



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 5

Friday 28 February 2020

CALENDAR

March

- 3 Hunter Swimming
- 5 St 1 Fizzics Show
- 6 St 1 Fizzics Show
- 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



Hadley says...



**Did you
remember your
hat ?**



Principal Report- *Mrs Annie Everingham*

Welcome to the end of week 5.

Another busy week with lots happening around the place with children actively involved in science lessons, cooking lessons, sport training, band practice, gardening, learning timetables, moving through spelling words, learning their phonics, being a good friend in the playground...just to mention a few!

The Director, Educational Leadership, Great Lakes Network, Ms Kerrel Haire, visited our school this week and commented on the positive buzz in the air at our school and how many smiling, happy faces she saw who were engaged in their learning when she walked around to all the classrooms. She commented on the clean hallways and colourful rooms along with the improvements in the buildings and playground. Having a warm positive environment to learn and work in is vital. Our teachers do an amazing job ensuring a quality learning environment is apparent.



As mentioned before one of our goals this year is to have high quality work in our books. A variety of books are being shared with each stage next week to discuss and ensure the standards are across the board. I am looking forward to viewing a selection of student's book work as well next week as pride in ones work is important. I look forward to sharing some examples with you next week.

Our LED sign is up and running again. Please keep an eye on it's ever changing messages as this is one way we are using to share special and important dates with our school community. A few coming up in the next 6 weeks are School Photos, Walk-a-thon and Easter Hat Parade.

Have a great weekend.

Annie Everingham
Principal

We are a Sun Safe School

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



Respect
Safety
Personal Best

Term 1 Week 6 - Our focus for the coming week's PBL lesson:

Learning Intention: To always be safe in the classroom when you move around and work.
Why is it important? So that all students and teachers can connect, thrive, succeed and learn in a safe way.

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:

- Move around the classroom in a quiet orderly manner and walk
- Keep your hands, feet and objects to yourself
- Be in the right place at the right time
- Use your utensils, pencils scissors, erasers and glue sticks in the correct way
- Always sit on the chairs with four legs on the floor
- Pack away safely
- Place rubbish in the bin
- Keep your bags in line and hanging on the hooks provided
- If you do have to leave the classroom, always ask the teacher and wear the class lanyard.

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.

6/1 in the Kitchen



Through a kitchen garden program, children learn:

1. positive food habits for life
2. about their natural environment, the seasons, and how to care for gardens
3. practical skills, from recycling, composting and preserving to budgeting and fundraising
4. life skills, such as cooperating, sharing, critical thinking and leadership
5. by doing and having fun (they don't even realise they're learning)
6. to be engaged, especially for those who face barriers learning in the traditional classroom environment.



Sports Report

Swimming

On Thursday 20 February, the FPS students attended the Manning Zone Carnival. There were 29 swimmers from Forster, competing in events from 8 years through to 12 years. The students enjoyed a lovely day of sunshine and team spirit as they cheered each other on. A number of our participants were successful in making the Manning team to compete in New Lambton in early March. Our senior boys and girls took first place convincingly whilst the junior girls finished third. Not bad for the junior girls who are all nine years old competing against ten year olds. The successful swimmers included Sasha, Eva h, Pip, Yasmin, Josh, Wes, Taj, Maxim, Sophia, Mia-Lily, Piper & Mia. Special mention to Josh who took second place in 5 events and was part of the winning senior boys relay team. He was second to a student who broke six zone records on the day. Mr Maher said the behaviour was so good, he was willing to take them all again next year!

Tennis

On Wednesday 12 February, our hopeful tennis players attended the Manning Zone trials here in Forster. It was no shock to see four of our tennis team make it through to try out for the Hunter team in the coming weeks. Finn, Maxim, Hendrix and Reeya were all standouts and from all reports will join the ATP tour in the coming years. Congratulations!

Coming up

There is plenty of opportunities in the near future for students to represent the school across a number of sports. Mr Marshall has begun cricket selections with the zone trials. Mrs Blanch will host the zone basketball trials here at FPS. Mr Maher has Rugby League try outs on Monday next week with plenty of upcoming games and trials to be part of. The netball team will be chosen over the coming weeks, as will the school soccer teams. Mr Everingham will be looking for another strong showing in the school Rugby Union team and the tennis team will look to go one step closer and win the NSWPSA final with Mrs Galle. Cross Country is booked in for March 27 and Athletics will be high on the agenda moving into the second term.

TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6 March	2	3 Hunter Swimming Carnival	4	5 St 1 Fizzics Show	6 St 1 Fizzics Show Zone Netball
Week 7 March	9 Hunter Basketball	10	11 Zone Football Nic Newling Parent Presentation	12 Zone Rugby League	13
Week 8 March	16 P & C Meeting 5.30pm School Photos	17	18	19	20 Yr 3-6 Gold Principal Assembly



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

Personal Behaviour Learning (PBL)



At FPS we provide opportunities for all students to achieve their best. Here is Mrs Meadows doing some explicit teaching in Literacy with some of our younger students in the school. Their engagement and concentration with their work is outstanding!!



NEXT P&C MEETING

Monday 16 March

AGM

5:30pm Staffroom

All welcome!



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 November, 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 sticking with it 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-cooking message to our 250 audience members. A Sydney counsellor even met him off stage with a hug post-speech! Very empowering.

Josh Sinton, Head Producer, FairCom at World Sydney

Nic is a brilliant communicator who never talks down or seeks advice 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 what he has shared with me. I regard him as one of the most exceptional people I have worked with and couldn't be more aware of his multiple skill sets.

Prof Gordon Parker, AO, Scientific Publisher of Psychiatry, University

Forster Public School proudly stands on Worimi land

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The Great Aussie Bush Camp Stage 3

We got to school and most people looked excited and nervous.

At camp we had 6 instructors, Adam, Cal, Kate, Annie, Kai and Caitlyn.

All 6 instructors were all really informative and extremely fun.

The activities were exciting and most people expanded their comfort zone to a whole other level. We had night activities as well as day ones, they were just as fun.

The activities were Mud World, Fencing, High Ropes, Zip Line, Giant swing, Power Fan, Pioneering, Movies, Games, Disco, Rock Climbing and challenges throughout the day. Our first night activity was the disco night at the indoor rock-climbing studio, our second night activity was a movie that was held at the movie theatre next to the Power Fan.

Every day and night we had a meal. When we first arrived, we had lunch. For lunch we had hamburgers, for dinner we had spaghetti, for breakfast we had a range of different things to choose from, they were baked beans with toast, spaghetti with toast, pancakes with toast, scrambled eggs with toast and cereals.

There were 5 bunk beds which held 10 people in 1 cabin. P.S. there were security guards. Every morning they would wake us up at 6:00am and we went to bed at 10:00pm.

The power fan was this great tall pole that had pegs you would climb up with a full body harness on, you stepped onto one of the planks then you jumped off and your harness would let you down slowly. Even though it's actually 13 metres high when you're up there it looks like 50 metres it's so trippy but when you jump it's so fun.

The giant swing was incredibly fun. Most people in each 6 groups expanded their comfort zone and their courage metre. Especially the kids who said they wouldn't go 12 metres. When they up there they decided to go higher. It was so amusing.

The high ropes was the lowest harness activity out of them all but still took courage. It was an obstacle course on ropes. After the obstacles course we got to go and do the zip line.

Overall it was an awesome trip and we recommend going there. The teachers even had fun too!

By Mikayla, Phoebe, Ella and Finn



More photos to follow

