



# Forster Public School Newsletter



## Respect

## Safety

## Personal Best

Term 1 Week 11

Thursday 9 April 2020



### Principal Report- Mrs Annie Everingham

We are ending a very unusual term. One that I don't think any of us have actually experienced before. Next term is going to be very similar and we have been working on what this will look like for our students, families and staff.

Our executive team spent the week organising Term 2 ensuring all staff are informed of expectations and roles. We will have a group of staff working from home and a group of staff working at school each day. The staff at home will be touching base with your child each day in some shape or form - whether it be through See-Saw, Class Dojo, Email, Google Classroom or phone calls. This allows us to record your child is engaged and attending to their lessons and packs. It also provides an opportunity for teachers to discuss with the student how they are going and have a form of personal contact.

If teachers are unable to have contact with a child or parent, they will notify executive staff who will follow up. We do miss all our students who are working at home and school feels very different .....but we know this is necessary so we can return to normal sooner rather than later.

#### Google Classroom

Google Classroom is one of the platforms that teachers will be using next term to allow your child to communicate with them and also for children to communicate with each other. Many staff are already using this platform with success.

Could I ask that you allow your child the opportunity to access this platform as it will help with their education from home. Staff will be contacting families to ensure all their students are signed up ready to go for Term 2.

We understand that some families do not have computers or internet. Please contact us if this is the case, as we have some computers that we can lend families who may need them and dongles (a mini modem to allow online use) that are on their way.

#### Remote Learning packs

We will still be providing booklets for students who would prefer to complete their work this way. Parts of the remote learning booklets will also be on Google Classroom.

Skoobag App will still have booklets uploaded on the app each Monday morning for the week.

You may choose to download these or get a hard copy from the office.

We would like to welcome two new permanent staff members to our school beginning their appointments from term 2 onwards. Mrs Sarah Johe taking year 3/4 and Mrs Dorota Gosling covering various roles across our school. We are thrilled to have them both join our team.

Mrs Gosling (aka Miss O) has been with us for a long time and has been a valued temp teacher-now receiving permanency through merit. Congratulations.

Mrs Johe lives at Old Bar and is pleased to have gained permanency as a graduate teacher taking on year 3/4 Dolphins. Mrs Johe has worked at Taree West and currently on a block at Coolongolook. She has been in working with Mrs Clemensen this week and will meet her students through Goggle Classrooms next term. Mrs Clemensen will continue working with us in a different role next term. Thank you Mrs Clemensen for your commitment to your class.

It is also a sad day for us as it is the last day for Mrs Katrina Pettet. Katrina has been at our school for a very long time and has given years of education and support to our students and staff. Mrs Pettet will be working at Cundletown as Assistant Principal. Her enthusiasm and positive manner will be missed around our corridors and playground. We know you will bring experience and sunshine to your new school and we wish you all the best!

#### Easter Hat Parade

Thank you for being part of our Easter Hat Parade on line. We were thrilled with the response. Staff have also joined in where possible.

I hope you all have an amazing Easter Break and enjoy the quiet time with your family. It will be a different Easter for many of us, but one that I'm sure we will all make the most of.

Please find time to rest and take a break from remote learning. We look forward to hearing about your breaks next term.

Thank you again for your support and dedication to your child's learning.

Remember.... we are all in this together.

**Annie Everingham**  
Principal





# Learning at Home



I have included some advice from the Department of Education around guidelines when planning a daily timetable for your child. I would like to say thank you for supporting your child's education at home and for supporting the teacher's at Forster Public School.

## Guidelines when planning a daily timetable for students.

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/teaching-from-home/daily-model#landing>

### Early Stage 1 - Kindergarten

**Total hours per day** 3 hrs/day plus time for sport and physical activity, games.

**Key Focus Areas – Core teaching** 2 hours English/Maths (including literacy and numeracy activities, reading, writing, number games). Literacy and numeracy should continue to be a priority and embedded across KLA activities.

**Additional Learning** 1 hour of activities across KLAs (Creative Arts, HSIE, PDHPE and Science/Technology).

Provide suggestions for regular sport, physical activities, games spread across the day.

### Stage 1 – Year 1 and Year 2

**Total hours per day** 3 hrs/day + additional time for sport and physical activity, games.

**Key Focus Areas – Core teaching** 2 hours English/Maths (including literacy and numeracy activities, reading, writing, number games). Literacy and numeracy should continue to be a priority and embedded across KLA activities.

**Additional learning** 1 hour of activities across KLAs (Creative Arts, HSIE, PDHPE and Science/Technology).

Provide suggestions for regular sport, physical activities, games spread across the day.

### Stage 2 – Year 3 and Year 4

**Total hours per day** 3.5 hrs/day + additional time for sport and physical activity, games.

**Key Focus Areas – Core teaching** 2 hours English/Maths (including literacy and numeracy activities, reading, writing, number games). Literacy and numeracy should continue to be a priority and embedded across KLA activities.

**Additional learning** 1.5 hours of other KLAs including 20 minutes each of Creative Arts, HSIE, PDHPE and SciTech (these may be spread across the week rather than daily).

Provide suggestions for regular sport, physical activities, games spread across the day.

### Stage 3 – Year 5 and Year 6

**Total hours per day** 4 hrs/day + additional time for sport and physical activity, games.

**Key Focus Areas – Core teaching** 2.5 hours English/Maths (including literacy and numeracy activities, reading, writing, number games). Literacy and numeracy should continue to be a priority and embedded across KLA activities.

**Additional learning** 1.5 hours of other KLAs including 20 minutes each of Creative Arts, HSIE, PDHPE and SciTech (these may be spread across the week rather than daily).

Provide suggestions for regular sport, physical activities, games spread across the day.

# Easter Hat Parade



## NSW Department of Education – School Infrastructure

Forster Public School  
Works notification

Dear parents/carers,

Upcoming planned maintenance works at Forster Public School will require the removal of asbestos containing material. Testing conducted by an independent hygienist has confirmed that the material is bonded asbestos, which means it is attached to other material such as cement or vinyl and cannot be crumbled by light pressure.

This material will be removed in accordance with the Department of Education's Asbestos Management Plan and SafeWork NSW regulations. All work will be completed by licensed and accredited asbestos removalists, and monitored by occupational hygienists in strict accordance with all applicable legislation, regulations, policies and guidelines.

The material is scheduled to be removed from **Thursday 16 April to Friday 17 April 2020**. No asbestos containing material will be removed during school hours.

Testing will be completed to ensure the site has been fully remediated. We will keep you informed if further material is found which requires removal.

The health, safety, and well-being of the school and the local community is our highest priority. Please be assured that the removal of this material will not pose a risk to the local community.

Thank you for your cooperation during this important work.

## Kitchen & Garden News

This week we have been having a great clean up in the garden - lots of sweet potatoes were dug up- it was like a treasure hunt for who could find the biggest. We have stored our crop in a dark corner, wrapped in newspaper ready to use next term in our cooking classes.

We have also been busy crushing our dried lemon myrtle leaves, weighing & packaged them up ready to sell. They are available to buy from Farmers Patch who happily support the kitchen program, so pop in, say Hi and grab a bag of Tea with your fresh fruit & vegetables next time you're out shopping.

These holidays will be a great time to stay home & make plans for healthy recipes & get the kids involved in cooking in the kitchen or maybe be out in the garden planting some herbs that can be used in your favourite recipes. Lots of great ideas on the Stephanie Alexander Kitchen program which you can find on Facebook. Stay safe & looking forward to seeing everyone back sometime next term.

Bye from Stef & Ellen



## ABC SCHOOL on TV April 14

ABC expands education schedule to support students at home during COVID-19 crisis | 14 April

<http://about.abc.net.au/press-releases/abc-expands-education-schedule-to-support-students-at-home-during-covid-19-crisis/>

ABC will extend its educational programming on ABC ME to support students and caregivers at home, from 10am to 3pm each weekday during Term 2. The expanded schedule moves from blocks of primary school content in the mornings through to secondary school content in the afternoons: <https://ab.co/2wUljMS>



## How To Guide - Students Accessing Google Classroom, Student Portal and Emails

Added to Skoolbag separately is a quick step-by-step guide on how students can:

1. login to the student portal.
2. Access their emails.
3. Access their email to enter Google Classrooms.
4. How to re-enter their Google Classroom

## P & C News

Hard to believe we are already at the end of Term 1. And what a topsy turvy Term it has been. We hope you are all adjusting to the new world of social distancing and home schooling.

In my own household, I have enjoyed the process of getting more involved in our children's learning and our son has enjoyed the more relaxed "classroom". It has even helped me brush up on some of my own grammar and maths skills. Rather than sport and birthday parties our weekend included FaceTime playdates, which involved lots of funny Facebook filters and building crazy Lego creations.

In saying all that though, it has been challenging. Between home schooling, working from home, housework, looking after other children and just keeping up to date on the latest news, it is exhausting. Some days are harder than others and sometimes we just need to accept that we aren't able to do everything. As parents and carers, it's important we look after ourselves, whether it be phoning a friend, enjoying 5 minutes alone with a coffee or getting out for some exercise.

As a school community it is important we continue to stay connected and support one another. While social media can be overwhelming at times, there have been some great groups pop up for parents to share ideas on how to keep their children entertained and interested in home learning. The School have also had some great ways to keep the children involved, on the School Facebook page and Google classroom. If you have any ideas you would like to share with other parents or challenges you would like us to raise with the school, please send us an email.

Unfortunately, due to COVID-19, we had to cancel our March Bunnings BBQ. However, Bunnings have generously donated a \$500 voucher to compensate for the loss. Given the financial strains businesses are under, this was incredibly generous and this money will be well utilised within the school to support the students.

Next Term, we have also had to cancel our annual Mothers and Carers Day Stall. We don't want all those hard working mums to miss out on their special gifts though. This year we will instead be sending out a craft pack via SkoolBag for the children to download and make a gift for their mum or other special person. So please keep an eye out for that.

Our Uniform Shopfront will remain closed over Term 2, although you can still place orders through our online shop. Due to social distancing measures, please be aware there will be an additional turnaround time in getting orders completed.

We are also looking at options to be able to host our **AGM**, that is scheduled for **11 May** next term, via an online meeting. We will let you know, early next term the details on how you can be involved.

We hope you have a safe and happy holiday at home with your families.

Many thanks

Sarah Wilkinson

President Forster Public School P&C Association

[forsterpublicschool@pandcaffiliate.org.au](mailto:forsterpublicschool@pandcaffiliate.org.au)



## 5 Tips for Lowering Stress

The most important decision you make every day is your attitude

Don't waste energy worrying about things you can't control

Carrying a grudge is a waste of energy - forgive and move on

Keep exercising **ESPECIALLY** when you are busy

Avoid comparing yourself with others - appreciate what you already have





Bilby colouring in by Stephanie Holm

Your child might feel a little unsettled with the changes to their normal school routine and are likely to ask some questions. Listen to your child and help them to express their feelings. Let them know that it is okay to feel a variety of emotions. Enjoyable activities such as reading a story, watching a family movie together or playing a game can provide reassurance to young children.

### **Additional online resources:**

The following links to department and external resources to support students at different stages of development.

#### Maths Fun

<https://www.mathsisfun.com/>

This is a great site full of activities for kids who love maths.

#### Primary School Resource

<http://www.primaryschool.com.au/index.php>

Contains many links to lessons, activity and content for all KLAS and specialist areas. Section on gifted education has good local and overseas links.

#### Puzzles and Games for Thinking

<http://www.brainquest.com/>

A site containing clever puzzles and games for downloading. Use many different thinking strategies.

#### Twinkl

<https://www.twinkl.com.au/offer>

Worksheets and hands on activities for all KLAS.

#### Wordplay

<http://www.wordplay.com.au>

A recreational program that focuses on literacy and thinking skills, through the Arts (particularly drama) and enables young people to showcase their talents through original performance. Holiday programs also available.

#### Khan Academy

<https://www.khanacademy.org/math/early-math/cc-early-math-counting-topic>

Maths and computer programming website which features explicit videos and activities for students to complete.

#### Pevan and Sarah

<https://pevanandsarah.com/cub-club/>

One month free membership. Interactive videos and activities based on literacy and numeracy for K-2

#### Vooks

<https://www.vooks.com/parent-resources>

Online story books. One month free subscription. Comes with corresponding plans for parents.

#### Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>



Free online story books. Literacy and numeracy resources and interactive games.

#### ABC

<https://www.abc.net.au/children/>

Educational videos and interactive games for all KLAS.

#### Reading Eggs

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

#### Prodigy Maths

<https://www.prodigygame.com/>

#### SPELD

<https://www.speld-sa.org.au/service/163-speld-sa-phonetic-books-set-1.html?fbclid=IwAR0ZPYwM-tQ3Fac6FarsiXWM4GR08PD2tayz-nuL-YW5UVaaLX4A590OUhQ>

Phonics activities and printable readers

#### Phonics Hero

<https://www.phonicshero.com/>

Free 7 day parent trial. Interactive phonics and sight word games and activities.

#### Educational Games:

<https://www.abc.net.au/abckids/games/>

<https://www.aussiebroadband.com.au/blog/15-best-online-educational-games-kids/>

<https://www.kidspot.com.au/things-to-do/collection/learning-games>

<https://www.education.com/games/>

<https://www.indypl.org/blog/for-parents/free-video-read-alouds>



#### BTN

<https://education.abc.net.au/home-old>

<https://www.abc.net.au/btn/>

#### NAPLAN

<https://www.nap.edu.au/naplan/the-tests>

## FORSTER ACTIVE OOSH School Holiday Notice

Due to the current concerns of the COVID-19 outbreak we have revised our entire upcoming vacation care program and cancelled all excursions and incursions at the service. Not only has this adjustment been implemented to adhere to the new social restrictions but to also ultimately keep our kids safe at OOSH.

Until further notice OOSH and Vacation Care will still be running as usual with hygiene practices being tightened and revised on a daily basis. We will also be trying our very best to adhere to the new social distancing rules by spreading children out and utilising different areas of the school to ensure areas are not heavily populated

During these testing times we are thinking of all our regular families and thank you for your past and ongoing support of our service. If there is anything we can do to help please let us know. Even if you need somebody to talk to we are always here. ☺

Aside from all the craziness we plan on keeping as much normality in the children's lives as possible. One thing we can guarantee is that they will go home with a smile on their face after a fun filled day at OOSH.

Here is a copy of the new revised school holiday program.

Call 0423 328 040

**REVISED PROGRAM DUE TO COVID-19**

# Active Oosh

Active Program 2020

Forster

Week 1

<b>Monday 15<sup>th</sup></b> <b>EASTER MONDAY</b> <b>PUBLIC HOLIDAY</b> We hope everyone had an amazing Easter and an even better long weekend. OOSH is closed today for Easter Monday. We are looking forward to see you all tomorrow!	<b>Tuesday 14<sup>th</sup></b> <b>NINJA WARRIOR DAY</b> Stretch those legs and get your heart rate going because today you'll be challenging your very own NINJA WARRIOR course. <b>CREATE YOUR ULTRA SMOOTHIE</b> Time to re-emerge in Ninja Warrior style, we will be creating some healthy smoothies to keep us powering through the day!	<b>Wednesday 15<sup>th</sup></b> <b>SCIENCE DAY</b> Do you love volcanoes? Or slime? What about color and mentos explosions? Or creating your own sour sherbet? Today we have all of these and much more! <b>LEGO COMPETITION</b> Science is our theme today so we will continue with some LEGO building competitions! Prizes to be won!	<b>Thursday 16<sup>th</sup></b> <b>OOSH OLYMPICS</b> Will you win Gold, Silver or Bronze at our very own Olympic? There will be lots of fun sports and activities for you to compete in. Great prizes to be won! <b>CARNIVAL GAMES</b> Egg & Spoon races, sack races, three legged races and more carnival style games will be on offer at the service during the day. Win some awesome prizes for your team!	<b>Friday 17<sup>th</sup></b> <b>MOVIE DAY</b> Sit back and relax! We are creating our own movie cinema right here at the centre. With at least 3 of the new release movies to pick from and popcorn to enjoy, you don't want to miss out! <b>ULTIMATE DODGEBALL &amp; GOLFING CHALLENGE</b> After relaxing at the movies its time to run it out in the full Challenge game. Friends and see who is the dodgeball champ!
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Week 2

<b>Monday 20<sup>th</sup></b> <b>PIYAMA DAY</b> <b>ICE CREAM &amp; PIZZA</b> Jump straight out of bed and come to OOSH in your comfiest pyjamas! We will be having our own movie in the hall, ice cream and pizza! <b>MARIO KART &amp; BOWSER CHALLENGE</b> To continue our day theme, Piyama Day, we will be having Mario Kart races and Bowser challenges with prizes to be won!	<b>Tuesday 21<sup>st</sup></b> <b>SPY DAY</b> Become a special agent today, learn some new skills and become super stealthy as you try to crack some of our secret codes! <b>PARKOUR</b> We're going to continue moving this afternoon as we practice our cartwheels and round offs. Try this some new parkour moves with Baz!	<b>Wednesday 22<sup>nd</sup></b> <b>BIKE &amp; SCOOTER DAY</b> Roll into OOSH today on a bike, scooter or skateboard and <b>REMEMBER YOUR HELMET!</b> We have some great obstacle courses ready to show off your skills! <b>MAKING ANIMAL PUPPETS</b> What's your favourite animal? We are going to get nice and creative, making some animal puppets today!	<b>Thursday 23<sup>rd</sup></b> <b>ART WORKSHOP</b> Come and get creative with Tiana. She will be sharing some of her artistic skills to help us create a masterpiece! <b>WIDE GAMES</b> After getting our creative juices flowing it's time to get our heart rates flowing! We're playing old school alphabet, dragons and other fun games on the oval!	<b>Friday 24<sup>th</sup></b> <b>NERF DAY</b> Can you be the ultimate nerf champion in the arena? We will be testing that your aim with some targets and fun games! <b>GRASSY HEADS</b> We will be heading outside to enjoy the fresh air. We're making our own grassy heads to take home and water!
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**Monday 27<sup>th</sup> (Pupil Free Day At School)**  
**INFLATABLE SOCCER**  
Back to school! We're getting our feet back in the air and playing our best to win the Active OOSH Soccer Camp in our inflatable soccer field. We've got us ready for school, we'll be decorating some back to school essentials like rulers, pencils, bag tags and others!

**IMPORTANT INFORMATION**

**Costings**  
Bronze Day - \$56 per day (In most cases after the full Child Care Subsidy is applied there will be a gap to be paid of ONLY \$10.78)  
Silver Day - \$66 per day (In most cases after the full Child Care Subsidy is applied there will be a gap to be paid of ONLY \$12.24)  
Gold Day - \$76 per day (In most cases after the full Child Care Subsidy is applied there will be a gap to be paid of ONLY \$13.44)  
Platinum Day - \$86 per day (In most cases after the full Child Care Subsidy is applied there will be a gap to be paid of ONLY \$14.64)

**Location:** Forster Public School  
**Operation Times:** 7am - 6pm  
**Contact number:** 0423 328 040 | **Email address:** forster@activeoosh.com.au

Keep up to date with all the fun stuff by following our Facebook page. We post daily!

For any extra information or to access our terms and conditions please visit [activeoosh.com.au](http://activeoosh.com.au)

Please make sure you confirm your enrolment using the code to reduce your fees.

**TO MAKE A BOOKING PLEASE TEXT OR CALL: 0423 328 040**

## FMNC Online Guide

<https://footballmidnorthcoast.com/fmnc-online/>

An ultimate guide to keeping the FMNC Football Family engaged during these testing times for everyone. FMNC hope everyone is staying safe and well in these difficult times.

Whilst everyone in our football community is affected differently, one thing most have in common right now is being in isolation.

We are constantly working on things during this time and have created a dedicated page for a number of things that you can get involved with from home.

- > Home Training Guide (for all players)
- > Free One-on-One Training Sessions
- > Online Interviews via Zoom
- > Gaming Tournament (FIFA 20)

For all that and more to come, head here – [FMNC Online](https://footballmidnorthcoast.com/fmnc-online/)



## MANGO AND PASSIONFRUIT BREAKFAST SMOOTHIE

### Ingredients

- 1 small mango or 2 frozen mango cheeks, peeled
- 3/4 cup reduced fat milk
- 1/4 cup reduced fat natural yoghurt
- 1 tbs honey
- 1 tsp wheat germ
- 1/4 cup crushed ice
- 1/2 passionfruit (see Tip)

### Method

1. Place the fruit into a blender with the milk, yoghurt, honey, wheat germ and ice. Blend until smooth and serve immediately in a chilled glass.

Tip: Stir the passionfruit into the smoothie after the rest of the ingredients have been blended together.

Recipe and image reproduced with permission from the Heart Foundation website. For more healthy recipes, visit [www.heartfoundation.org.au/recipes](http://www.heartfoundation.org.au/recipes).



⌚ 5 min 🍴 Easy 🍷 1 serving

Forster Public School proudly stands on Worimi land

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