



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 3 Week 3

Friday 7 August 2020

CALENDAR

AUGUST

10 Book Club Orders Due

BOOK CLUB

Please return any book club orders to the drop off box in the library by August 10



Principal Report – *Mrs Annie Everingham*

Education Week.

What a great start to Education Week on Monday! Uncle Steve did an amazing Smoking Ceremony for the school, which was very moving and special. Story and pictures are inside the newsletter.

On Tuesday we started with staff members reading to students outside amongst our lovely gardens and environment.

We had a short Education Week Assembly on Wednesday to recognise all the wonderful things our students have done. We also used this opportunity to give an appreciation and recognition award to our amazing P & C team and our long standing staff member, Mrs Anne Evans.

Also on Wednesday our school viewed a short film put together by past students called 'David Attenborough Presents...'. It was amongst other great films that were in the top few to be voted on during the virtual Film by.... festival. Our students voted for our school of course! You can view the film here: <https://education.nsw.gov.au/public-schools/education-week/film-by-invitation>

I hope you had a chance to see our school video 'Learning Together' on our school's Facebook page. A huge thank you to Belle Meadows for putting it all together.

We have been asked to prepare for the possibility of a school closure in case we have a potential COVID positive situation in our school. All executives have specific stage contact books that they take home with them every night and each stage is working on a week's worth of work in a booklet form to give out to all our families to store at home in case of a closure.

Assets are providing safety rails on all our staircases and crim safe screens on our top story windows in the next few weeks. This has come from a request from our school to ensure safety measures are in place for our students who access the upstairs rooms.

We have a new sound system in the hall. It is state of the art and has made a huge difference already. The sound is clear, we have a drop down screen and projector to accompany the system, which we have already utilised for various meetings over the term.

We have been receiving training around our next 4 year School Improvement Plan. I met with staff on Tuesday and we looked at our External Validation summary and School Plan, deciding in groups what we needed to do as a whole school to improve in our practices. At the P & C meeting on Monday night we discussed how we will gather the community responses and feedback to drive our new school plan amongst the COVID restrictions. I assume community feedback will be via surveys at this stage and staff feedback will continue via small group meetings.

Have a great weekend.
Annie Everingham
Principal

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



ANTI BULLYING

**Respect
Safety
Personal Best**

Term 3 Week 4 - Our focus for the coming week's PBL lesson:

Under the umbrella of our Positive Behaviour for Learning students will be engaging in a series of Anti-Bullying lessons over the coming weeks as part of our school's Anti-Bullying Action Plan. These lessons will look at relationships and how people work and interrelate with each other. Lessons are graded for each learning stage.

All students across K-6 will:

- Know their sense of their own worth and dignity.
- Respect the right of others to hold different values and attitudes from their own.
- Enjoy a sense of belonging.

Early Stage 1-Kindergarten: What does my world look like?

- groups we belong to including families, classes and community
- appreciating and accepting our differences
- characteristics that make a good friend
- keeping myself and others safe from bullying.

Students will:

- Identify how individuals care for each other.
- Relate well to others in work and play situations.

Stage 1- Year 1 and 2: What is a Family?

- families can be similar or different to my own
- everyone has a personal identity
- caring for others
- protecting myself from bullying
- keeping others safe from bullying.

Students will:

- Develop positive relationships with peers and other people.
- Describe how relationships with a range of people enhance wellbeing.

Stage 2-Years 3 and 4: Why is It Important to Belong?

- that belonging is important and people belong to many different groups
- that diversity and difference enrich our society
- the value of diversity in our local community and school
- how to recognise bullying
- how to respond to bullying at school using school wide responses
- protective behaviours to keep ourselves and others safe from bullying.

Students will:

- Describe how relationships with a range of people enhance wellbeing.
- Make positive contributions in group activities.

Stage 3 Years 5 and 6: What factors influence or shape identity?

- stereotypes and biases of individuals and groups may not always reflect reality
- values and beliefs influence the decisions and actions of others
- how Australia has changed over time and how this has contributed to our diverse society
- how values and attitudes have changed over time
- exploring commonly held values such as respect, fairness and equality
- how identity is shaped by many factors such as, family, cultural influences, gender and background.

Students will:

- Describe roles and responsibilities in developing and maintaining positive relationships.
- Act in ways that enhance the contribution of self and others in a range of cooperative situations.
- Explain and demonstrate strategies for dealing with life changes.

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.

TERM 3 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 August	10 Book Club Orders Due	11	12	13	14
Week 5 August	17	18	19	20	21
Week 6 August	24	25	26	27	28



2021 High School Enrolments

Great Lakes College would like to inform all Year 6 parents to keep an eye on the post for Year 7 enrolment packs for next year. If parents would complete the form and return the completed enrolment forms to Forster Campus by Friday 21 August please. If you don't receive the package by the end of next week, please contact Forster Campus to pick up another one or call 6554 6062.

NEXT P&C MEETING

AGM

Monday 7 September

5:30pm via Zoom.

If you are interested in being a part of this meeting, please send an email and we will forward you the Zoom link.

Our school video 'Learning Together' is on our school's Facebook page.
A huge thank you to Belle Meadows for putting it all together.

Good for Kids good for life

BREAKFAST IS THE BEST ROUTINE



Breakfast is important for kid's blood sugar levels. It helps them to concentrate while learning, moderate behaviour and have the energy to engage in physical activity.

Breakfast also reduces the desire to snack on high sugar and high fat foods.

Quick and Easy Breakfast Ideas

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

Tip: To get kids ready to learn, keep the TV off during breakfast time

For delicious breakfast recipes visit the Healthy Kids recipe page and click "breakfast" <https://www.healthykids.nsw.gov.au/>

Source: Northern Sydney Local Health District



HNELHD-GoodforKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

BUSH TUCKER FRUIT AND VEG

There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



LILLY PILLY

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.



WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.



HNELHD-GoodforKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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

Forster Public School proudly stands on Worimi land

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



EDUCATION WEEK

'Learning Together'

Forster Public School commenced Education Week with a positive and meaningful smoking ceremony led by our Aboriginal Liaison Officer, Uncle Steve Brereton. Smoking ceremonies are a traditional practice performed by Aboriginal people when groups come together for celebrations, corroborees, births, funerals, marriages or commitments and departure and arrival at new camp sites. In Aboriginal culture the smoke from burning gum leaves removes negative energy that may be present and leaves good positive energy in the atmosphere.



Day two of Education Week at Forster Public School began with the whole school sharing reading books. Students broke off into groups of their choice and enjoyed listening to stories read to them by teachers in the glorious morning sun.



Congratulations to our Education Week Award winners.



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