



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 3 Week 7

Friday 4 September 2020

CALENDAR

SEPTEMBER

6 Father's Day
7 P & C Meeting

25 Last Day of Term
3

OCTOBER

12 Students Return
to School Term 4

School Canteen



Online ordering at
quickcliq.com.au



Principal Report – *Mrs Annie Everingham*

This is the last day for you to be able to have your say via our Community Survey. I have attached the link again for those of you who missed it.

<https://forms.office.com/Pages/ResponsePage.aspx?id=muagBYpBwUecjZOHJhv5kSykyuaj4ChLi07c-uu1mIUMEJBNOI5N0U2MIM5UjYxSzFMMjhVR0JQRi4u>

On one of my walks around the classrooms this week I was reminded of how amazing our students are and how many of our students are aiming for their Personal Best in all that they do. It is lovely to be apart of this learning culture.

I must also congratulate you all out there, as the manners and respect from so many students is a credit to you all. I think we get blinded sometimes by the challenges and day to day issues that occur in all schools and communities...we need reminding about the abundance of good things right under our noses!

One of my most favourite things as a Principal is when students want to come to my office and share their completed work with me. The smile and pride on their faces is magic! We love celebrating those individual successes, whether they are big or small.

Don't forget to enrol your Kindy student for 2021! We have ordered our Kindy 2021 T-shirts ready to give out next term and look forward to meeting all our new students and families soon.



We have our Positive Behaviour for Learning core values, Respect, Safety and Personal Best, being created onto large metal totem poles that will be erected in the playground between the Primary Cola and the Retreat. This will be a reminder of what we are working towards each day to help us become great citizens and contributing community members.



Just a reminder that we are a sun safe school and all students are to have hats please. Students without the school hat are offered play areas under the shade and COLA. The Clothing Pool ran by the P & C have hats for sale for \$10. You can purchase these online at <https://fspandc-uniformshop.square.site>

Have a great weekend.

Annie Everingham
Principal

News from the Kitchen / Garden

Years 3 & 4 got to enjoy Warrigal Green Scrolls in their lessons this week & also had a garden talk about identifying "where do I live" and made posters.

Years 5 & 6 got to enjoy Pumpkin Cake with a refreshing Lemon Myrtle Sparkling Iced Tea and had a talk about "not all weeds are bad weeds". Some weeds like the Dandelion plant can be used in salads and cooked and the roots can be dried and ground and used as a coffee substitute!



Warrigal Green & Feta Scrolls

Type: Starter Serves: 48 Recipe source:
From the Garden: (or technique)
Cooks Note:

EQUIPMENT:

Chopping boards
Knives
Metric Measuring spoons
Scales
Large bowl for mixing
Cooking tray

INGREDIENTS:

1 frozen puff pastry
2 2 tsp olive oil
50g warrigal greens
45g parmesan cheese
30g crumbled feta cheese
Pesto sauce for drizzling (optional)

What to do:

1. Preheat oven to 200C
2. Lay puff pastry out to defrost
3. Shed precooked Warrigal greens into fine pieces, add to bowl and mix with olive oil, parmesan, feta, salt and pepper.
4. Lay puff pastry onto a flour surface
5. Spread warrigal mixture evenly over the pastry
6. With the longer side of the pastry rectangle facing you, roll the pastry by pushing forward and wrapping the ingredients into a long roll.
7. Once the pastry is completely rolled up into a big "log" wrap it in cling wrap and place it in the freezer for 30mins. This will make it easier to cut into circles.
8. Line a large baking tray with baking paper and set aside.
9. When you take the pastry roll out of the freezer use a serrated knife to slice it into 24 even "spirals".
10. Place on baking sheet and bake for 20mins or until golden.

Pumpkin Bars

Type: Sweet Serves: 30 tastes Recipe source: Elwood Public School
From the Garden: Pumpkin

EQUIPMENT:

Knives
Baking Paper
Scissors
Potato Masher or fork
Large saucepan
2 large bowls
Wooden spoon
Slice pan

INGREDIENTS:

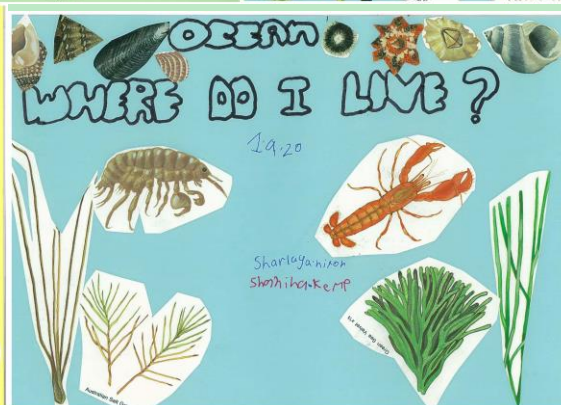
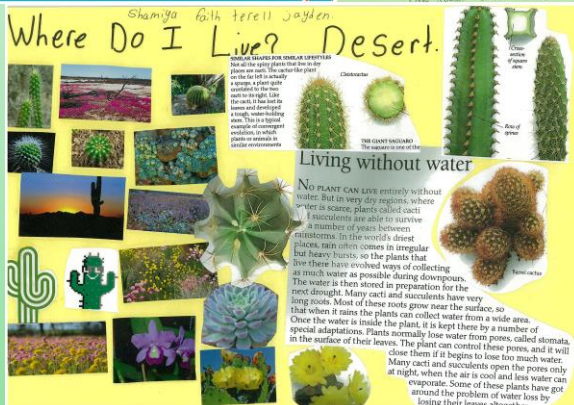
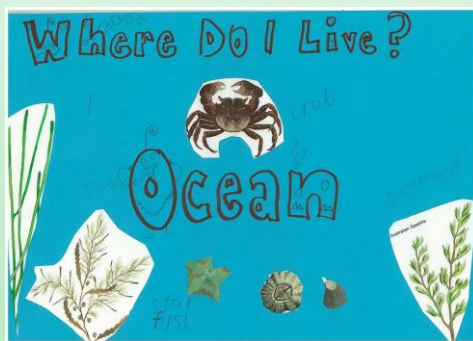
1 ½ cups self raising flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon nutmeg
1 teaspoon cinnamon
4 eggs
2 cups brown sugar
2 cups mashed pumpkin
½ cup olive oil
450g Pumpkin to prepare for next class

What to do:

1. Half fill medium saucepan with water and place on the stove to boil
2. Line slice pan with baking paper
3. Scoop pumpkin out with slotted spoon into a large bowl
4. Mash pumpkin with a fork or potato masher until mushy with no lumps and set aside to cool
5. In another large bowl combine flour, salt, baking soda and spices and mix well with wooden spoon
6. Add eggs and beat well then add sugar and then oil
7. Add pumpkin to bowl and mix until combined
8. Pour into a slice pan lined with baking paper
9. Bake 180 degrees Celsius for 30 minutes
10. While slice is baking peel and cut pumpkin into small cubes
11. Place pumpkin into boiling water in saucepan and cook until tender.
12. Place a metal strainer over a mixing bowl and scoop pumpkin out of saucepan with a slotted spoon into the strainer. Let pumpkin drain and set aside for next class
13. When slice is cooked remove from pan, cool slightly and cut into bars



3-6/32 Garden Classes "Where Do I Live?"



P & C Notice of AGM



Happy Friday Forster Public School Community!

What a lovely week it has been weather wise! I'm sure we are looking forward to the warmer days ahead of us, full of sunshine. The Uniform Shop has lots of supplies in stock to help get through the warmer weather including the new style school shorts and skorts (microfibre with contrast piping). Both are super comfy, super light and are \$20. Uniform can be ordered via the online uniform shop at <https://fspandc-uniformshop.square.site> with items delivered to your child's classroom or collection from the School Office.

Monday, 7 September at 5:30pm is the new date for the P & C's AGM.

P & C Membership is only \$1, you will need to be a member to vote or stand for a position at the AGM or any other meetings moving forward.

Positions available are:

- President
- Vice President (two positions)
- Secretary
- Treasurer
- Uniform Shop Coordinator
- Volunteer Coordinator
- Public Officer (Grievance Officer)

The P&C isn't just about school discos, cake stalls, fundraisers and meetings. There are many ways that you can support our school by being a member of the P & C. We are currently seeking existing and new members that may be interested in assisting with recruitment panels for teaching and other positions within the school. If you are interested in becoming a member, standing for a position or assisting with future recruitment, please email the Committee at forsterpublicschool@pandcaffiliate.org.au

We hope that all the fathers, grandfathers, uncles, brothers, carers and other family members have a wonderful 'Father's Day' this Sunday! Thank you for being there for your family!

JOKE OF THE WEEK:

What did the baby corn say to mumma corn?

--- Where's Popcorn?!

Alex Reid

Vice President (one of) & Secretary

Forster Public School proudly stands on Worimi land

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

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



**Respect
Safety
Personal Best**

**Term 3 Week 8 - Our focus for the coming week's PBL lesson:
Being respectful, compliant and use positive school talk without frustration or aggression**

Learning Intention: To understand the importance of respect and compliance and why good language is the key to positive relationships.

Why is it important? Students need to understand that being respectful and considering others is important in daily life even when things are tough.

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:

- Use school talk and manners when speaking to others
- Be responsible for yourself
- Follow teachers directions
- Be responsible for yourself
- Be on time and prepared
- Allow other students to learn
- Do your best at all times
- Care for your own and other's property
- Allow other students to learn
- Do your best at all times
- Follow class behaviour expectations
- Ask for help if needed
- Stay on task
- Use your class pass when leaving the room
- Participate in a positive way

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.

NDIS VIRTUAL CONNECTION DESK

We are excited to be able to offer families a new supportive service, Connection Desks!

Two to three a times a term we will be hosting meetings with NDIS representatives and families who might have any questions about NDIS. You might have a question about whether you are eligible for this support, maybe you have an NDIS package and you're not sure what to do or you would like to make changes to your package? A Forster Public School Learning and Support teacher will connect with NDIS through Zoom (online platform). Please ring the front office to book an appointment.



Uniting Local Area Coordination Services
**NDIS Virtual Connection Desk
at Forster PS**

Do you have questions about the NDIS?
Do you need assistance to access NDIS?
Do you need help using your NDIS plan?

Make an appointment via our school office for a Zoom or phone booking with representatives from Uniting Local Area Coordination Services, partners in the community on behalf of NDIS

Appointments available

Wednesday – between 10.00am – 12.00pm
9 September | 16 September



JERSEY DAY

On Friday 4 September FPS proudly took part in Jersey Day 2020. All students were encouraged to wear their favourite sporting jersey to school. Jersey Day is an awareness raiser rather than a fund raiser, there was no money collected.

“Jersey Day has been inspired by the story of Nathan Gremmo who was tragically lost in an accident in May 2015. Nathans family chose to give the gift of life to others to honour the legacy of Nathans generous personality.”

For more information around this cause please head to the website below:
<https://www.jerseyday.com.au/>

JERSEY DAY



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TERM 3 School Planner

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8 September	7 P&C Meeting 5.30pm via Zoom	8 1/*	9	10	11
Week 9 September	14	15	16	17	18
Week 10 September	21	22	23	24	25 Last Day of Term 3

BIRTHDAY CELEBRATIONS

Due to the current Covid 19 situation, our school is undertaking extra precautions and higher sanitisation.

Students are not allowed to share food and drinks at school. We also ask that parents do not send cupcakes, birthday cakes or any other homemade items to share with the class. An option may be to send in individually wrapped treats such as Freddo Frogs.

We appreciate your support.



"Then and Now" Photos

Our Year 6 students have traditionally brought in a baby photo and a current photo to be displayed in a slideshow on the night of their farewell. The slideshow is a highlight of the evening and the students look forward to it. The two photos need to be brought in before the end of Term 3 (Friday 25 September 2020).

The photos can be emailed directly to: renee.henderson7@det.nsw.edu.au or brought in on a USB.

Alternatively, students can bring the photos in and the teachers will scan them and return them before the end of term. The photos need to be good quality prints that are clear and appropriate to an audience. Any children unable to provide their own photo will be represented using their most recent school photo.

YEAR 6 STUDENTS

Community Survey

We are currently evaluating our current school plan and looking towards the next four years. We would love for you to be part of this process. Please access the link below to complete the "Community Survey for our new School Improvement Plan 2021-2024." We appreciate your support.

<https://forms.office.com/Pages/ResponsePage.aspx?id=muagBYpBwUecIZOHJhv5kSykyuaj4ChL07c-uu1m1UMJEJBN0I5N0U2MIM5UjYxSzFMMjhVROJRi4u>

NEXT P&C MEETING

AGM



Monday 7 September

5:30pm via Zoom.

If you are interested in being a part of this meeting, please send an email and we will forward you the Zoom link.

forsterpublicschool@pandcaffiliate.org.au

Is Your Child Coming to Kindergarten in 2021?

**We are now taking enrolments.
Your child must be 5 by 31 July 2021.**

Enrolment packs are available at your local preschools or can be collected from the front office.



Kindergarten

Brought to you by Active OOSH

ACTIVE Mornings

START YOUR DAY THE RIGHT WAY!

- A brand new sports program made based on what kids want!
- Stay healthy, keep fit and most of all HAVE FUN.
- Learn some new skills with our awesome, qualified staff.
- Prices start from as low as \$3.08 per session and is completely FREE for anybody attending Active OOSH that morning.
- Breakfast Included - Suitable for all ages

LIMITED SPACES AVAILABLE ENQUIRE TODAY!!

TURN OVER FOR MORE DETAILS ON HOW TO BOOK AND GO IN THE DRAW TO WIN AN IPAD MINI

Please fill out and hand this sheet into the Active OOSH at your school.

Child/ren Name/s: _____

Active Mornings is running every school day from 6.30am until the bell rings at school. Join in on a booked session at whatever time suits you. Breakfast will be provided.

We recommend that you make a regular booking to guarantee a spot. Regular bookings can be cancelled at anytime and won't be charged if more than 24 hours notice is given.

I/we would like to go on the following days: (Please Tick)

<input type="checkbox"/> Every Monday	<input type="checkbox"/> I am already enrolled at Active OOSH
<input type="checkbox"/> Every Tuesday	<input type="checkbox"/> I am NOT enrolled at Active OOSH
<input type="checkbox"/> Every Wednesday	(You will need to but don't worry enrolment at Active OOSH is free!)
<input type="checkbox"/> Every Thursday	
<input type="checkbox"/> Every Friday	
<input type="checkbox"/> On A Casual Basis (Casual spots are not guaranteed)	

Starting From: NOW or Date: _____ (Please Circle)

Favourite Sport/s: _____

Parent/Carer Name: _____

Parent/Carer Contact Number: _____

For all other enquires or bookings via phone call/text: 0407 903 979

ALL CHILDREN WHO BOOK IN AT LEAST ONE SESSION WILL GO IN THE DRAW TO WIN AN IPAD MINI

FOR ADDITIONAL INFO OR T&C'S VISIT OUR WEBSITE ACTIVEOOSH.COM.AU

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Why SunSmart hats? Skin cancer is the most common cancer in Australia. Two in three people who grow up in Australia will be diagnosed with skin cancer in their lifetime. Overexposure to ultraviolet (UV) radiation causes at least 95% of all skin cancers. This means that when you protect your skin, you reduce your risk. SunSmart hats, **such as broad-brimmed** style hats, protect the face, head, back of neck and ears, and can reduce the amount of UV reaching the eyes by 50%. Baseball caps are not SunSmart as they leave parts of the face, neck and ears unprotected from the sun's harmful UV. All three education sectors encourage schools to provide a safe and supportive environment for all students. SunSmart hats, as part of a school uniform policy, promote the health and wellbeing of students and reinforce a sense of belonging and pride, helping to eliminate any risk of peer pressure that could exist if non-SunSmart hats are allowed.

Attitudes and beliefs towards SunSmart hat wearing

Common attitudes or beliefs held by students or teachers in schools that may lead to non-SunSmart hat wearing behaviour include:

- ★ The perception that a SunSmart hat is not "cool" or fashionable.
- ★ The SunSmart hat doesn't look how they want or feels uncomfortable.
- ★ Low awareness and knowledge of best practice sun protection and its importance

Our Sun safety Hats are available from the Uniform shop and can be bought on line using EFTPOS. Please ensure you encourage your child to wear the schools Sun safe hat to school.

MONDAY SEPT 28
BIG BOX CITY
Unlimited boxes to make whatever you want! Today we will be using boxes of all shapes and sizes to make our very own box city. What masterpiece are you going to build?

TUESDAY SEPT 29
ADVENTURE SPORTS CUP
Today we will be forming teams and then battling it out to see who can win the Adventure Sports Cup. Tug o' war, egg and spoon races and archery will be held just to name a few.

WEDNESDAY SEPT 30
PUMP MY RIDE
Ride your wheels in for the ultimate makeover in the Active OOSH pop up workshop. Want some cool accessories to make it stand out amongst the crowd? We can even make it sound like a motorbike.

THURSDAY OCT 1
SPRING COUNTRY FAIR
Roll up, roll up to the Spring Country Fair. Grab your tickets at the start of the day, guess the jelly bean jar, then play some fun carnival style games and win some awesome prizes.

FRIDAY OCT 2
TRIPLE TREAT CINEMA
That's right! The cinemas are closed so we are having our very own movie marathon at OOSH on the big screen. Drink, popcorn and chocolate provided.

MONDAY OCT 5
PUBLIC HOLIDAY
COVID SAFE

TUESDAY OCT 6
TEEN TITANS GO
Okay Super OOSHIES let's make some super gadgets like spy phones, invisible ink and exploding Kinder. Surprise eggs to help you fight crime and save the day! We will have lots of super activities on offer.

WEDNESDAY OCT 7
TRICK, TREAT OR SLIME
Want to hear some skeleton puns? They're very humorous. Just like the range of scary and fun activities we have planned today. It's gonna be a great Halloween. I can feel it in my bones!

THURSDAY OCT 8
PIZZA, GELATO & SPORTS
Does it get much better than this? Today we will be ordering in pizza, eating ice cream and then playing some of our favourite sports at OOSH. Maybe not in that order....

FRIDAY OCT 9
CLICK AND COLLECT
Today we are jumping online to order our very own toys to take home. They will then be delivered before your parents pick you up. What are you going to spend your \$10 on?

CHECK OUT OUR NEW
OOSH TV
YOUTUBE CHANNEL

HOW FAST CAN YOU COMPLETE THIS MAZE?

HOW TO MAKE A BASIC PAPER AEROPLANE

Active OOSH BOREDOM BUSTERS

HOMEMADE FLUFFY SLIME

INGREDIENTS:
- WATER
- PVA GLUE
- SHAVING CREAM
- FOOD COLOURINGS

INSTRUCTIONS:
1. IN A MEDIUM BOWL, MIX 1/2 CUP GLUE AND 1/2 CUP OF WATER. ADD A FEW DROPS OF FOOD COLOURINGS IF YOU WANT COLOURED SLIME.
2. IN A SMALL BOWL, MIX 1 CUP SHAVING CREAM WITH 1 CUP WATER. STIR UNTIL ALL IS DISSOLVED.
3. ADD THE GLUE MIXTURE TO THE SHAVING CREAM SOLUTION, STIRRING SLOWLY. WHEN THE SLIME BEGINS TO SET, YOU WILL NEED TO KNEAD IT BY HAND UNTIL IT FORMS.

Bring your bike, scooter or skateboard to OOSH. Don't forget your helmet and other safety gear.

Please make sure you confirm your enrolment using MyGov to reduce your fees.

To see all the fun filled activities on offer for each day visit activeoosh.com.au

Operation Times: 7am - 6pm TO MAKE A BOOKING CALL OR TEXT 0407 903 979 Email: accounts@activeoosh.com.au

TAREE TOUCH
Junior State Cup
Rep Trials

Monday 7/9/20 & Monday 14/9/20
U10s - 5:15pm
U12s - 6pm
U14s - 6pm

Monday 21/9/20
Final Trial
U10s - 5:15pm
U12s - 6pm
U14s - 6pm
U16s - 6:30pm
U18s - 6:30pm

See our FB page for further details

ALL PLAYERS BORN IN 2003 - 2012 ARE WELCOME TO TRIAL

COME AND TRY TOUCH FOOTY!
CALLING ON BEGINNERS!

Taree Touch
Come & Try Afternoon
6-8 year olds
Monday 7th September
Taree Rec Centre
4:15pm - 5pm

