



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 2

Friday 6 February 2020

CALENDAR

February

- 10 P & C Meeting**
- 11 Healthy Eating Talk
2-3pm MPC**
- 12 Kitchen/ Garden
Volunteer Information**
- 13 Leader Induction
Assembly 10am**
- 17-19 St 3 Aussie Bush Camp-**
- 20 Parent Information
Evening
Manning Zone Swimming
Carnival**



Hadley says...



**Did you
remember your
hat ?**



Leaders in Out of School Hours Care for over 10 years.

Providing quality and affordable Before School, After School and Vacation Care programs from as little as \$3.00 a session.

Get the most innovative, caring and fun out of school hours care for your family contact us today.



Principal Report- *Mrs Annie Everingham*

Welcome

A huge welcome to our Kindergarten students and families. I was sad to miss their first day on Monday but caught up with them all on Tuesday. Lots of smiling faces, enthusiasm and excitement.

We have 5 Kindergarten classes.

K22-Ms Jenkins and Ms Cameron-Panthers

K23-Mrs Penny Holm- Echidnas

K24-Ms Cindy Wood-Wombats

K25- Miss Amy Gambrill-Quokkas

K21- Ms Jessie Skillen- Koalas

We have an 'Meet and Greet' night in week 4 on Thursday 20th February. Kindergarten's session is from 3:30-4pm.

We voted for our House Captains and Vice House Captains this week. Below are the student leaders elected by their peers.

Albatross

Captains - Isabella & Jarhys

Vice Captains - Casey & Nait

Gannet

Captains - Belle & Joshua

Vice Captains - Sophia & Ryley

Shearwater

Captains - Zahlia & Rory

Vice Captains - Evie & Jai

Penguins

Captains - Tahli & Trent

Vice Captains - Lyrikah & Riley

These students will be inducted into their leadership positions along with the School Captains and Vice Captains, School Leaders and Student Representative Council (SRC) on Thursday 13th February at 10am in the hall, followed by a morning tea.

Invites have been sent home with students this week.

These house leaders were initiated into their first role as House Captains on Thursday at the swimming carnival. From all accounts they did an amazing job.

Please ensure you read students notes well and attend to all fees that have been sent home. Our Music program and our Kitchen Garden program rely heavily on students paying to participate. We appreciate your support and diligence in paying these fees as soon as possible please.

It is great to see students settled into their classes and getting routines and expectations clear. This year some of the things we are focusing on in the classroom are quality bookwork for our students, high expectations for behaviour and effort and taking our Positive Behaviour for Learning into the classroom. We will conduct parent interviews at the end of this term to discuss your child's progress and needs and will send out reports at the end of term 2. If you need to speak with your child's teacher before then please do not hesitate to call the front office and make an appointment.

I have included the class names, teachers and room numbers for your information in this newsletter.

The primary boys toilet is in the process of being painted and retiled. Therefore our primary boys will be using the toilets near the staffroom and room 1. Our other maintenance work is coming along well with classrooms getting fresh coats of paint along with doors, corridors and walkways.

I look forward to our Meet and Greet sessions and catching up with you around the school grounds and beyond. Have a great weekend.

Annie Everingham
Principal

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



Respect
Safety
Personal Best

Term 1 Week 3 - Our focus for the coming week's PBL lesson:

Learning Intention: To always be safe and respectful at assemblies and understand why it is important to listen and follow the instructions of the teachers.

Why is it important? Students embrace school expectations and practise 'doing the right thing' to create a culture of respect when assembling as a school/stage/year level.

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:

- Walk with your teacher to enter and leave the MPC or assembly area
- Sit quietly in two lines
- Stand still and sing with respect if a song is playing
- Listen to those who are speaking
- Applause at the correct time
- Arrive on time
- Participate in a positive way
- Listening to and following teacher instructions

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.

Kitchen/ Garden News.

We are excited to bring the Kitchen/ Garden program back once again to students from year 3 to year 6. This program is going into its 11th year at Forster Public – What a very lucky school to have this opportunity to teach our children the importance of growing food organically in their very own school garden & then learning how to prepare & cook the garden produce in the school kitchen.

The children learn so many lifelong skills in these classes that are also integrated into the primary school curriculum- Literacy- cooking terms- Numeracy-measuring cups & spoons, Science-Living world of plants, Cultural studies-Bush tucker garden & recipes are just some examples.

Volunteers are a big part to keep the program running- with up to nearly 30 kids in classes you can imagine that an extra set of hands & eyes are needed to make the class go smoothly.

VOLUNTEERS WE NEED YOU-the children get a buzz when they have Mum, Dad, Aunts, Uncles or Grandparents come & help out-even if it's just once a month-no special skills are needed to come help with these classes.

We are holding a **Volunteer information morning on Wednesday 12 Feb @ 9.30am**- for new & previous volunteers and any parents who would like to know what we do in these classes. Meeting point will be in the school kitchen – Sign in at the office as a visitor & staff will direct you to the kitchen. If you can't make it to the information morning but are interested please contact us or leave your details with the office staff.

Looking forward to meeting new & previous volunteers

Thanks from Stef Hile & Ellen Ellen

Stefanie Hiles Kitchen Specialist 0412478623
Ellen Wilson Garden Specialist 0409305129.



Introducing FPS Staff Mrs Kylie Allardice



Sometimes it feels like things are just meant to be and coming to Forster Public School is one of those things for me. I spent many summers at Tuncurry swimming in the rockpool and walking to the corner shop to buy hot chips with my 30c on the weekend. My great grandparents owned a holiday house on Beach Street in Tuncurry. Later my father became the manager at Fosseys in Forster (in the shop where Cotton On is now located) and I would travel to school in Gloucester on the bus each day as that is where we had been living. Later we moved back to Gloucester and I grew up on a farm over there before heading to Sydney to work in the laboratories at Westmead hospital and attend University.

I have mainly worked in schools in the Port Stephens area since leaving University, including Soldiers Point, Anna Bay, Karuah and Shoal Bay (where my current substantive position is Principal of that wonderful school). I also took my young family out west for a short time and was Relieving Principal at Currabubula Public School.

My family is now growing up and moving away and I have missed being in the classroom with the teachers and students so when the position was advertised here at Forster it felt like it was just meant to be. I have moved up to Gloucester and am currently living on our small property.

I love the early mornings in the country and then travelling across to this beautiful area. Seeing dolphins as I cross the bridge is a great way to start the day.

I am really looking forward to working here this year and getting to know the students and staff of Forster Public School.

Forster Public School proudly stands on Worimi land

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

TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 February	10 P & C Meeting	11 Healthy Eating Talk	12 Kitchen/ Garden Volunteer Information	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 Zone Swimming Carnival	21



Let's celebrate Smart Eating!

Meet your local Accredited Practising Dietitian (APD)

Label Reading for a Healthy Lunchbox

When: 2-3pm Tuesday 11th February 2019

Where: Forster Public School Hall

What: A FREE Presentation by Dietitian Ali Redman to teach parents how to select healthy lunchbox items, including hands on activities and a take home resource.

This week is an initiative of the Dietitians Association of Australia

RSVP to Ali by contacting 0401 489 447 or ali.equilibrium@gmail.com



Smart Eating Week
10 - 16 February 2020

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



NEXT P&C MEETING

Monday 10

February 2020

5:30pm Staffroom

All welcome!

GIRLS IN LEAGUE

All Girls Junior Rugby League Team



New opportunity for your daughter to play rugby league locally.

Attention all modern girls who want to play football. We are creating an ALL GIRLS rugby league team for girls aged 8,9 or 10 this year to play in the local U19's comp against other girls and boys through the Forster-Tuncurry Junior Hawks.

Season kicks off in April

We are looking for a tribe of girls from Forster-Tuncurry, Nabiac, Hallsays Point, Pacific Palms, Tarzee, Old Bar, Wingham and surrounds to create this team.

This team is about girls connecting, learning new skills and getting involved. This will be a professional team with a highly qualified coach, assistant coach and first aid staff.

The girls will be taught how to play football from the absolute basics, will make new friends and most importantly have a BLAST whilst doing it.

Active kids vouchers available with the cost for the entire season only \$30 (no weekly costs for playing).

www.service.nsw.gov.au/transaction/apply-active-kids-voucher

Register at: playrugbyleague.com and select Forster-Tuncurry Junior Hawks

Email or textphone Bianca Adams 0421 865 159 once registered or for further information.



2020 HOCKEY WITH TAREE WEST RAIDER

**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! **New Players Welcome**
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)
GO \$120 (Set - 7-8yrs old - netball dress, modified game)
Juniors - \$140 (Go - 9-10yrs old - training shirt & netball dress)
Seniors - \$170 (11-17yrs old - training shirt & netball dress)
(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

Training Shirts \$30

Dress Hire \$50



Give us a 'like' on Facebook



Forster Netball Club
Kellie Cary - President/Registrar 0407068344



How You Can Create a Healthy Lunch Box

Cancer Council NSW is keen to promote awareness about healthy eating and has therefore produced its Healthy Lunch Box website healthylunchbox.com.au

Summer is here so keeping some foods cold is very important. The key to achieving this and the necessity to follow hygienic food preparation methods can be found on the website.

Get your kids involved in the planning and preparation of their lunches. This can be a good way to ensure a yummy summer lunch box will be on its way to school.

Keeping your kids sun safe is also most important so don't forget to remind them to slip on clothing; slop on broad-spectrum sunscreen, slap on a broad-brimmed hat, seek shade and slide on sunglasses.

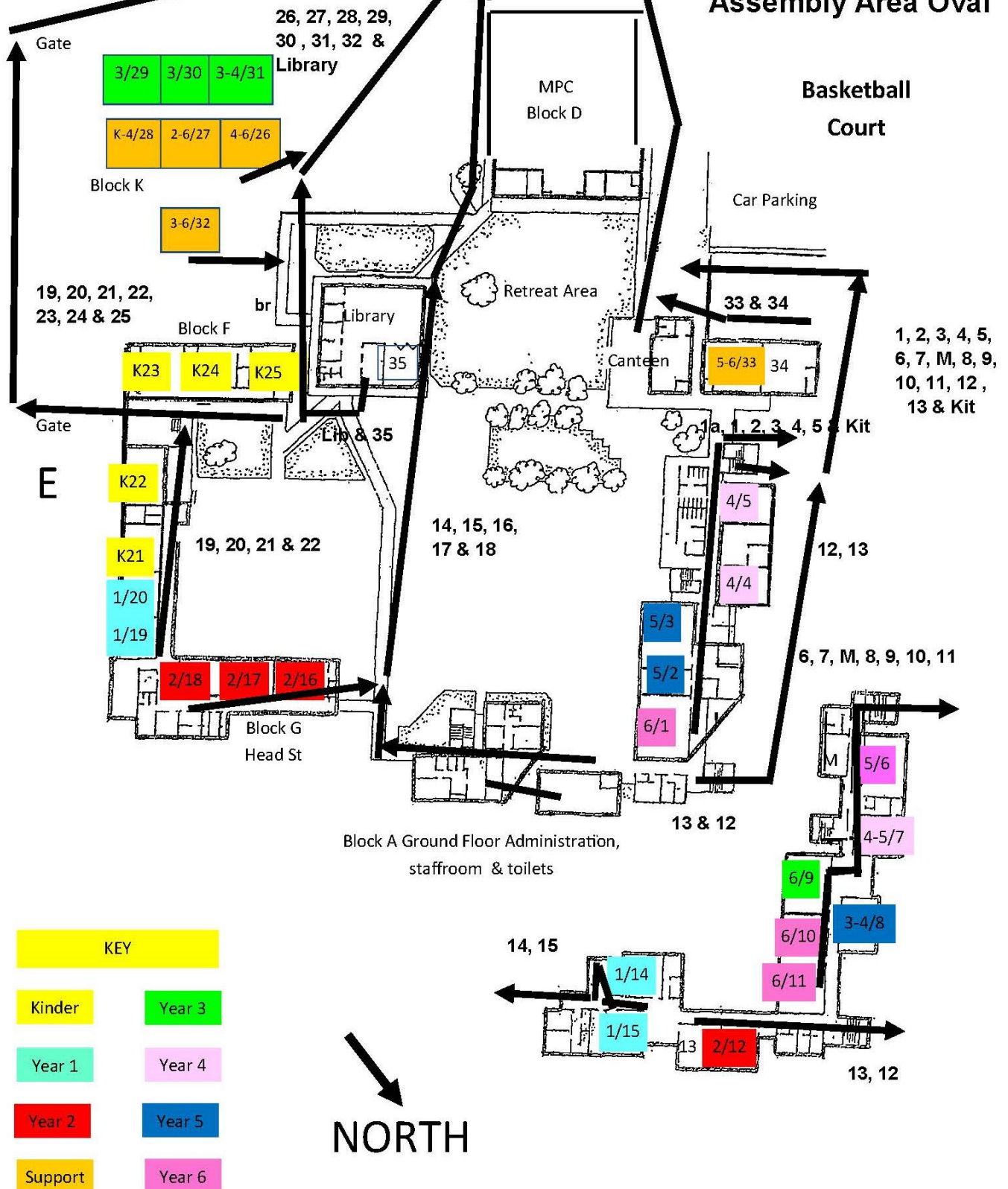
Forster Public School proudly stands on Worimi land

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

Teacher 2020	Stage and Year	Class/Room names	Room number
Mrs Annie Everingham	Principal	Mermaids	
Mrs Lorelle O'Brien	Deputy Principal	Unicorns	
Ms Tianne Buderus	Deputy Principal	Llama	
Mrs Kylie Allardice	Instructional Leader	Dragons	
Mrs Katrina Pettet	Instructional Leader	Dragons	
Miss Leah Jenkins & Mrs Kelly Cameron (Th F) Relieving Assistant Principal	Early Stage One- Kindy	Panthers	K22
Mrs Penny Holm	Early Stage One- Kindy	Echidnas	K23
Ms Cindy Wood	Early Stage One- Kindy	Wombats	K24
Miss Amy Gambrill	Early Stage One- Kindy	Quokkas	K25
Miss Jessie Skillen	Early Stage One- Kindy	Koalas	K21
Mrs Angela Sparks & Ms Deb Milligan (Tue) Assistant Principal	Stage 1- Year 2	Bees	2/16
Mrs Karyn Pol	Stage 1- Year 1	Monkeys	1/19
Ms Melea Tyrie	Stage 1- Year 1	Zebras	1/20
Mr Matt Sun	Stage 1- Year 1	Orcas	1/14
Mr Kieran Dalton	Stage 1- Year 1	Sloths	1/15
Miss Belle Meadows	Stage 1- Year 2	Giraffes	2/12
Miss Laura Chapple & Mrs Rachel Gardner (W)	Stage 1- Year 2	Meerkats	2/18
Mr Tristan Marshall	Stage 1- Year 2	Lions	2/17
Miss Brooke Egan & Mrs Rachel Gardner (Tue) Relieving Assistant Principal	Stage 2- Year 4	Turtles	4/4
Mrs Deirdre Kallquist	Stage 2- Year 3	Penguins	3/29
Mrs Jacqui Blanch	Stage 2- Year 3	Flamingos	3/30
Mrs Natalie Galle	Stage 2- Year 3/4	Puffins	3-4/31
Mrs Kate Mutch	Stage 2- Year 4/5	Whale Sharks	4-5/7
Mr Peter Anderson	Stage 2- Year 4	Electric Eels	4/5
Mrs Helen Clemensen	Stage 2- Year 3/4	Dolphins	3-4/8
Mrs Ali Bertwistle & Mrs Carol Pearson (Th) Relieving Assistant Principal	Stage 3- Year 5/6	Tree Frogs	6/11
Mr Michael Lavis	Stage 3- Year 5	Lemurs	5/3
Mr Shaun Blacker & Mrs Carol Pearson (F)	Stage 3- Year 5	Jellyfish	5/2
Mrs Paula Drew	Stage 3- Year 6	Dragonflies	6/1
Ms Julie Wilson	Stage 3- Year 6	Wallabies	6/9
Mrs Renee Henderson	Stage 3- Year 6	Hummingbirds	6/10
Mrs Katie Crompton	Stage 3- Year 5	Geckos	5/6
Ms Angela Coffey & Mr Roan Whiteman (Wed) Assistant Principal Support	RFF and IO/IS MC	Vampire Bats	2-6/27
Mrs Liz Lutherborrow & Mr Roan Whiteman (F)	IO/AU	Kestrels	5-6/33
Mrs Carol Nesbitt	IO/AU	Eagles	K-4/28
Miss Sam Simmons	IM	Macaws	3-6/32
Mrs Mel Ward & Mr Roan Whiteman (M)	IO/AU	Sugar Gliders	4-6/26
Mr Simon Maher	RFF	Mrs Kim Worth	SAM
Mr Stuart Ireland	RFF	Mrs Kylie Parker	SAO
Ms Justine Mills	RFF	Ms Karen Bousfield	SAO
Mr Roan Whiteman	RFF	Mrs Karen Dickson	SAO
Mrs Michelle Phillips	Intervention	Mrs Tracey Horn	SAO
Mrs Megan Meadows	Intervention	Mrs Lisa Murphy	SAO
Ms Deb Milligen	Intervention/LAST	Mr Trent Rolfe	GA
Mrs Maureen Seddon	LaST	Mrs Kerrie Stewart	SLSO
Mrs Lisa Lacey	LaST	Mrs Margy Stewart	SLSO
Mrs Liz Maher	Wellbeing/LAST	Mrs Kim Felsch	SLSO
Mrs Dorota Gosling/ Miss Kirsten Reed	Library/RFF	Mrs Lesley Connor	SLSO
Mrs Kym Earle	School Counsellor	Mrs Kerrie Van Steen	SLSO
Mr Stephen Nichols/ Mr Ian Latham	Principal Support	Mrs Karen Fuller	SLSO
Mrs Barb Wright/ Mr Scott Machon	APL&S	Mrs Andrea Dallywater	SLSO
Stef Hiles /Ellen Wilson	Kitchen/ Garden Specialist	Bria Simon	AEO
		Will Simon & Sally Murray	SLSO

OVAL

Forster Public School 2020 Evacuation Map Assembly Area Oval



Staff will be informed if it is necessary to access alternate evacuation assembly point in Lake St oval near the Aquatic Centre.