



# Forster Public School Newsletter



## Respect

## Safety

## Personal Best

Term 1 Week 8

Friday 20 March 2020

### CALENDAR

March

27 School Cross Country

April

1 Back up Date  
- School Cross Country  
9 Last Day of School  
10 Public Holiday - Good Friday  
28 Students Return to School

All music programs and sporting events postponed till further notice.

We are requesting all volunteers and external agencies refrain from coming into the school until further notice

Scripture and Parent/Teacher interviews are postponed until next term.



### Principal Report- *Mrs Annie Everingham*

#### Good afternoon everyone.

Thank you so much everyone for being so supportive and understanding in these challenging times. We have an amazing community who work together and have the same values. We are here for the children in our care and will continue to do all we can to keep them safe.

At present we are regularly hand washing. We have sanitiser gel or soap in every room and every toilet. We have paper towels in bulk and have demonstrated to all children the effective way to wash their hands. We have also prevented students all lining up together. Each stage has come up with an arrangement for their stages to spread our children out more. We have cancelled assemblies, scripture, external agencies and volunteers. Church and gymnastics are on hold. The music program has been cancelled for the remainder of this term. We have also cancelled the Walkathon due to some of our families being financially impacted by our current situation.

We are regularly kept up to date by the Department of Education, my local Director and Health to ensure we are doing all we can. The teaching and the non teaching staff need congratulating for their incredible resilience and commitment in keeping things in perspective. I am forever in awe of how caring and supportive they are of the students in their care.

All advice from the department of education and health are confirming that at this stage we will stay operational. For those students self isolating due to having contact with family members who are unwell or have had contact with people who have suspected coronavirus, or live with susceptible adults/students or are unwell themselves, we have home packs for your children to complete at home. Staff have been very busy developing booklets for

children in all stages along with great learning websites for children to access whilst at home. Thank you again for your support.

Today was Harmony Day...a great time to ponder peace and wellbeing for all.

In amongst all this chaos in the big wide world, back in my own little school bubble, I have read some incredibly gifted writing this week by our year six students. I have also watched little year one students edit their own writing using their checklist in their writing books. I have listened to a class sing a song they wrote about a book they read. I have watched our beautiful kindy children read their books aloud in reading groups with so much pride. I have witnessed garden groups picking herbs and making herbal teas. Life goes on and I love that we can offer these and many more wonderful experiences to our school community.

It has been noted that some families bring their pets into school when collecting students. Unfortunately there are some students who are allergic to certain animals and others who have had a negative experience with dogs that has caused them fear. If you are walking your pet to collect your child can you please remain outside the school fence and inform your child to walk out to meet you after the home bell. Thank you for your understanding around this matter. Have a relaxing weekend everyone.

Annie Everingham

Principal

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



**Respect**  
**Safety**  
**Personal Best**

## Term 1 Week 9 - Our focus for the coming week's PBL lesson:

### Learning Intention: The Classroom Chill Out Area is:

- Used after a student has had a warning, has been on green traffic light and is now on orange and is still not complying to the teacher instruction.
- Should be a designated area in the classroom away from other students (or if outside an area which is shown to the class).
- Should have signage and seating eg: a chair, cushions or beanbag.
- Visuals of strategies to help the student think and calm.
- May have sensory articles to assist the student eg: soft toys, crumbled paper.
- A place to chill for 5 minutes and regain composure.

Is used in conjunction with PBL and the class rules.



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

School Rules for each value – see posters in each classroom

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.

## GROUP WORK

Stage 1 students have been powering along in some extra programs provided by Mrs Meadows and Mrs Phillip. Groups of students enjoy reading and writing activities tailored to their specific needs.



## Introducing FPS Staff –Ms Angela Coffey

Hi my name is Angela Coffey. You will find me in the Support Unit at Forster Public.

10 things about me.....

1. Job? Assistant Principal Support
2. How many pets do you have? 1, a dog named Hennessey
3. How many kids do you have? 4
4. First job? McDonalds
5. What was your favourite thing about school last year? Cupcake Day and my students smiling faces.
6. Favourite food? Seafood or Thai
7. Favourite colour? Red
8. Favourite thing to do? Dance
9. Favourite subject to teach & why? Literacy, reading opens up the world to everyone from history to fantasy and everything in between.
10. Philosophy on teaching? Happy children learn.



# TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9 March	24 <b>CANCELLED</b> SRC Team Building Day	25 <b>CANCELLED</b> Hunter Rugby League	26	27 Cross Country	28  <b>CANCELLED</b> Saturday 29 P&C Bunnings BBQ
Week 10 March/ April	30	31 <b>CANCELLED</b> Zone Touch Football	1 Back up Date School Cross Country	2	3 <b>POSTPONED</b> <b>K-6</b> <b>Walkathon</b>
Week 11 April	6	7	8	9 <b>CANCELLED</b> K-2 Easter Hat Parade Last Day of Term	10 Good Friday - Public Holiday

## Good for Kids good for life



Our school is part of the Crunch&Sip program, also known as 'Fruit break'. Crunch&Sip is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase veggie intake for Crunch&Sip include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip - [www.crunchandsip.com.au](http://www.crunchandsip.com.au)



HNEHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## P&C AGM postponed and Uniform Shop closed

Due to the precautionary measures Department of Education have implemented regarding COVID-19, we postponed the P&C AGM scheduled for the 16 March.

The Uniform Shop will also be closed until further notice. You can still use our online shop to get all your uniform needs. Any orders can be delivered to your students classroom or left at the front office for you to collect. You can visit the online shop here

<https://fpspandc-uniformshop.square.site/>

The P&C has also postponed the Bunnings BBQ scheduled for later this month.

These are just precautionary measures to help ensure the health of our community is maintained. We will keep you updated when new dates are announced.

Thank you for your support.

Kind Regards,  
Sarah Wilkinson  
P&C President

## NEXT P&C MEETING

Monday 4 May

AGM

5:30pm Staffroom

All welcome!

## COLLECTING KINDERGARTEN STUDENTS OF AN AFTERNOON

To avoid congestion we ask Kindergarten families to please wait for their children at the bottom of the stairs both outside K23 K24 K25 area (Hadley street end or the other steps near the cola and K22 and not along the verandah as this area is a passage way for many students of an afternoon.

### IN THE MORNINGS

We ask until further notice could Kindergarten students line up outside their classrooms when the music bell rings in the mornings.





## What is bullying?

Bullying has three key features:

1. It involves a misuse of power in relationships.
2. It is ongoing and repeated.
3. It involves behaviours that can cause harm.

It can be:

- verbal, physical or social
- in the open (overt) or hidden (covert)
- online bullying is using technology such as the internet or mobile devices to bully someone
- single arguments or fights are not defined as bullying. However they should be taken seriously and resolved.



## Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

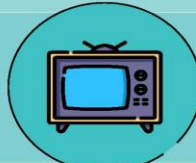
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Hadley says...



**Did you  
remember your  
hat ?**

## Writing Competition Pacific Palms Writers Festival

**Infants: K-2  
Primary 3-6**

\*Story inspired by the local area.  
Infants: a maximum of 250 words  
Primary: a maximum of 500 words  
Due 27.3.20



**We are a sun safe  
school**





## Bubbles, Slime and Sherbet Incursion

Last week at Forster Public School Fizzies Education came to our school for the best incursion ever.

We investigated different mixtures with Ben to find out if they would stay together.

First we tested how to make gigantic bubbles. There were about five buckets filled with water and detergent. In four of the buckets Ben poured salt. In the fifth bucket there was no salt. The buckets with too much salt did not produce beautiful, round bubbles. Ben told us that the bubble mixture with small amounts of salt is best.

Next we made delicious sherbet, mixing together bi-carbonate of soda, icing sugar and citric acid. If we put too much citric acid it tasted sour. If we put too much bi-carbonate of soda it tasted like soap. To make yummy Wizz Fizz sherbet we needed one pinky fingernail of citric acid and bi-carbonate of soda and two big spoonfuls of icing sugar.

After that we made mysterious slime. We scooped cornflour into our plastic cups and added food colouring to the water. When you squished it together it went hard but then it magically turned into liquid and ran through our fingers.

Stage 1 really loved their incursion because it was entertaining and we also got to make a big mess!







## FORSTER PUBLIC SCHOOL

SAFETY RESPECT PERSONAL BEST

Forster Public School- Head St Forster- Phone 6555 6766 - Email [forster-p.school@det.nsw.edu.au](mailto:forster-p.school@det.nsw.edu.au)

As a consequence of this advice, the following changes will take effect immediately at Forster Public School:

- The Easter Hat Parade, which attracts a large number of parents and community members to our school, will be cancelled.
- Please limit visits to the school.
- Antibacterial hand gel will be provided for you to use at the front office as you enter the school.
- Office staff will deliver forgotten lunches and messages to students during class time.
- Students will wash their hands before leaving class and upon entry to class before class and after each break. We have provided soap and/or hand sanitiser to each classroom.
- K-6 whole school assemblies will be postponed until further notice.
- Students will eat in stage areas rather than K-6
- The cross country and walkathon will be completed in stage groups rather than as a whole school.
- If parents/caregivers have cold or flu like symptoms, please refrain from entering the school grounds.
- If your child is feeling unwell and also shows cold or flu like symptoms, please keep them at home and inform the school via telephone. This absence will be noted as sick on the roll.
- Any concerns or queries please call the National Coronavirus Health Information line on 1800 020 080

As handwashing is the single most effective way to reduce the spread of germs that cause respiratory disease, we ask for you to support schools in this area during the coming weeks.

Please keep referring to our Facebook page or school website for further updates (this would change according to your situation).

Please do not hesitate to contact the school on x if you have concerns or questions.

Kind regards,

Annie Everingham  
Principal  
Forster Public School  
16 March 2020

### Excerpts from NSW Media Release 15 March 2020, Health NSW website and (insert name of school) information

Dear Parents/Carers

The NSW Department of Education is introducing proactive measures to limit the impact of COVID-19 in our schools.

Our schools have adopted social distancing measures including cancelling assemblies, excursions, travel, some events and conferences. Please use the following website/link for more information):

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#sec5>.

**Social distancing** is an effective measure, but it is recognised that it cannot be practised in all situations and the aim is to generally reduce potential for transmission.

While practising social distancing, people can travel to work (including public transport). For non-essential activities outside the workplace or attendance at schools, universities and childcare - social distancing includes:

- avoiding crowds and mass gatherings where it is difficult to keep the appropriate distance away from others
- avoiding small gatherings in enclosed spaces, for example family celebrations
- attempting to keep a distance of 1.5 metres between themselves and other people where possible, for example when they are out and about in public place.
- avoiding shaking hands, hugging, or kissing other people
- avoiding visiting vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems due to illness or medical treatment

All major arts, sports and initiative activities and events will temporarily be ceased until further notice. This includes whole-school sporting events and inter-school events involving three or more schools.

Consistent with current guidelines, children, students and staff who are unwell with respiratory illness should remain at home until symptoms resolve. In accordance with our current practice if any student becomes unwell we will implement our infection control guidelines and follow the advice provided by NSW Health as appropriate.

Forster Public School proudly stands on Worimi land

Head Street Forster 2428 Tel: 65556766 Email: [forster-p.school@det.nsw.edu.au](mailto:forster-p.school@det.nsw.edu.au)