



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 1

Friday 31 January 2020

CALENDAR

February

- 6** Swimming Carnival
- 13** Leader Induction Assembly
- 17-19** St 3 Aussie Bush Camp-
20 Parent Information Evening
Manning Zone Swimming carnival



Hadley says...



**Did you
remember your
hat ?**



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Principal Report- *Mrs Annie Everingham*

Welcome back to school! I trust you all had a wonderful rest and catch up with family and friends.

Staff are excited to start the 2020 school year and provide a stimulating and engaging environment for your child to learn and grow. Many have been in during the holidays working on setting up their rooms, developing their programs and working collaboratively with other staff to create learning tasks and experiences for their classes.

It is our aim to form 2020 classes on Tuesday of next week. This gives us time to ensure all children have returned, new students are placed in appropriate classes and our new Kindergarten numbers have been confirmed. We have already had many new families through our doors and look forward to welcoming them to our Forster Public School family.

In the first few days of school, whilst students are in their holding classes, staff will be assessing in reading, writing and numeracy and revisiting school rules, playground expectations and our Positive Behaviour for Learning (PBL) core values.

We have been very fortunate in welcoming some new faces to our school. Over time I will introduce them via our newsletter and allow them to share their stories with you.

I firstly like to welcome Mr Matt Sun who will be teaching year 1. Mr Sun has been appointed to our school as a new graduate teacher and has moved here with his partner and child. We are thrilled to have him as part of our team.

I also welcome Ms Jessie Skillen who has also been appointed to our school. Ms Skillen will be joining our Kindergarten team and is a familiar face to most children in the school from her casual teacher role last year.

It also gives me great pleasure to welcome Mrs Kylie Allardice as our new Instructional Leader for 2020. Mrs Allardice comes with a wealth of knowledge and experience and is excited to work with the Early Stage One and the Stage One teachers and children. Mrs Allardice comes from Shoal Bay Public School.

We have been very fortunate in being able to offer three of our talented temporary teachers permanent positions through merit selection. Congratulations to Mrs Renee Henderson, Miss Sam Simmons and Mrs Kate Mutch.

We have a new temp teacher joining Stage 3 and we welcome Ms Julie Wilson to our school. Ms Wilson has vast experience in high school settings, which will be invaluable for our year 6 students and staff.

Mrs Gosling (previously Ms Dee Osinski) will be job sharing the Library position with Kirsten Reed for the whole year. This has come about due to Mrs Kellie Eggins receiving a Library/Teaching position at Cundletown PS. Congratulations Mrs Eggins. We welcome both Mrs Gosling and Ms Reed to this role and look forward to their plans for the library growing and developing over the year.

Once classes have been formed I will send a list home of staff, stages and rooms for your information.

On Thursday 20 February we are planning to hold a Parent Information Evening where you can meet your child's teacher. Look forward to seeing as many of you as possible on that night. More information will be sent home next week.

Annie Everingham
Principal

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



Respect
Safety
Personal Best

Term 1 Week 2 - Our focus for the coming week's PBL lesson:

Learning Intention: To always wear the new school hat and no other hat when in the playground at sport or in any outdoor activities to be "Sun safe".
To sit with my class to eat lunch supervised by a teacher. Understand that students do not go to the playground until the teacher dismisses the group and the area is clean of litter.

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:

- Wear our sun safety school hat
- Follow instructions from staff
- Stay in bounds
- Be in the right place at the right time
- Always put rubbish in the bins provided
- Care for your own and other's property
- Do your best at all times

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.

How to install the SkoolBag app

Instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

for Apple users



for Android users



for more info visit skoolbag.com.au



2020 HOCKEY WITH TAREE WEST RAIDERS

LOOKING TO JOIN A SPORTING TEAM?
WANT TO JOIN A FAMILY FRIENDLY CLUB?
WANT TO TRY SOMETHING NEW?



TAREE WEST ARE LOOKING FOR YOU!
JUNIOR AND SENIOR PLAYERS ARE WELCOME

OUR FIRST REGISTRATION WILL BE ON THE
11TH OF FEBRUARY FROM 4.30PM
AT THE HOCKEY FIELDS
COME AND SIGN ON OR HAVE A HIT

For more information contact,
Ruth Sheather: 0427 563 295
Michelle Collier: 0427 602 270
Leanne Davy: 0435 225 900
or visit our Facebook page or
Website www.twhc.org.au



Forster Netball Club Registrations 2020

It's that time of year again, Registrations are open!
Netball season is fast approaching.
It's time to register for another fun filled year.
Registrations close 21st Feb, don't miss out!
Competition commences 21st March for all players 10yrs and above.
Net & Set registrations due by 18th April, Starts term 2.

REGISTRATION FEES:

Net & Set - \$100	(Net - 4-6yrs old - no uniform required, T-shirt provided)
	(Set - 7-8yrs old - netball dress, modified game)
GO \$120	(Go - 9-10yrs old - training shirt & netball dress)
Juniors - \$140	(11-17yrs old - training shirt & netball dress)
Seniors - \$170	(17 and above - training shirt & netball dress)

SAVE \$100 BY USING YOUR ACTIVE KIDS VOUCHER!!!

NO WEEKLY GAME FEES, REGISTER ONLINE

Uniform try on & info afternoons - Wed 12th Feb 3:30-4:30pm
Or Monday 17th Feb 5-6pm at Boronia Park Netball Courts



Give us a 'like' on Facebook



Forster Netball Club
Kellie Cary - President/Registrar 0407068344



Southern Eagles



LMNC JUNIORS



Get into Rugby

Boys and Girls ages U6-U14's @Nabiac Oval

Starting Friday 14th FEB 5:30pm

For more information please contact Aaron Dodds on 0408 481 048 or
connected with the Lower Mid North Coast Juniors Facebook group



Good for Kids good for life PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.
Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Rolsin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



Health
Hunter New England
Local Health District

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

TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 February	3	4	5	6 Swimming Carnival	7
Week 3 February	10 P & C Meeting	11	12	13 Leader Induction Assembly	14
Week 4 February	17 St 3 Aussie Bush Camp	18 St 3 Aussie Bush Camp	19 St 3 Aussie Bush Camp	20 Parent Information Evening Manning Zone Swimming carnival	21

Forster Public School P&C - Uniform Shop

2020 Price List and Order Form

Open Tuesday and Thursday 8:30am – 9:30am

Online shop <https://fppandc-uniformshop.square.site/>

Student Name: _____ Student Class: _____
Parent's Name: _____ Contact Number: _____

Quantity	Item	Size	Price	Total
	Polo shirt		\$30.00	
	Shorts (Cargo)		\$20.00	
	Shorts (Microfibre)		\$15.00	
	Shorts (With contrast sky blue piping)		\$20.00	
	Skorts		\$20.00	
	Skorts (With contrast sky blue piping)		\$20.00	
	Culottes		\$20.00	
	Polar fleece jacket		\$20.00	
	Microfibre jacket		\$45.00	
	Long pants (With contrast sky blue double piping)		\$25.00	
	Tights (Navy)		\$12.00	
	Hat		\$20.00	
	Total		\$	

Payment can be made by cash, credit card or cheque.

All items available in sizes 4 – 16, excluding shirts which are also available in S – XL and Hats, which are only available in S, M and L.

Every effort will be made to process your order as quickly as possible, however as we are run by volunteers, please allow at least 3 days for your order to be

Please nominate your preference for your pickup location below:

☐ Uniform Shop ☐ Front Office ☐ Delivered to student's classroom

NEXT P&C MEETING

Monday 10 February

2020

5:30pm Staffroom

All welcome!

Forster Kids Canteen 2020 Menu

Lunch and Recess Order Menu 2020

Dino Nuggets	50c	Roast Chicken & Gravy Roll	\$4.50	Salad Roll	\$4.50	Drinks and Frozen Treats	
Gluten Free Nuggets (GF)	60c	Chicken Burger	\$5	Meat & Salad Roll	\$5.50	Flavoured Milk (GF)	\$2
Mini Traveller Pie	\$1	Hamburger	\$5	Cheese & Salad Roll	\$5	Popper-apple, apple blackcurrant	\$1.20
Large Round Pie	\$3	Cheese Burger	\$4	Salad Wrap	\$4.50	Popper-orange, Tropical	\$1.20
Large Traveller Pie	\$3.50	BBQ Chicken & Cheese Wrap	\$4.50	Meat & Salad Wrap	\$5.50	Milo Popper	\$2
Sausage Roll	\$2.50	Hot Chicken & Cheese Roll or Wrap	\$4.50	Cheese & Salad Wrap	\$5	Up n GO Choc, Caramel, Vanilla, Strawb', Ban	\$2
Hot Dog	\$3	Chilli Chicken Cheese Wrap	\$4.50	Chick Caesar Salad Wrap	\$5	600ml Water	\$1.20
Mashed Potato & Gravy	\$1	Chicken Cheese Mayo Toasted Wrap	\$4.50	Egg Sandwich	\$3	Juice Bomb 100% juice (GF)	\$2
Garlic Bread-half loaf	\$1	Ham & Cheese Toasted Wrap	\$4.50	Egg and Lettuce Sandwich	\$3.50	Chill J 100% Juice (GF)	\$2
Garlic Bread-full loaf	\$2	Toasted Cheese Sandwich	\$2	Curried Egg Sandwich	\$3.50	Slushies Puppies	\$1.50
Easy Mac	\$2.50	Toasted Ham & Cheese Sandwich	\$4	Cheese or Spread Sandwich	\$2		
Fried Rice (GF)	\$3.50	Toasted Hawaiian Sandwich	\$4.50	Ham, Chicken or Tuna Sandwich	\$3.50		
Nachos (GF) (Vegetarian)	\$3.30	Toasted Chicken & Cheese	\$4	Salad Sandwich	\$4	Orchid Cups (GF)	\$1
Butter Chicken (GF)	\$4	Toasted Ham Cheese Tomato	\$4.50	Meat and Salad Sandwich	\$5	Vanilla Ice Cream (GF)	\$1.20
Spaghetti Bolognese	\$4	Side salad	\$2.50	Cheese & Salad Sandwich	\$4.50	TNT-choc, red, blue	\$1
Beef Lasagne	\$4.50	Garden Salad Pack (GF)	\$4	Ham Cheese Tomato Sandwich	\$4.50	Snapstix ½ 's	50c
Chicken Noodle Cup	\$2.50	Meat Salad Pack (GF)	\$5	Ham or Chicken & Cheese Sandwich	\$4	Paddle Pops	\$1.80
Ginch Pizza. Haw,HC,Marga,BBQ	\$3.50	Egg & Salad Pack (GF)	\$4.50	Chicken Lettuce & Mayo Sandwich	\$4	Quelch Sticks	50c
Pizza Rounda	\$3	Meat & Salad Cup (GF)	\$1.50	Chicken Lettuce & Mayo Roll	\$4.50		
Mini Spring Rolls 6 for \$2	\$2						
Lunch box Snacks		Sweet Treats		Fruit Break			
Cheese or Veggie Rice Sticks (GF)	\$1	Jelly Cup 100% juice (GF)	\$1	Pears, green or red Apples	\$1		
Crunchy Chicken Noodles	\$1	Custard, yogo, yoghurt Cups	\$1	Bananas, kiwi fruit, oranges	\$1		
Popcorn	50c	Mousse Assorted Flavours (GF)	\$1	Watermelon or frozen pineapple	50c		
Sea Salt Red Rock Chips	\$1.50	Mixed or Single Fruit Cups	\$1				
Milo Bar	\$1						

Please follow us on Facebook to keep updated.
Danka & Nicole 6556 5409
*To save your child waiting too long we encourage recess orders to be placed.
Order online at Quickcliq

*All Recess Orders are collected from the canteen by the student.
No need to line up, come to the front of the kindy line and tell Nicole your name ☺

Frozen goods are not sent out to the classrooms with the lunch orders. Your child needs to bring back their lunch bag after eating to collect their frozen treat.

FRESH for KIDS

Now Available: Online ordering at quickcliq.com.au

Forster Public School proudly stands on Worimi land

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