



Forster Public School Newsletter



Respect

Safety

Personal Best

Term 4 Week 7

Friday 19 November 2021



Forster Public School

@ForsterPS

School Canteen



Online ordering



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Principal Report – Mrs Lorelle O'Brien

Dear Parents and Carers,

This week we were so excited to have our playground game markings installed. We have a beautiful Hadley picture, handball courts in both cement playgrounds, an activity track, 1-36 snakes and ladders, 1-100 snake and ladders, alphabet caterpillar and a number caterpillar. It was so lovely to see the smiling faces of our students when they arrived at school. They went straight to the designs and started playing. We had a long line of students laughing, hopping and jumping whilst doing the activity track. It was great to see!

This week we have placed an order for some themed cubby houses in the Kindergarten playground. We will be having some cement slabs installed for the cubby houses to sit on. We have a fire brigade, ice cream shop and greengrocer. We are also purchasing additional toys for the students to use in the cubby houses.

We have been successful in a recent grant application. A huge thank you to Liz Maher for her work in submitting the application. The grant will support a playgroup to run once a week next year and some of the grant was used to purchase the cubby houses. This is an exciting initiative, more information about this will be provided next year.

Have a lovely weekend!

Kind Regards
Lorelle O'Brien
R/Principal



If your child has any lost property please ensure you ask them to check the Lost Property Box in the Library. Stef, from the kitchen has kindly laundered many items and they are ready to find their owners!

SAVE THE DATE

Year 6 Farewell Dinner

Monday 6th

December

5.30 – 7.30pm

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

**Term 4 Week 7 - Our focus for the coming week's PBL lesson:
Feeding the emotional self**

Learning Intentions:

Students will learn to identify the difference between negative and positive strategies for dealing with stress, anxiety, and other concerns. They will discuss the importance of 'feeding their emotional self' to build resilience and develop positive coping strategies for difficult situations.

Why is it important:

Emotional needs are a part of the normal human experience. As humans, we seek out 'emotional nourishment' in the same way that we seek nourishment from food and water. An emotional need is a state or condition that must be fulfilled for us to experience happiness and peace. Just like we can choose to feed ourselves with 'healthy food' or 'unhealthy food' you can make similar choices to feel full and satisfied when you 'feed' your emotional self. When our emotional needs are met and responded to in a healthy way, they help us to stay in balance. They are essential for both children and adults, to maintain a healthy state of mind.



**Respect
Safety
Personal Best**

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.

FROM THE LIBRARY...

Thank you to everyone who has returned their books, as it is a great help to our ongoing stocktake.

Books can still be returned to the library, but the end of the year is fast approaching! Please check for stray books at home which need to find their way back to the library.

Scholastic Book Club orders for Issue 7 have closed, and the children are very excited to receive their orders soon.

If you did miss out, the **online-only** Issue 8 orders are still open but will have to be viewed online and ordered through LOOP.

We have also been very lucky in the library, with the arrival of two beautiful brand-new books. A previous staff member kindly donated two copies of "Cookie", written by her granddaughter Isabelle Duff (book pictured below) to the school and we will be thrilled to share these books with students soon. Thank you for thinking of our lovely school!



PBL – Hadley Winners!

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



BELLA K/24



ZIGGY K/24

SAFETY



CHASE 4/4

RESPECT



IVY 4/5

PERSONAL BEST

RED AND YELLOW DAY

WEDNESDAY DECEMBER 1ST

CELEBRATING
NATIONAL WATER SAFETY DAY



To celebrate National Water Safety Day we are asking students to wear red and yellow to school on Wednesday 1st December and join in activities to raise awareness of swimming between the red and yellow flags at the beach.

Let's get our community ready for summer, and make sure we all have fun and stay safe while enjoying our beautiful water ways and beaches.



Cape Hawke SLSC Nippers

One Mile beach 9:15 Sundays

Are you looking for a fun summer activity for your child???

Cape Hawke Nippers at One Mile beach offers 5 to 14 year olds the opportunity to learn surf safety and awareness in a variety of different surf conditions while having fun and making friends.

Your child will learn how to identify rips and how to swim in the surf while keeping themselves and their friends safe at the beach.

They will also have the opportunity for personal development and leadership skills, including teamwork and improving self confidence

Come on down to Cape Hawke nippers if you want your kids to learn essential water safety skills in all surf conditions, grow their confidence and make lifelong friendships.

<https://capehawkeslsc.org.au/> nippers@capehawkeslsc.org.au



P & C Uniform Shop



***** **REDUCED STOCK** *****

Polo shirts Size 4, 14, 16, small, medium, large, X
large

Clearing out for \$26
(while stock lasts)

