



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 3

Friday 14 February 2020

CALENDAR

February

**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

Another week completed. Hard to believe they are going so fast.

We had our Leader Induction ceremony on Thursday in the hall. What a wonderful proud event.

Our Captains, Vice Captains, Leaders, House Captains and Vice Captains and class representatives were all recognised and inducted into their important roles. Thank you to our school community for coming along and making it such a special event in our school calendar. There were some proud faces and excited students and parents. Thank you also to our wonderful P & C who put on morning tea for everyone involved.

Communication is important to us and we strive to inform our community of events that are occurring in the school. Our methods of communication are the Skoolbag app, newsletter, LED sign, school facebook page and presently we are working on upgrading our webpage. We also communicate through letters/notes home and some classes partake in See Saw and Class Dojo. We also have stage assemblies and morning gatherings to share information with our students. We are happy to take phone calls re queries and welcome you to our P & C meetings every term. We don't always get it right and look to improve our methods each year.

We also request that you check your child's bag for notes and establish a system with them whereas they empty their notes out each afternoon for your viewing.

We are open to suggestions but unfortunately are saddened by negative social media posts around this. These are often unnecessary and incorrect and are not conducive to working partnerships between home and school. Please call us if you are unsure or need clarification. We apologise if your child did not receive specific notes or if we have not acted promptly enough. As stated we are open to suggestions and see this as an opportunity to monitor our methods and make adjustments where necessary.

We are happy to invite you all along to our Meet and Greet Teacher afternoon Thursday 20 February.

Kindergarten's session is from 3:30-4pm.

Stage 1 sessions are from 4:00-4:30pm.

Stage 2 sessions are from 4:30-5pm and

Stage 3 sessions are from 5:00 to 5:30pm.

If you are unable to make these times please phone and make a time to meet with your child's teacher. We will be having formal teacher/student interviews at the end of this term. Supervision will be provided in the library during these times. If required.

Have a great weekend.

**Annie Everingham
Principal**

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



Respect
Safety
Personal Best

Term 1 Week 4 - Our focus for the coming week's PBL lesson:

Learning Intention: To be the best you can in the classroom.

Why is it important? So that all students and teachers can connect, thrive, succeed and learn.

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:

- Care for others and their belongings
- Follow class behaviour expectations
- Ask for help if needed
- Stay on task
- Use your class pass when leaving the room

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.

Introducing FPS Staff – Mr Matt Sun

My name is Matt Sun and I am currently in the process of moving my young family from Newcastle to the Forster area to take up this great opportunity teaching here at Forster Public School. During my short teaching career, I have spent time as a STEM and PDHPE teacher during 2018, as well as fulfilling a Classroom Teacher role in 2019 with Year 6 in Floraville. Prior to pursuing a teaching career, I spent 5 years in The Australian Army where I gained valuable life experience, which informs my perspective and teaching practice. I am eager to see students active and engaged in their learning and am dedicated to assisting them to reach their full potential. I am excited to be joining this school community and can't wait to see what the future brings!



**WE
ARE
THE
CHAMPIONS**



We are a growing network of experienced and passionate people who champion sharing to help improve mental health. We believe sharing is the most powerful tool for surviving mental illness and coming out on top. We see a world where talking is normal. Where speaking up is congratulated. And where seeking support and sticking with it is something we're all an important part of.

Nic Newling is an outspoken advocate for mental health, suicide prevention, and sharing personal stories. Nic has reached millions of people through television, live talks, documentaries, radio, print, and online. He regularly speaks internationally at industry conferences, educational institutions, and workplaces.

Nic strives to make a continuing positive impact utilising sharing and listening to encourage helpful, unscripted conversations around mental health, suicide prevention, and getting the most out of life.

He is an ambassador for Movember, Australia Day, R U OK? Day, and the Australian Mental Health Prize. He has been featured on Australian Story, The TODAY Show in New York, Huffington Post, the feature documentary 'Suicide: The Ripple Effect', and his mother's Human Rights Award-winning memoir 'Missing Christopher'.

Nic now travels through communities all over the world encouraging people to share and listen.

Nic is coming to Great Lakes College to share his story and insights with our community!

Where: Great Lakes College Forster Campus
Date: Wednesday 11th March 2020
Time: 6 pm
Cost: Gold coin donation
Open to: All educators, parents and mature family members of the Great Lakes Learning Community

A "hold onto your chair" presentation delivered with brutal honesty, wit and humour which brings mental illness to the fore and breaks down the barriers of silence and stigma.

Mary Gourley, Google

"Nic brought an inspirational, action-evoking message to our 250 audience members. A Sydney counsellor even met him off stage with a hug post-speech! Very empowering.

Josh Stinton, Head Producer, FailCon at Vivid Sydney

"Nic is a brilliant communicator who never talks down or seeks solace from an audience, combining information with humour and candour. I have yet to hear of anyone not moved by his presentations while I am aware that he has saved lives. I regard him as one of the most exceptional people I have worked with and remain in awe of his multiple skill sets.

Prof Gordon Parker, AO Scientia Professor of Psychiatry, University

TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 Februaury	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
Week 5 February	24	25	26	27	28
Week 6 March	2	3	4	5	6

P & C News

Welcome back Parents and Carers to another school year.

We have our AGM coming up on 16 March, 5:30pm in the Staff Room. If you have been thinking of coming along, now is the perfect time. It is a great way to get involved in your child's schooling, make a difference and we have a lot of fun along the way. Whether you are a stay at home parent, working parent, grandparent, or an interested community member; there is something for you to get involved in.

This year we launched our new online shop and credit card facilities for the Uniform Shop. Feedback has been extremely positive and it has helped us streamline the management of the shop as well. If you haven't already, please check it out here – <https://fppandc-uniformshop.square.site/>

Volunteers are needed this year to help in the shop, so if you have some spare time during the week, please let us know.

The P&C are kick starting their fundraising this year with a Bunnings BBQ on 29 March. So please be sure to come down and enjoy a sausage sandwich for the School. Volunteers are needed to help on the day. If you are willing to get involved, please get in touch. Our email is forsterpublicschool@pandcaffiliate.org.au

Garden/Kitchen News

Thank you to the parents & children for your prompt return of Permission slips for Garden/Kitchen.

For those who have not yet handed them in, if we could please have them returned next week as classes will start and it would truly make us Sad if any children had to sit out of this wonderful program.

This week we had our Volunteers Morning tea to show how things work in this program, if you missed out, please feel welcome to pop in & say Hi to the Garden/Kitchen on Mondays, Tuesdays or Wednesday. It is never too late to come & volunteer in these classes.

We showed our visitors the uses for Lemon Myrtle, which we have growing in our school. From drying the leaves to having in a pot of tea. The Children will also get to make Lemon Myrtle tea which we serve cold in their cooking classes and we will teach them other uses of this amazing bush.

See you soon from Ellen, Stef & our regular Volunteer Trish .
contact 0412478623



NEXT P&C MEETING

Monday 16 March

AGM

5:30pm Staffroom

All welcome!

WINTER COMPETITION 2020 ONLINE REGISTRATION

PLEASE NOTE THAT THE ACTIVE KIDS SCHEME MUST BE APPLIED FOR BEFORE REGISTERING

Shorts and Socks and a Polo shirt will be provided to all NEW players. Polo shirts will be available for returning players and we would encourage players to bring tops which they have outgrown back to the club and these can be recycled. For returning players, shorts and socks will be available for purchase.

There will be a day in March (which you will be advised of by Email), where the gear will be made available. Otherwise coaches will be in touch regarding teams and training for 2020.

The registration fees will be:

5 – 7 years	\$123
8 – 11 Years	\$135
12 – 18 Years	\$155
Seniors	\$255

Enquiries:

- For more information contact Richard Allen (Registrar): 0403 521 789

Ray Brady President

Sunsmart Program

Forster Public School is now a member of the Sunsmart Program. This means that we have developed a Sunsmart School Policy which incorporates certain strategies to ensure we are working to increase awareness of protecting our skin when in the sun. Some examples of this is scheduling activities in shaded areas in the hottest part of the day where possible and wearing our hats while at play even on cloudy days. Our new school hat which is being sold through the Uniform Shop is the preferred option for Sun Protection. Once our Sunsmart Policy has been ratified by the school's P & C body we will make this available to the school community.

As part of being a SunSmart School we have many resources that you will soon see around our school reminding us all to wear our hats and protect our skin when we are in the sun. Kindergarten students will be bringing home some more information soon regarding this program.



Protect your child's skin

The cause of almost all skin cancers in Australia is exposure to ultraviolet (UV) radiation from the sun. Children and babies have delicate skin, so limiting their exposure can reduce their risk of developing skin cancer – and help prevent freckles, moles and painful sunburn.



When does my child need protection from the sun?

All areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days.

Check the SunSmart UV Alert daily on www.cancercouncil.com.au/sunsmart or in the weather section of newspapers. Whenever it is 3 or above, use our top SunSmart tips.



Top SunSmart tips

- Choose sun-safe clothing, such as longer-style shorts and skirts, and T-shirts and dresses with sleeves, collars or covered necklines.
- Choose a wide-brimmed, bucket-style or legionnaire hat that protects the face, neck and ears. Keep spare hats in your car or bag.



- Encourage play in the shade, but keep hats, clothing and sunscreen on.
- Apply at least SPF30+ broad-spectrum water-resistant sunscreen to any exposed skin. Reapply every two hours, or more often if wiped or washed off.

Take special care of babies:

- When outside, keep babies well shaded at all times.
- Use covers for prams and strollers.
- Sunscreen may be safely applied to any small areas of skin not protected by hats and clothing.



For more help

- If you have any concerns about sunscreen, vitamin D, nappy rash or jaundice talk to your doctor or chemist.
- Check out www.cancercouncil.com.au/sunsmart
- Call Cancer Council Information and Support on 13 11 20.



Does my child need sunlight to be healthy?

- Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW, most children will get enough vitamin D through their everyday activities.
- Children with very dark skin and babies whose mothers have low vitamin D may be at risk of low vitamin D.
- Sunlight is not the best treatment for nappy rash or jaundice.



Is sunscreen harmful to my child's health?

There is no evidence that using sunscreen is harmful for children – but remember:

- Sunscreen does not provide complete protection and should always be used with clothing, hats and shade.
- Allergic reactions can occasionally occur. Look for sunscreen made for children or for sensitive skin.
- There is currently no evidence that nanoparticles are harmful to health – however Cancer Council sunscreens are not made to contain nanoparticles.



Is my child safe from sunburn in the car?

- Glass blocks some but not all UV radiation, so protect children on long car trips.
- Avoid having car windows open near children.
- Window shades or tinting will provide extra protection.



Don't forget:



2020 Kindergarten Students Settling In





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 U9's comp against other girls and boys through the Forster-Tuncurry Junior Hawks.

Season kicks off in April

Make new friends

Learn new skills

Have fun

Get involved

Girls can too!



We are looking for a tribe of girls from Forster-Tuncurry, Nabilac, Hallidays Point, Pacific Palms, Taree, 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 text/phone Bianca Adams 0421 865 159 once registered or for further information.

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

RAINBOW BRICKS PRESENTS MIDCOAST BRICKFEST

A LEGO FAN EVENT



SUNDAY 23RD FEB

Fun for everyone!

BBQ/cakes/DRINKS

SUPPORTING HALLIDAYS POINT PUBLIC SCHOOL

9AM - 3PM

CHILDREN'S BUILD AREA,
A LEGO RAFFLE, LEGO PARTS, MINIFIGS AND SETS FOR SALE
VENUE: GREAT LAKES COLLEGE, TUNCURRY CAMPUS
NORTHERNSIDE, TAREE



date change
sunday 16th feb

PLAYERS WANTED
BOYS & GIRLS

AUSKICK 5-9 YR OLD

U11'S, U13'S, U15'S

REGISTRATION / COME TRY DAY

SUNDAY 9TH FEB

REG 3 TAREE

10AM - 12PM

BBQ & GIVE AWAYS ON THE DAY

REGISTER ONLINE AT: PLAY.AFL

ACTIVE KIDS VOUCHER ACCEPTED

FIND US ON FACEBOOK

MANNING VALLEY

AUSTRALIAN FOOTBALL CLUB



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

Training Shirts \$30

Dress Hire \$50



Give us a 'like' on Facebook



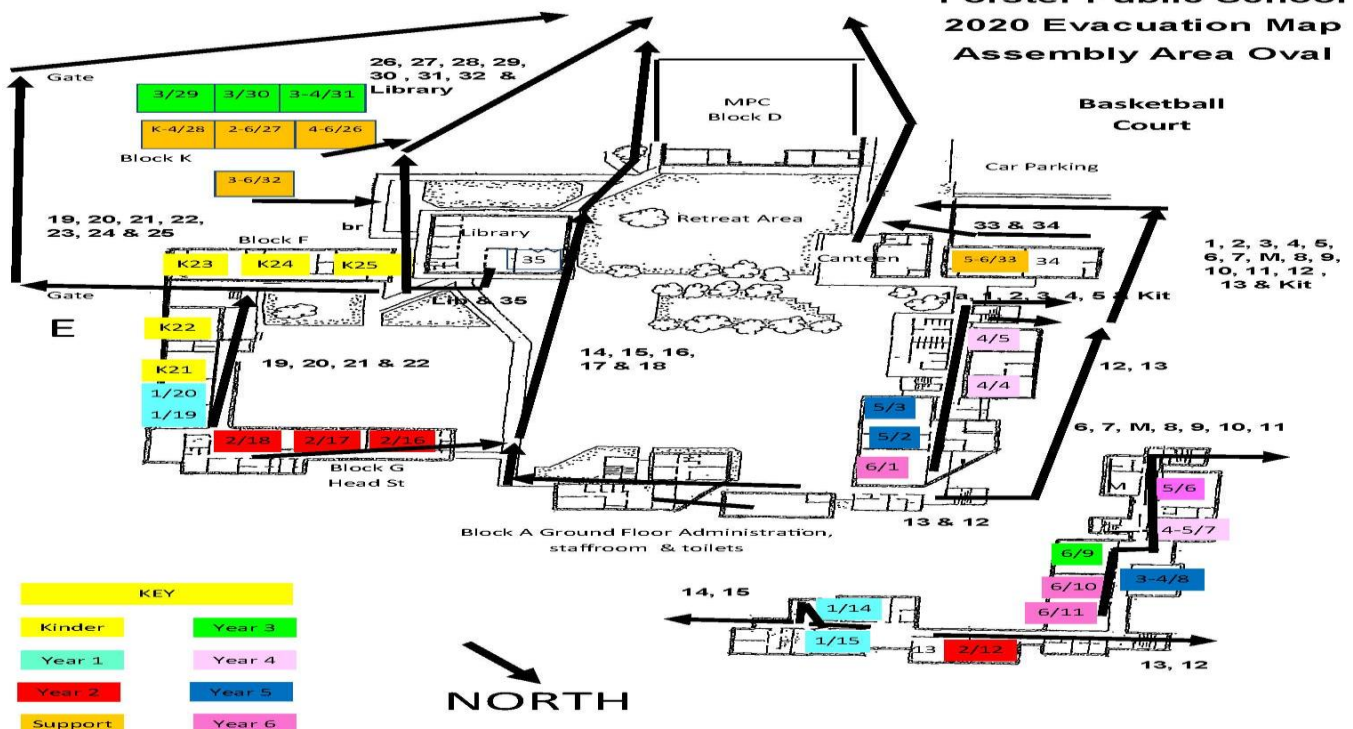
Forster Netball Club

Kellie Cary - President/Registrar 0407068344



OVAL

Forster Public School
2020 Evacuation Map
Assembly Area Oval



Forster Public School proudly stands on Worimi land

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