



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 6

Friday 6 March 2020

CALENDAR

March

- 9-10 Hunter Basketball**
- 11 Nic Newling Parent Presentation @ GLC**
- 11 Zone Football**
- 12 Zone Rugby League**
- 16 School Photos**
- 16 P & C Meeting 5.30pm**
- 20 Yr 3-6 Gold Principal Assembly**
- 24 SRC Team Building Day**
- 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 K-2 Responsible Pet Ownership Program**
- 6 Zone Netball**
- 8 K-2 Responsible Pet Ownership Program**
- 9 K-2 Easter Hat Parade @ 11.30am**
- 9 Last Day of School**
- 10 Public Holiday - Good Friday**



Hadley says...



**Did you
remember your
hat ?**



Principal Report- *Mrs Annie Everingham*

We had a great Welcome Koori Breakfast on Monday morning seeing many families and siblings attending. Lots of yummy pancakes and bacon and egg burgers were consumed. Thank you so much for our community for attending and to Kerrie and Nessie Stewart for always being there for our kids! Thanks also to Kate Mutch for organising and for all the staff who attended to meet families.



We are placing a big emphasis on the playground at present and revisiting routines and expectations at recess and lunch breaks. We are a registered sun safe school, therefore need to ensure students are safe from the harmful UV rays whilst at school. To support this we have a **'No Hat, No Play'** policy. Students without hats may sit under the COLA during breaks until they get a school hat. These are now available at the front office as well as from the online clothing shop. The P & C have sourced cheaper options that still provide the safe coverage. The new school hat was chosen by the Student Representative Council and is the only hat we now have on sale. If you have any concerns re purchasing these please let me know.

We are also working hard on sitting down for our eating time. By doing this we have noticed that a large amount of students are

not ordering their lunches and are waiting until after the lunch bell to purchase food. We are reinforcing that lunch orders must be made on arrival to school. This clears the canteen lines up for students collecting lunch orders only and who have purchased their food before going into class. At 1pm students can then go to the canteen to buy other food after their lunch is eaten.

Don't forget we also have an online option for ordering food from our canteen. Go to quickcliq.com.au

We are also noticing students arriving to school very early. Supervision at school does not commence until 8:25am. We are very fortunate to have a Before and After School Care on our site for children to safely attend before school opens and after school finishes. Their number is 6554 8905 or mobile 0423 328 040.

On Wednesday I had lunch with the school captains and vice captains as is customary each new year. This is a great opportunity for the leaders of our school to informally tell me what they believe is going well in our school and what they think we can work together on and improve. This years lunch meeting was again another confirmation of how well the school community chose its leaders. So responsible and forward thinking. It was a pleasure. We now have some great ideas to share with the other school leaders and the SRC.

**Annie Everingham
Principal**



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



**Respect
Safety
Personal Best**

Our PBL for the coming week

Classroom Expectations

Specific skills to be taught:

1. Safety

2. Respect

3. Personal Best

This week the children will be focussing on their own classrooms expectations in the areas of learning and behaviour on a daily basis with their classroom teachers.

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

Penny Holm

I am very fortunate to have been a teacher at Forster Public School for a long time. I work with dedicated, professional, caring individuals who love their jobs. My own three children were students at this school, now they are grown up and have moved away.

For years I was a permanent teacher in western Sydney, then a supply casual teacher once I had my eldest daughter. After moving to beautiful Forster, I became a temporary teacher with years of long blocks of work. After 13 years, I had the opportunity to apply for Merit Selection to become a permanent member of staff, this I achieved in 2010. It has been my privilege to teach many Kindergarten and Year 1 and Year 2 students over this time and I continue to enjoy my vocation. There is never a boring moment in the life of a teacher.

Over the many years, advances in Education have been made. Class sizes have become smaller, technology has moved ahead and nearly all Kindergarten students have attended preschool. The start of a child's education, however, begins with their family or carer.



This is me with my colleagues taking the selfie

SPORTS REPORT

FPS tennis players qualify for the Hunter region team!

Huge congratulations to Reeya, Hendrix, Finn and Maxim for successfully trying out for a place in the Hunter Region tennis team. The kids went to Newcastle last week to play off for the spots - 5 boys and 5 girls - against other hopefuls from a variety of schools. As Representatives of the Hunter Region, they will play at the NSW PSSA Tennis Championships to be held in Broadmeadow in early May. Having gotten to know these kids from my time assisting with the school team, I am positive they will represent our school brilliantly and give their absolute best efforts to the challenges ahead.

Mrs Galle – Teacher Coordinator



Zone Swimming

Such a great photo. The girls relay team smashed it! Won their heat very convincingly. All 4 girls held there own and were ahead for majority of the relay race. They were placed 4th overall - 3 full heats!! They just missed out on qualifying for state. We are so proud of them.



TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7 March	9 Hunter Basketball	10	11 Zone Football Nic Newling Parent Presentation	12 Zone Rugby League	13
Week 8 March	16 School Photos P & C Meeting 5.30pm	17	18	19	20 Yr 3-6 Gold Principal Assembly
Week 9 March	24 SRC Team Building Day	25 Hunter Rugby League	26	27 Cross Country	28 Saturday 29 P&C Bunnings BBQ



**Very soon
the Responsible Pet Education Program
is coming to visit you at your school!**



My pet dog will be coming to help teach you how to be safe around dogs and how to say hello to dog with their owners!



There will be lots of listening, role plays, singing and some dancing.



My dog may even meet you during the visit.

P&C AGM Monday 16 March

The P&C is holding its Annual General Meeting on Monday 16 March, 5:30pm in the Staffroom.

Nominations can be made for the following Executive positions:

President

- Vice-President x 2
- Secretary
- Treasurer

Nominations can also be placed for the following Representative Positions:

Public Officer (Grievance Officer)

- Uniform Shop Coordinator
- Volunteers Coordinator

The Constitution and By-Laws for the FPS P&C Association can be viewed at <https://forster-p.schools.nsw.gov.au/supporting-our-students/p-c.html>

Only members can hold a position and vote in the election. Membership is \$1 and can be paid on the night.

We would love to have some new members join us. Hope to see you there.

NEXT P&C MEETING

Monday 16 March

AGM

5:30pm Staffroom

All welcome!

**We are a sun
safe school**





Active OOSH

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 \$3.08 a session.

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

PH: 02 6554 8905 E: info@activeoosh.com.au W: www.activeoosh.com.au

The School Photographer

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

Photo Day: MONDAY 16 MARCH

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



players wanted : Girls & Boys Auskick u11's u13's u15's training Tuesday & Thursday 6-7pm Wrigley Park Taree contact information Joe Taylor 0418 758 983



PLAYERS WANTED

The below clubs have indicated minimal places available (as at 5/3/20)
Contact your club ASAP if you are yet to register to avoid missing out.

Camden Haven - U8/9/10/12 Girls, U8/11/14 Mixed
Cundletown - U9, U12, U15, U16, U18
Gloucester - U14, Mens
Hallidays Point - U13, Mens
Insa - U7/10 Girls, U7/12 Mixed
Kempsey Hornets - U6, U7, U8, U10, U12-U14, Womens, Mens
Lower Macleay - Womens
Moorland Devils - U12
MVR - U7, U8, U12, U16 Girls, U16, Womens, Mens
Old Bar - U12, U13
Pacific Palms - U12
Port FC - U6/7/9 Girls, U8/8/10/13/14 Mixed, Womens, Mens
Port Saints - U9/10 Girls, U10/11/12/13/14/16 Mixed
Port United - U12/16 Girls, U8/8/10/13/15 Mixed, Mens
South West Rocks - U16 Girls
Taree - U6, U7, U8, U10, U12, U13, U18, Womens, Mens
Tinonee - U6, U10, U14, Womens
Tuncurry - U6, U7, U8, U9, U10, U11, U12, U15, U18, Womens, Mens
Wauchope - U10, U18
Wingham - U8, U10, U13, Mens
Western Phoenix - U11, U12, U15

Contact club for more information.
www.footballmidnorthcoast.com/fmnc-clubs/

Writing Competition 2020 Tell Me a story

Primary- Years 3-6

Year 3 & 4- Up to 500 words

Year 5 & 6- Up to 750 words

Prizes to be won!

Due by 27.3.20 to your class teacher



21 MAR 2020

Surfing the Spectrum Summer Tour 2019/2020 - Forster

One Mile Beach, Underwood Road Forster, NSW 2428

1200 pm - 300 pm AEST

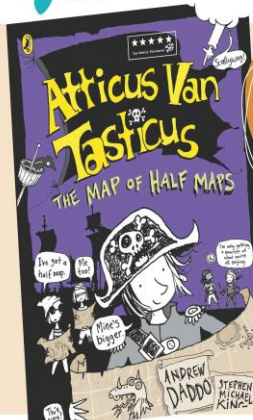


REGISTER

<https://surfingthespectrum.org/>



Libraries



Author event

Join us for a special event with renowned and multi-award winning picture book author and illustrator Stephen Michael King, for the release of his junior series *Atticus Van Tasticus*

Forster Library, Saturday 21 March 2.00pm

Copies of the book will be for sale at the event



For more information and tickets visit midcoastlibraries.com.au/events

Explore Connect Learn Enjoy

www.midcoastlibraries.com.au



Why am I a member of the P&C?

As a full time working parent, with a partner that works shift work it was hard to commit to contributing to our son's class routine. We wanted to routinely help with class activities but with our work commitments it wasn't possible. That's when we considered the P&C. We must admit that we were apprehensive about P&C, we didn't know what it entailed and had heard many general stereotypical stories/perceptions about P&C committees from friends and acquaintances.

Throughout our son's kindergarten year, we'd always planned to come along to a P&C Meeting but the dates never matched our working schedule. When our son reached year one, planets aligned and we were able to attend our first meeting and from there participated in P&C associated events including NAIDOC, the Spring Ball, the Colour Run and Disco's. All our preconceptions proved to be incorrect. Joining and participating in P&C was the one of the best things we decided to invest in. Our son has immense pride in our contribution to the school, he loves the fact that we are there participating in events that are fun and worthwhile. We've formed friendships with those that may not necessarily occurred and have networked not only with school representatives, but community members and businesses to enhance the school and this has transitioned into our working and personal lives.

The P&C consists of like minded members that are committed to enhancing the schooling experience of children. Members aren't just mums, there are dad's, grandparents, siblings, aunties, uncles, carers and educators. All the members are driven to enhance the school and schooling experience of students.

If I can suggest anything, please attend just one meeting, see for yourself what P&C is all about and make a determination for yourself I think you'll be presently surprised.

Many thanks,

Alex Reid

Vice-President

Forster Public School P&C Association





FORSTER PUBLIC SCHOOL

SAFETY

RESPECT

PERSONAL BEST

Forster Public School- Head St Forster- Phone 6555 6766 - Email forster-p.school@det.nsw.edu.au

Updated information about COVID-19 (formerly referred to Novel Coronavirus)

Dear parent or caregiver

The NSW Department of Education is working closely with the NSW Ministry of Health in response to the unfolding international COVID-19 (formerly referred to as Novel Coronavirus) situation.

Further travel restriction

Effective 1 March 2020 the Federal Government has issued a travel ban on foreigners coming to Australia from Iran. Only Australian citizens and permanent residents coming from Iran will be allowed entry to Australia, and from 1 March they are required to self-isolate for a period of 14 days after departing Iran consistent with the restrictions for those entering from China. Additionally, Australians have been advised NOT to travel to Iran.

Updated advice from the NSW Government for parents and affected staff regarding COVID -19 is:

- Any student or staff member who has been in, or transited through, mainland China (not just Hubei province) or has been in Iran is excluded from work, school or child care services for 14 days from the date they left mainland China or Iran (as the COVID-19 incubation period can be as long as two weeks).
- Any confirmed case of COVID-19 will be excluded until they are medically cleared to return.
- Close contacts of a confirmed case of COVID-19 will be excluded for 14 days since last contact with the confirmed case.
- Students and staff who have returned to Australia from mainland China or Iran more than 14 days ago and have shown no symptoms are able to return to school.

The NSW Ministry of Health has processes to identify any close contacts of cases confirmed in Australia. Advice about not attending school would be provided to these close contacts by the NSW Ministry of Health. Consistent with current guidelines, students who are unwell with respiratory illness should remain at home until symptoms resolve. In accordance with the NSW Department of Education's current practice, if any student becomes unwell, the school will implement infection control guidelines and follow the advice provided by the NSW Ministry of Health as appropriate.

Maintaining good hygiene standards is an important way to reduce the risk of acquiring and spreading respiratory infections. Parents and caregivers are asked to promote good hygiene, including handwashing with soap as handwashing is the single most effective way to reduce the spread of germs that cause respiratory disease.

The NSW Ministry of Health has advice and resources about COVID-19 in English and Chinese.

The NSW Department of Education will continue monitoring the COVID-19 situation and provide parents and caregivers with updated information about the virus.

Annie Everingham

Principal

Forster Public School proudly stands on Worimi land.