



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 4

Friday 21 February 2020

CALENDAR

February

**25 Zone Basketball
Yr 6 Parent Information
Night for 2021 Yr 7
Students**

March

**3 Hunter Swimming
6 Zone Netball
9-10 Hunter Basketball
11 Nic Newling Parent
Presentation @ GLC
11 Zone Football
12 Zone Rugby League
16 P & C Meeting 5.30pm
School Photos
20 Yr 3-6 Gold Principal
Assembly
25 Hunter Rugby League
27 School Cross Country
29 BBQ @ Bunnings P & C
Fundraiser
31 Zone Touch Football**

April

**1 Back up Date -
School Cross Country
3 K-6 Walkathon
6 Zone Netball
9 K-2 Easter Hat Parade
Last Day of School
10 Public Holiday - Good
Friday**



Principal Report- *Mrs Annie Everingham*

Welcome to the end of week 4.

Thank you to those families who were able to attend our Meet and Greet afternoon on Thursday. It was lovely to see so many parents coming to say hello to their child's teacher and for finding out the routines of the classes. We have our parent interviews scheduled for the end of this term so that families can discuss concerns, progress and areas of need early on in the year so we can work together to ensure your child has a productive year.

You may have noticed the building works across the school this term. Many classrooms are getting painted and many areas of the school are getting facelifts! This just adds to our schools appeal and brings it into the year 2020! The senior girls and boys toilets are being retiled and painted with new sinks and bowls. The walkways in the back end of the school are being reroofed and painted. The hall has had work, parts of the roof have been replaced and fencing has been upgraded. This is a great project for our school.

Next week we will begin to roster classes on to placing newsletter items in the newsletter. We will start with Year 6 next week so they can tell you all about their few fun packed days at Aussie Bush Camp.



Thank you to all the students who are regularly wearing our school hat and school uniform. Our Uniform shop is now on-line and there are many options becoming available. We have a Sun Safe Policy, which requires students to wear their school hat when playing in the sun. Students with no school hat are directed to play under the COLA areas. The new wide brimmed hat is catching on and dispersing through the school. This is great to see and a wonderful option to protect our young children from the harmful rays of the sun.



Just a reminder that we have school photos on 16 March. Notes will come home soon. Please ensure students are in full school uniform. Please let the school know if you need some assistance around purchasing uniforms.

Have a great weekend in this glorious coastal town.

**Annie Everingham
Principal**

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



Respect
Safety
Personal Best

Term 1 Week 5 - Our focus for the coming week's PBL lesson:

Learning Intention: To be the best you can in the classroom with your work and interactions with others

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

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
- Use school talk and say please and thank you
- Follow teachers directions
- Always put rubbish in the bins provided
- Care for your own and other's property
- 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.

Forster Kids Canteen

Congratulations to our Forster Kids Canteen for meeting the NSW Healthy School Canteen Strategy and being a leader in providing a healthy food service for our students and staff.

Forster Kids Canteen 2020 Menu

Lunch and Recess Order Menu 2020

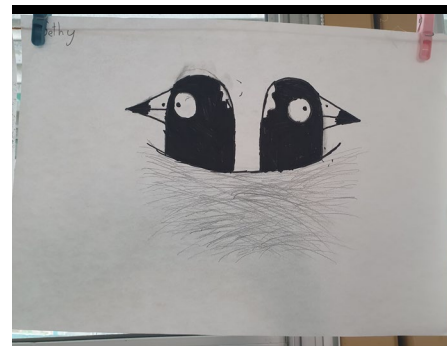
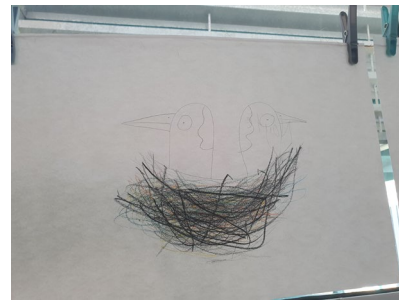
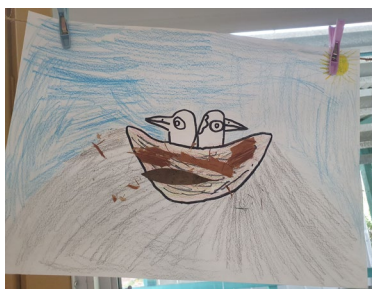
Dine Nuggets	\$50c	Roast Chicken & Gravy Roll	\$4.50	Salad Roll	\$4.50	Drinks and Frozen Treats	
Gluten Free Nuggets (GF)	\$60c	Chicken Burger	\$5	Meat & Salad Roll	\$5.50	Flavoured Milk (GF)	\$2
Mini Traveler Pie	\$1	Hamburger	\$5	Cheese & Salad Roll	\$5	Poppet-apple, apple blackcurrant	\$1.20
Large Round Pie	\$1	Cheese Burger	\$4	Salad Wrap	\$4.50	Poppet-orange, tropical	\$1.20
Large Traveler Pie	\$1.50	BBQ Chicken & Cheese Wrap	\$4.50	Meat & Salad Wrap	\$5.50	Milo Poppet	\$2
Sausage Roll	\$1.50	Hot Chicken & Cheese Roll or Wrap	\$4.50	Cheese & Salad Wrap	\$5	Up'n Go! choc, caramel, vanilla, strawberry, ben	\$2
Hot Dog	\$1	Chilli Chicken Cheese Wrap	\$4.50	Chick Caesar Salad Wrap	\$5	600ml Water	\$1.20
Mashed Potato & Gravy	\$1	Chicken Cheese Mayo Toaster Wrap	\$4.50	Egg Sandwich	\$3	Juice Bomb 100% juice (GF)	\$2
Garlic Bread-Pull loaf	\$1	Ham & Cheese Toasted Wrap	\$4.50	Egg and Lettuce Sandwich	\$3.50	Chili / 100% Juice (GF)	\$2
Garlic Bread-Pull loaf	\$2	Toasted Cheese Sandwich	\$2	Curried Egg Sandwich	\$3.50	Slushies Poppet	\$1.50
Easy Mac	\$1.50	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)	\$3.50	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 Bolognaise	\$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	Snapsnax 'N' 's	\$50c
Chicken Noodle Cup	\$1.50	Meat Salad Pack (GF)	\$5	Ham or Chicken & Cheese Sandwich	\$4	Puddle Pops	\$1.80
Garlic Pizza, Ham, MC, Marg, BBQ	\$3.50	Egg & Salad Pack (GF)	\$4.50	Chicken Lettuce & Mayo Sandwich	\$4	Quelch Sticks	\$50c
Pizza Round	\$3	Meat & Salad Pack (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		
Pipcorn	\$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						

**FRESH
for
KIDS**

Online orders now available at Quickcliq

3-6/32 Artworks

Here are some pics of our art class this week. The kids drew magpies from a guided draw then we went outside to find materials to build our magpie nests.



TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5 February	24	25 Zone Basketball Yr 6 Parent Information Night for 2021 Yr 7 Students	26	27	28
Week 6 March	2	3 Hunter Swimming Carnival	4	5	6 Zone Netball
Week 7 March	9 Hunter Basketball	10	11 Zone Football Nic Newling Parent Presentation	12 Zone Rugby League	13



ONLINE PAYMENTS - www.theschoolphotographer.com.au
Online Order Code located on your Envelope/Flyer to make payment.

CASH ORDERS / Money Orders - via Envelope - See Envelope for details

SIBLINGS PHOTOS - If your school has sibling photos, a *Separate Siblings Envelope* is provided to the school which is usually held at the School Office and handed out on request.
All students must present themselves to the photographer to ensure the Sibling photo is taken.

Please Note: Online Payments for sibling orders are closed by 8.30am on photo day.
Prior to 9.30am on photo day you can still collect and pay via cash only using a Sibling Envelope from the school office. Phone orders are not available for sibling payments on photo day.

Late Payments - If paying online after photo day for your class/portraits, online orders are open via our website for you to make payment.
A late fee applies for all orders placed after the bulk issue of School Photos are delivered.
See Envelope for details

Phone Payments - Call our office on 9674 9824 - Order over the phone via credit card payments.
(Note - there is a processing fee of \$5 for all phone order payments)
CHEQUES ARE NO LONGER ACCEPTED DUE TO A CHANGE IN BANK POLICY.

For All STUDENT PHOTO ORDER ENQUIRIES

Email - enquiries@theschoolphotographer.com.au or

Call : 02 9674 9824



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

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 reaching out is something we're all an important part of.

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 Gounley, Google

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

Josh Simons, Head Producer, *Fall on Me* (Sydney)

"Nic is a brilliant communicator who never takes down or seeks solace from an audience, combining information with humour and candour. I have yet to hear of anyone not moved by his presentation, while I am aware that he has lived 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 ScD, Professor of Psychiatry, University



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NEXT P&C MEETING

Monday 16 March

AGM

5:30pm Staffroom

All welcome!

WINTER COMPETITION 2020 ONLINE REGISTRATION

PLEASE NOTE THAT 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

Forster Public School proudly stands on Worimi land

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

RAINBOW BRICKS PRESENTS
MIDCOAST BRICKFEST
 A LEGO FAN EVENT

SUNDAY 23RD FEB
 Fun for everyone!
 BBQ/cakes/DRINKS
 SUPPORTING HALLIBURTON PUBLIC SCHOOL
 9AM - 3PM
 CAULFIELD HILLS ROAD
 A LEGO RAFFLE, LEGO PARTS, MINIFIGS AND SETS FOR SALE
 VENUE: GREAT LAKES COLLEGE, TUNCKURRY CAMPUS
 HALLIBURTON, TASMANIA

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)
 GO \$120 (Set - 7-9yrs 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 0407083844

2020 SEASON IS HERE
SIGN UP TODAY!

EST 2005
FOOTBALL
MID NORTH COAST

REGISTRATION INFORMATION
 Active Kids Voucher
 Play Football Help
 FMNC Club Registration Details
 FMNC Club Contacts

www.footballmidnorthcoast.com/2020-registrations

Looking for a fun sport for the kids?

How about same day, same time, same place every week?

Chatham Hockey Club pre-season training starts on Wednesday 26th Feb 2020 from 5pm-6pm at the Taree Hockey Centre!

Come and try afternoon, information and registration assistance.
NEW PLAYERS WELCOME!

Further information:
 call Dom 0400 574 090

CHATHAM HOCKEY CLUB

APPROVED PROVIDER active kids

NSW Government will provide \$200 to help contribute to the cost of each child's participation in sport and active recreation

Find us on Facebook @chathamvolves

