!

Today is World Teachers' Day. We are so proud of all of our teachers who go above and beyond to offer a positive and engaging education for our students. Teachers spend a lot of time outside of school hours planning, creating resources, marking, analysing results, participating in their own professional learning etc Thank you for everything you do!



Mrs O'Brien
Relieving Principal

Forster Public School proudly stands on Worimi land

Head Street Forster 2428 Tel: 65556766 Email: forster-p.school@det.nsw.edu.au

Book Week 2020

Thank you to all students, staff, and families that made Book Week 2020 another great celebration of books.

All week long, in each class, students and staff have been enjoying an amazing array of reading activities. From changing a chapter, doing roleplay, drawing a new character, and simply reading every day, Forster Public School embraced the love of words and imagination.

Dress-up last Friday was a massive success, which has excited the Year 6s to make their dress-up day just as wild and wonderful.

We hope that the Home-Learning packs for Book Week has made reading at home just as endearing.

Well done everyone,

Mrs. Gosling and Mrs. Reed
Librarians



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**Term 4 Week 4 - Our focus for the coming week's PBL lesson:
Be a Good Role Model and Support those Around You**

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



**Respect
Safety
Personal Best**

Learning Intention: Students understand why it is important to be respectful and kind to others and what that looks like. They need to understand that being unkind is not okay.

Why is it important? Students need to know that it's not okay to make others feel uncomfortable in anyway, either through social media, unkind words or actions both physical and verbal.

Specific skills to be taught: 1. Safety 2. Respect 3. Personal Best

School Rules for each value – see posters in each classroom.

Success Criteria: Looks like/Sounds like:

- Keep your hands, feet and objects to yourself
- Use school talk and say please and thank you
- Care for your own and other's property
- Be responsible for yourself
- Allow other students to learn
- Do your best at all times
- Respect the privacy of others
- Play fairly
- Encourage others to play
- Try and be aware of others and how they feel
- Don't be a by-stander and allow bullying to happen
- Know how to be resilient and use your own power to stay calm and tell someone
- Listen to others when they are speaking

**"We are continuing our
Bullying No way at
Forster Public School
next week with a focus
on what is a good role
model!"**

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 Dojos or Hadley awards.

Meet our Staff



*Mrs Rachel
Gardner*

Hi I'm Rachel Gardner and I've had the privilege of working at F.P.S for just over a year and what a great year it has been! My family and I moved to Forster two years ago and we love raising our family in this beautiful community. Between the beaches and the small coastal town we feel we have really started to make it our home. My husband grew up here and reminds me constantly that you aren't a local until you have been here for at least 20 years.

I have two young children Vinnie (3) and Estelle (2) so I sometimes just enjoy coming to school for a break from telling little people to remove things from their mouths. Before our move I was a classroom teacher in Newcastle for five years. It was a great experience and I thoroughly enjoyed my time there.

Prior to my teaching career I worked as a flight attendant based in Perth so I'm actually a plane nerd at heart. I have really missed flying and travelling this year with Covid-19. Having children has tamed our wild travel adventures a bit but we cannot wait for our kids to be a bit older so they can join us and witness all the amazing places around the world. For now, you'll more likely find us enjoying the picturesque beaches and lakes around the area. I have been blown away by the welcoming staff and students at F.P.S and immediately felt part of this inspiring community.

YEAR 6 FAREWELL INFORMATION

Due to the current circumstances and ongoing COVID restrictions the Year 6 end of year farewell will take place on school grounds, unless circumstances change. The staff would like to make this as special as we can for our Year 6 students to celebrate their last year of Primary school. We are required to follow the COVID Guidelines and will continue to check these as they are updated.

Date: Monday 14 December

Time: TBA

Location: Forster Public School

Dress: Comfortable Smart Casual and age appropriate.

Menu- Individually packaged TBA

Further information and notes home will be given closer to the farewell date.

Thank you for your support and understanding.

Stage 3 Team

TERM 4 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 November	2	3	4	5	6
Week 5 November	9 NAIDOC WEEK	10 NAIDOC WEEK	11 NAIDOC WEEK	12 NAIDOC WEEK	13 NAIDOC WEEK
Week 6 November	16	17	18	19	20

P & C NEWS

The P&C and Uniform Shop are seeking feedback from our school community regarding the introduction of a dress into the school uniform. The dress is the same material as the current polo shirts and also the same colour. If this is an item that you would purchase or you don't believe it should be introduced, please let us know - we want to hear from you! A sample of the dress will be available for viewing in the School Administration Office. You can submit your input to the email address:

forsterpublicschool@pandcaffiliate.org.au
or look out for a voting slip during week 3.



Year 7 Selective High School Applications 2022

Applications for placement in Year 7 in selective high schools in 2022 will be accepted from **Tuesday, 13 October 2020 to Monday, 16 November 2020**.

Parents/Carers must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

All applicants are required to sit the Selective High School Placement Test to be held on Thursday 11 March 2021.

HELP WANTED

Recently we have been trying to update our Photographic Sporting Wall of Fame. The wall has many photos of past students that have represented our school in years gone by.

Some of the pictures are quite faded and are in need of some colour.

After seeking quotes to fix them (that were very expensive), we are looking for someone that may have experience in this field and would be willing to help. Many of the faded pictures are close to thirty years old. (Some are parents of children that currently attend our school!)

If you are able to help, or would like a look at what would be involved please contact the school on 6555 6766.

Your help, would be very much appreciated!

Many thanks
Kerrie Stewart Co-ordinator

Is Your Child Coming to Kindergarten in 2021?

We are now taking enrolments. Your child must be 5 by 31 July 2021.

Enrolment packs are available at your local preschools or can be collected from the front office.



Kindergarten

HAVE A BLAST!

Thanks to the Woolworths Cricket Fund your child can participate in our Junior Blast Program for FREE! For ages 5-9. Only 30 spots available.

GREAT LAKES
Starts Wednesday 12th November (runs for 6 weeks)
Time: 4-5pm
Location: Tuncurry Sports Complex
To register go to www.playcricket.com.au
Search: Tuncurry and select NSW Woolworths Community Program - Great Lakes
ENTER the code WWC75NSW2021
Further Enquiries kate.jackson@cricketnsw.com.au

YOU COULD PLAY FOR FREE!

NEWS from the KITCHEN/GARDEN Program

This term we have welcomed Years 3 and 4 into the kitchen and Year 5 are out and about in the Garden. In the Kitchen we demonstrated & talked about knife safety and the different ways to hold the knife when cutting food. The children also got to see how easy grating is, when using a KitchenAide to help us get the work done fast. The recipe for this lesson was Crunchy Noodle Salad, at least 99% of the kids tried the dish & 98% loved it!

In the Garden we harvested cabbage, celery and shallots for our kitchen recipe & the plants are loving the rain that we are getting- our corn & choko vine have gone crazy and we're looking forward to a bumper harvest.



Crunchy Noodle Salad

With Chicken

Type: Main **Serves:** Tastes 30 **Recipe source:** Adapted from Changs Noodle Salad
Fresh from the garden: Cabbage

EQUIPMENT:	INGREDIENTS:
Chopping boards	1 Savoy Cabbage
Knives	1/4 purple cabbage
	6 sticks celery
	6 shallots
	6 carrots
TO SERVE:	4 teaspoons sesame seeds
3 large salad bowls	3 cooked chicken thighs
3 tongs	½ cup Vinegar
	1 cup olive oil
	2/3 cup brown sugar
	3 tablespoons soy sauce
	3 cups Changs Noodles

What to do:

1. Lay out cutting boards. 1 chopping board per person.
2. Get large knife out of block and cut the green Savoy cabbage in half using "Bridge Grip". Remove outer leaves and put in compost bucket.
3. Lay cabbage flat side down on the board and cut in half again. Cut core off the cabbage by cutting down at an angle toward the board.
4. Hold the cabbage firmly with one hand using "bear grip" and try to leave the point of the knife on the board shave down one side creating fine shreds of the cabbage. Continue taking chopping in turns until all the cabbage is shredded. Place in large bowl
5. Repeat with red cabbage
6. Wash and chop celery finely and add to bowl
7. Peel and Grate carrots. Add to bowl
8. Pull chicken meat apart into small shreds and place in bowl with salad mix
9. Dry fry sesame seeds in a pan until toasty and golden and set aside to cool

MAKE DRESSING

10. Measure vinegar and tip into bowl
11. Measure olive oil and tip into the bowl
12. Measure sugar and tip into the bowl
13. Measure soy sauce and put into the bowl
14. Whisk until all ingredients combined and sugar dissolved.
15. Pour into large measuring jug.
16. Measure 3 cups of Chang's noodles into red bowl ready for combining with salad.
17. Just before putting salads on the table to eat toss through noodles and sesame seeds and drizzle with dressing

Online and Offline

There is a lot of research and discussion during and after this COVID interruption on the use of electronic devices for communication. We also need to rethink the idea of communication. Many children communicate via in-game, game related apps and regular communication apps. If you're not sure which app your children are using- that's probably a heads-up.

Many researchers are worried that electronic devices are getting in the way of children learning about real relationships, meaningful communication and basic life skills like making eye contact and engaging in polite conversation.

The general concern is that they will grow up without learning empathy and without remorse - without understanding the full emotional impact of their words. They may not learn about compassion because they don't have to see and fully understand the effect they are having on the other person. Electronic communication removes feelings. People are ending friendships and relationships via text message, insta posts and a variety of online communication platforms. They have no emotional connection to what they have just done. That will affect how kids interact and perform later in life.

As adults we have a responsibility to know what our children are doing and with whom when they are online. One of the best ways to manage online time is to create screen-free zones. Keep television and other electronics out of bedrooms. Don't allow electronic use during mealtime and shut screens off at least an hour before bedtime. Also be sure to spend device-free time with each other daily - no interruptions, no exceptions.

If you have any concerns or would like more information. Check out www.esafety.gov.au/parents/big-issues/time-online-raisingchildren.net.au/teens/entertainment-technology/digital-life/responsible-phone-use.