



# Forster Public School Newsletter



Respect

Safety

Personal Best

Term 4 Week 4

Friday 29 October 2021



Forster Public School

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## Principal Report – Mrs Lorelle O'Brien

Dear Parents and Carers,

Today is World Teacher's Day, where we recognise and celebrate the incredible contributions teachers have made. I would like to thank our wonderful teachers who go above and beyond every day to support our students and families. You are amazing!



### teachers

By Kevin William Huff

Teachers  
Paint their minds  
and guide their thoughts  
Share their achievements  
and advise their faults  
Inspire a Love  
of knowledge and truth  
As you light the path  
Which leads our youth  
For our future brightens  
with each lesson you teach  
Each smile you lengthen  
Each goal you help reach  
For the dawn of each poet  
each philosopher and king  
Begins with a Teacher  
And the wisdom they bring.

This week I have had many students sharing their wonderful work with me.

One of the highlights was Mrs Sparks' class who shared their Superhero writing.

There are some included in the newsletter for you to read.

Kind Regards  
**Lorelle O'Brien**  
R/Principal



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

**Term 4 Week 5 - Our focus for the coming week's PBL lesson:  
I Can Solve My Problems**

**Learning Intentions:** All students will be able to express ways to solve problems and accept that some problems can't be changed but our attitudes and approaches to them can.

**Why is it important:** Students need to develop strategies to manage and solve problems, daily and understand that being overly worried and flustered can make the problem seem bigger. They need to develop an understanding not to be afraid of problems but learn to approach them with a positive attitude.

**Specific skills to be taught:** Respect Safety Personal Best  
School Rules for each value – see posters in each classroom.

**Success Criteria: Looks like/Sounds like:**

- Care for yourself and others
- Be respectful, at all times
- Be safe
- Do your best and celebrate your achievements
- Participate in a positive way
- Be polite
- Use positive talk

**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 Dojos or Hadley awards.**



**Respect  
Safety  
Personal Best**

**P & C Uniform Shop**



**\*\*\*\*\* REDUCED STOCK \*\*\*\*\***

**Polo shirts Size 4, 14, 16, small, medium, large, X large  
Clearing out for \$26  
(while stock lasts)**



**Australia will celebrate and thank the teaching profession on World Teachers' Day on Friday 29 October 2021.**

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families, and communities.

**ICAS Assessments**

Our ICAS assessments have been postponed several times due to lockdowns. New dates have been set for the assessments to take place. Dates are as follows:



- Week 3 Wednesday 20th October - Writing
- Week 4 Wednesday 27th October - Science
- Week 5 Wednesday 3rd November - Mathematics
- Week 6 Wednesday 10th November - Mathematics
- Week 7 Wednesday 17th November - Spelling Bee

Families of students who have entered the writing assessment have been contacted regarding this. At the moment, whilst we are under Level 3 restrictions, we need to hold the competitions outdoors, so will be utilising the space outside the OOSH rooms.



Year 6 students are being offered the opportunity to purchase a graduation bear or ball for their friends to sign. The signature bear or ball is a great memento of their school year, which they will treasure. This is a non-compulsory, optional purchase for all Year 6 students. Orders and payments need to be returned to classroom teachers by **Monday, 8<sup>th</sup> November 2021.**

Students can choose from:

- Graduation Bear- \$17.00
- Graduation Football- \$15.00
- Graduation Soccer Ball- \$15.00



## NSW Multicultural Perspectives Public Speaking Competition

Congratulations to Hannah, 5/2, who recently competed in the North Coast regional final in the Years 5 & 6 category. She performed extremely well and received excellent feedback from the adjudicators for both her prepared and impromptu speeches. We look forward to next year's competition and many more wonderful speeches from Forster PS Stage 3 students.



## Kitchen Garden News



We have been busy like bees in our kitchen and garden program, harvesting and cooking many treats for the children in years 3 and above. While we have had to revise how we run the program, the children are still receiving the benefits of fresh produce from the garden and knowledge through video's and work sheets on how we prepare and cook the food for them.

This term they have had Kale chips, Banana & Raspberry Bread and Beetroot Brownies. Many excited faces as we handed out their individual bags of goodies.

The kitchen also has been busy making jams from our beautiful rhubarb patch and the native raspberry bush, pickles from our choko's and Lemon Myrtle tea from our bush tucker garden.

These items are available to buy. If interested, please ring or text Stefanie, Kitchen Specialist on 0412 478 623 and we can organise & deliver produce to classrooms for the children to take home.

It will be a busy time in our kitchen and garden for term 4, tidying up the weeds and harvesting the produce before the end of term and also to fit in celebrating 13 years of running the Kitchen Garden Program at Forster Public School.

## Good for Kids good for life

### Dice fitness at home

Keep active at home with a game of dice fitness. You can play as a family!

#### Equipment

Dice

List of six exercises (on paper or a whiteboard so you can see them)

#### How to play:

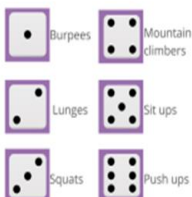
Roll the dice and do the matching exercise (for example if you roll a '3' do a squat)

Start with one repetition of the exercise and build up with each roll (for example, on your second roll do the exercise twice)

#### Change it up:

Try adding an action between each roll – you could run the length of the garden and back

Use our exercise ideas below or make your own list. Get creative!



0412 478 623 or 0412 478 623  
<http://www.goodforkids.nsw.gov.au/>





# PBL – Hadley Winners!

CONGRATULATIONS TO THE FOLLOWING STUDENTS FOR DISPLAYING  
RESPECT, SAFETY AND THEIR PERSONAL BEST.



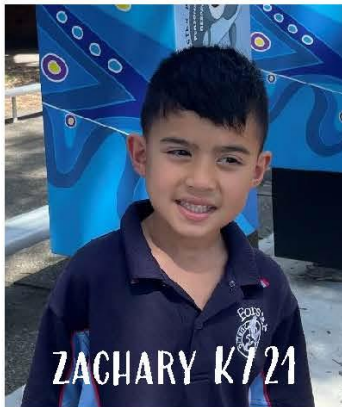
ELOISE K/25



HANNAH K/24



ISLA K/25



ZACHARY K/21



ARCHER 2/17



JAX 2/17



HUDSON 3-4/8



JATAIHA 3-4/8



PRIYA 6/9

## My Superhero by Remmy 2-16

It is clear that my Nan is the best superhero in the whole entire universe. She asks me to sleepovers, spoils me, and stops fights. If your Nan does those things then she is certainly a superhero.

Firstly, she asks me over to sleepovers. One time Maya was sick and Nan asked me over to a sleepover. Dad said "Yes" and we stayed the night. I slept in Aunty Ez's old bed.

Without a doubt my Nan is definitely a superhero because she spoils me. Whenever I come to her house for a play most of the time she has water balloons or lollies or chocolates. She always makes me happy.

It is undeniable that my Nan is a superhero because she stops fights between me and Cleo. For example, when me and Cleo were fighting who can watch the iPad. Nan made us talk about it in the playroom. When we came out we said I would watch it for 5 minutes then Cleo would.

Nan asks me to sleepovers, spoils me and stops fights. Does your nan do that? Does your nan do that? Is she your me and she your superhero?



Is your child interested in athletics. Are you as a parent interested in reliving the glory days of being a young athlete again.

Forster Tuncurry Athletics club invites all interested families to come to Tuncurry Sports Complex, Stewart Parade Tuncurry on Mondays from 5pm.

The club is a NSW Little Athletics and a NSW Athletics affiliated club catering for all ages from Tiny Tots to Seniors and allows access to a range of competitions and social running events.

The philosophy of the club is a Development and skills based model teaching athletes the fundamentals of all athletic disciplines. Each week all athletes will be put through a select number of athletic events getting instruction on how to properly participate in that event.

No child has to be the best, fastest or strongest at athletics to enjoy this great sport.

\*\*\* REGISTRATIONS OPEN \*\*\*

The upcoming season starts this Monday November 1st @ 5:00pm!

Participants must have a parent/carer present, as per NSW Health guidelines those over 16 MUST be double vaccinated.

There is a two week trial period for athletes. A try before you buy.

Active kids vouchers are accepted.

To register go to: <https://lansw.com.au/forster-tuncurry-little-athletics/>

## My Superhero MUM by Lexie 2/16

My mum is definitely my superhero. She looks after me, she helps me learn new things and she does nice things for me. Even though she doesn't wear a cape my mum is a superhero.

Firstly my mum looks after me. When I fall she helps me up and makes me feel better by putting a bandaid on it. If your mum does that they must certainly be a superhero.

Secondly my mum must be a superhero because she helps me learn new things. Like when she taught me how to make bliss balls and all yummy foods.

Everyone knows that my mum is a superhero because she does nice things for me. She buys me nice dresses, toys and pretty jewellery.

My mum just does a lot - she looks after me, helps me learn new things and she does nice things for me. My mum is my superhero. Who is your superhero?







## Approaching Our School

*A parent and community guide for communicating with Forster Public School staff*

From time to time, parents or other members of the school community may need to approach the school in order to discuss progress or wellbeing of own child/children, express concerns and/or enquire about procedures:

Forster Public School staff aim to work in collaboration with parents/carers and the wider community to ensure a positive and harmonious learning environment is maintained.

### These guidelines aim to:

- provide a way to ensure all concerns are dealt with in an open and fair manner.
- ensure that the rights of students, teachers and parents are respected and upheld.
- support sensitivity and confidentiality.
- help reach an agreed solution

On occasions, concerns may cause frustration and anxiety. At such times, it is always important to organise a time to talk with school staff in an unhurried and confidential atmosphere.

**Please note under no circumstances should parents ever speak to other children or interrupt classroom learning to discuss an issue. Schools always need to remain a safe environment for all.**

### Executive Staff Members

Assistant Principals:  
 Kindergarten- Miss Jenkins (Rel)      Year 1 and 2 – Mrs Sparks  
 Year 3 and 4- Miss Egan (Rel)      Year 5 and 6 - Mrs Mutch (Rel)  
 Support Unit- Miss Angela Coffey

Deputy Principals: Ms Buderus/Ms Hudson (Rel)

Principal: Mrs O'Brien (Rel)

**PLEASE DO NOT CONTACT TEACHERS ON THEIR PERSONAL EMAIL OR PHONE NUMBERS.**

**Teachers, parents/carers and the greater community working together to support successful learning outcomes for all.**

CONCERN	APPROPRIATE ACTION
The academic progress of own child	Directly contact the child's teacher either by: <ul style="list-style-type: none"> <li>• note</li> <li>• phone</li> <li>• or in person (please call the office and leave a message for the class teacher who will contact you to arrange a suitable time to meet)</li> </ul>
The wellbeing of own child	For minor issues directly contact your child's teacher to clarify information (see above).  For more serious concerns, contact the office. State nature of concern and arrange a suitable time to talk with class teacher or appropriate staff member.  To convey information about change of address, telephone number, emergency contact, custody details, health issues etc. Please contact the office.
Actions of others	Contact your child's class teacher for a classroom or playground problem.  Contact the classroom teacher, then Stage Assistant Principal then the Deputy Principal and finally the Principal
School policy or practice	Contact the office, state nature of concern or question and leave your details. This will be forwarded to the most appropriate staff member to discuss with you.

Please note when you ring to speak to a staff member, you may not be able to speak to them immediately. At their first available time, they will return your call. When calling the office, please state the nature of your call, leave your name and number and the office will get the most appropriate staff member to call you back.

## School Visitor Check-in

A single School Visitor Check-in system for every school across the state is coming from 18 October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds!
- Giving every school greater access to streamlined NSW Government services.
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW [COVID-19 mandate](#). [External link](#)

### Who can use School Visitor check-in

- Visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

School Visitor Check-in will be ready from 18 October at all NSW Government schools.

NSW Department of Education

# School Visitor Check-in

All visitors and contractors are required to check-in at the front office at all times.

education.nsw.gov.au