



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 1 Week 7

Friday 13 March 2020

CALENDAR

March

- 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
- 28 Students Return to School

**School
Photo Day
Monday
16 March**



Principal Report- *Mrs Annie Everingham*

Good afternoon to our school community.

We have a really busy term this term with photos just around the corner, in fact on Monday of next week!. We are trialling a new photographer company this year and will be looking forward to your feedback once the goods have been delivered. Please ensure your student wears full school uniform on the day. We have two groups of photographers working all day, which means we will get through the whole school all on Monday, instead of over two days.

We also have Cross Country, Walkathon and Easter Hat Parade before the end of term. Please see newsletter for dates and Skoolbag app for details.

Parent/Student/Teacher interviews will take place this term in the last few weeks. Each stage will send out invitations to you to book in a time to meet with your child's teacher to discuss their progress and future focus. This year we are trialling a new booking system that is used successfully in many schools. Details will be distributed soon. Please take advantage of this opportunity to touch base with your child's teacher early on in the year so that we can work together to maximise your child's learning experience.

As most of you may be aware Miss Mills has gone on maternity leave and is eagerly awaiting the arrival of her baby. Taking her place in this period is Mrs Cathy McPherson. We are looking forward to hearing about her new arrival soon!

Our band/music coordinator has unfortunately injured herself and will not be able to continue with her role this term. Marissa Holland and Tanya Berry will be assisting and continuing on the program in her absence.

We have had two staff members get married last weekend! We wish Mr Roan Whiteman and his new bride Catie and Ms Leah Jenkins and her husband, Jarryd years of happiness and love.

In my walks around the school lately I am

forever blown away by the hard working dedicated staff at Forster Public School who work tirelessly to ensure students are engaged and progressing. Every child shines in their own area of skills and passion. Some in sport, some in music, some in debating, some in dancing, some in writing, some in maths, some in science, some in visual arts....and the list goes on. It is our role as educators to find out what motivates and excites the children and to make their learning relevant and meaningful. Not an easy task when there are so many variations in just one room! But we are up for the challenge and work well as a team to continuously learn and grow in our own field of choice.

As a school we are addressing the coronavirus situation with guidance from the Department of Education and Health. I have sent numerous flyers and updates through the newsletter and skoolbag app. The most important thing for us as a school to do, is to maintain quality handwashing routines, which all teachers have been informed of. And to cough and sneeze into tissues or elbow if no tissues are available at the time. We also need to ensure students that are displaying signs of illness are sent home to recuperate and/or see their doctor as per usual with flu symptoms. A sheet has been attached to this newsletter to support you in explaining this situation to your children and some easy routines you can follow as parents/carers to minimise the spread of any germs. Thank you for your understanding.

It is that time of the year again when we ask families to complete a short survey from Tell Them From Me. This guides our school in decision making and distribution of funds. A letter went home this week to explain the process and to request families complete it and return asap. Thanks.

Have a great weekend.

Annie Everingham

Principal

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



Respect
Safety
Personal Best

Term 1 Week 8 - Our focus for the coming week's PBL lesson:

Learning Intention: The Traffic Lights is a whole school system which is used in all classes, to support students to remind them of the expected behaviour at point of time. It is as follows:

GREEN LIGHT: fair warning- students is given a verbal reminder of the expected behaviour (if they are not complying)

ORANGE LIGHT: Chill out space in classroom (10 minutes with a sensory box or calming pictures around the area)

RED LIGHT: If the inappropriate behaviour continues the student moves to the Buddy class for 10 minutes to sit with a sensory box.

If the student refuses the Assistant Principal is called for assistance.

After each session the Traffic Lights are reset and the students starts a fresh.

This system is used to support students to understand what the expected behaviour is and to enable them to calm and return to work.

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:

- | | |
|---|---|
| ➤ Follow teacher instructions | ➤ Ask for help if needed |
| ➤ Care for others and their belongings | ➤ Be in the right place at the right time |
| ➤ Follow class behaviour expectations | ➤ Always walk in the classroom |
| ➤ Stay on task move around the school in | ➤ Do your best at all times |
| ➤ Use school talk and say please and than | ➤ Allow other students to learn |
| ➤ Be on time and prepared | |

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.

Clean Up Australia Day

Here is 2/12 making posters about our environment! On 'Clean up Australia Day' we learnt about recycling, and discussed our responsibility to keep our beaches and land clean and beautiful.



Introducing FPS Staff –Mrs Lesley Connor

Hi, my name is Lesley Connor and I have been working at Forster Public School since 2001.

I am a School Learning Support Officer in the Support Unit. My job over the years has allowed me to work alongside many terrific teachers and students.

A highlight of my job, was a few years ago, whilst I was shopping. A mother of a student I had worked with came and thanked me for the care, support and guidance I gave her son through his schooling at Forster Public. How wonderful is that!

I like reading books and walking my dog after work and on weekends. I love spending time with my beautiful family.



TERM 1 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
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
Week 10 March/ April	30	31 Zone Touch Football	1 Back up Date School Cross Country	2	3 K-6 Walkathon

MIDCOAST council Libraries

Atticus Van Tasticus
THE MAP OF HALF MAPS
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

21 MAR 2020

Surfing the Spectrum Summer Tour 2019/2020 - Forster

One Mile Beach, Underwood Road Forster, NSW 2428

12:00 pm - 3:00 pm AEST

<https://surfingthespectrum.org/>

REGISTER

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!



Hadley says...



Did you
remember your
hat ?

Year 5 News

Year 5 commenced their first kitchen garden sessions again this week. The students loved revisiting their kitchen skills and demonstrated their interest and knowledge in hygiene/cleaning, composting, food preparation and safety skills when using knives. Students worked together in groups to all contribute to making an ever popular dish - Cabbage salad.

It was lovely to see students working together for a common goal as each group chopped, shredded, grated, toasted, and mixed ingredients to make their salad.

The highlight was eating the salad and the students enjoyed the experience of eating a meal together and discussing various healthy foods that went into the salad. It's amazing what everyone will eat when they have had opportunities to contribute to the final product!

We enjoyed the opportunity to work with many parent volunteers who kindly offer their time to help support students in this program. We look forward to our next lesson in the kitchen in a fortnight.



Harmony
DAY 21
MARCH



www.harmony.gov.au

KINDY STUDENTS

The teachers of our new Kindergarten students would like to say how well the students are settling in. They are lining up, beginning to read and write and count too. They are making friends and playing safely. In the mornings the students are supervised in the lining up area. Your precious child may now be ready to walk in the gate and then walk over to the supervised area. We are more than happy for carers of Kindergarten to continue to accompany these young students to lines, and at the same time we want to encourage their confidence and resilience. The teacher on duty is there to make sure the students are safe and he/she wears a bright vest to be easily found. We thank carers for all their care and we want to say well done.

TUNCURRY CAMPUS OPEN VISIT

Tuesday 17 March Venue: Hall

5.45PM for a 6PM start

We would like to extend an invitation to year 3, 4, 5 & 6 students and their families to attend Tuncurry Campus on Tuesday 17th March at 6pm to learn more about what we have to offer at our Campus, and tour our facilities. Take the opportunity to meet key staff members and ask questions about the secondary education opportunities that are provided by Great Lakes College Tuncurry Campus.

If you could please place this notice this on your Facebook, website or other avenues for parents to see and place the date on the calendar this would be greatly appreciated. A letter will follow this for you to hand to all students.



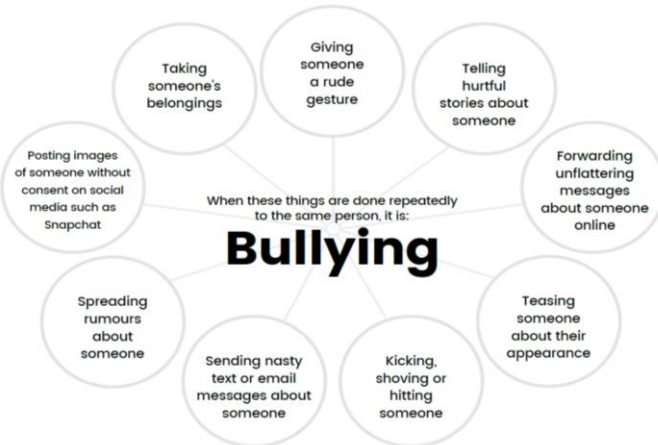
What is bullying?

Bullying has three key features:

1. It involves a misuse of power in relationships.
2. It is ongoing and repeated.
3. It involves behaviours that can cause harm.

It can be:

- verbal, physical or social
- in the open (overt) or hidden (covert)
- online bullying is using technology such as the internet or mobile devices to bully someone
- single arguments or fights are not defined as bullying. However they should be taken seriously and resolved.



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

MONDAY 16 MARCH

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

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 dogs with their owners!

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

My dog may even meet you during the visit.

Writing Competition Pacific Palms Writers Festival

Infants: K-2
Primary 3-6

*Story inspired by the local area.

Infants: a maximum of 250 words

Primary: a maximum of 500 words

Due 27.3.20



**We are
a sun
safe
school**





FORSTER PUBLIC SCHOOL

SAFETY

RESPECT

PERSONAL BEST

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

10.3.20

Dear Parents,

Updated information for parents and carers about COVID-19 formerly referred to as Novel Coronavirus (Novel Coronavirus) 6 March 2020

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 restrictions

Effective of 5 March 2020, the Federal Government has issued updated advice on travel restrictions on foreign nationals (excluding permanent residents of Australia) coming to Australia from the Republic of Korea (South Korea).

Current advice from the NSW Government for parents and affected staff is:

- ☐ Any student or staff member who has left, or transited through mainland China since 1 February, Iran since 1 March or the Republic of Korea (South Korea) since 5 March, is excluded from child care services, school or work for 14 days from the date they left mainland China, Iran or the Republic of Korea (South Korea).
- ☐ 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 and have shown no symptoms during the 14-day self-isolation period are able to return to child care services, school or work.

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, Chinese and other languages

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

Telephone Interpreter Service

If you need further information please call your school principal. If you need an interpreter to assist you with your enquiry please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. This service will be free of charge to you.

Kind regards,

Annie Everingham

Principal