

# Forbes North Public School Newsletter

October 29<sup>th</sup>, 2019 Week 3, Term 4

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**National Bandanna Day**  
Friday 25<sup>th</sup> October 2019

A huge thank you to each and every one for the support shown to Bandanna Day 2019.

Three boxes of bandannas were sold – that's over 180! Total raised for Canteen was \$900. A mighty effort by our school community to support young people who are dealing with cancer.

Mrs Janetzi





## Kindergarten 2020 Parent Information Session

Last Tuesday we held our annual Kindergarten Parent Information Session. Parents and Carers were welcomed by Mr McAlister, Mrs Scott and Mrs Karaitiana. Parents were then taken down to the Kindergarten rooms to watch a Reading and Writing lesson in action. All parents were very impressed with our current Kindergarten students in KK and KW. After visiting the classroom, parents returned to the hall to have a lovely morning tea catered by Deb and Courtney from our school canteen and had the opportunity to roam the hall and chat to our stall holders to find out lots of information about Kinder 2020. We would like to make a very special thank you to the people who made our day such a success -

- Maree Yapp and Deb Hodges-Lockwood (P and C)
- Jayden Scott (Hennocks Bus Lines)
- Miss Goodger (Office Administration)
- Miss Pavey (Speech Pathologist)
- Mrs Welsh
- Mrs Hoey (Instructional Leader)
- Ally McCleary (Scripture Teacher)
- Miss Ray (Kitchen/Garden)
- Mrs Bilsborough (School Banking)
- Mrs Nixon (Learning Support)
- Mary Hinchcliff (Ethics)



Once again thank you to all Parents and Carers for making our information session a success.

*Mrs Karaitiana*

**FROM THE PRINCIPAL.....** Here at Forbes North we are considering changing the name of term 4 to "I-Con Season"! Last week we held our fourth I-Con assembly of the year and we will be holding our fifth this Thursday October 31<sup>st</sup>. The I-Con cards are really pouring in to the front office at the moment, and we anticipate holding at least two more assemblies after this week's. Hopefully we won't run out of weeks! 😊

Seriously though, this is a wonderful indication of just how many of our students are embracing the opportunities we are providing and making positive contributions to our school and community.

Have a great week!

*Steve McAlister*

*Principal*

## High School Transition

Year 6, don't forget that transition to Forbes High School is on tomorrow from 1.30pm. Students must wear black leather shoes.

*Thank you, Mrs McCarthy.*



## **SPORT**

### **Swimming for Sport**

Years 3-6 will attend the town pool this Friday for sport. Students who have paid the school voluntary contribution fund need to pay \$1 for pool entry, students with season tickets to the pool will only need to pay \$1 for bus. If you hold a season ticket and have paid the school Voluntary contribution you do not need to pay anything. If you have not paid the school voluntary contribution and do not hold a season ticket to the pool, the cost is \$2. Years 3 and 4 will go first at 9.30am followed by Years 5 and 6 who will attend at 10.15am.

Students are asked to come to school as normal, and will get dressed in their swimmers at school. Please insure your child has swimmers, towel, sunscreen, goggles and dry underwear to change into.

### **Intensive Swimming**

Notes for Intensive Swimming have been sent home to all year 2 students. If you would like your child to be involved in Intensive Swimming please contact the office for more information. There are limited spaces for students in years 3 to 6 so get in quick as places are filling up. This is a great opportunity for students to improve their swimming as well as improve their safety skills in the water.



*Miss McManus, Sports Coordinator*

### **Junior AECG News**

On Tuesday, 22nd October, Forbes North hosted the Junior AECG meeting. We said an Acknowledgement of Country in English and Wiradjuri language, and everyone observed one minute of silence in respect to past Elders.

We talked about planning activities that would help us to understand the Aboriginal Culture and build friendships with Junior AECG members from other schools.

Thanks to Courtney and Deb in the canteen for catering. Past Forbes North students from the High School really enjoyed eating their awesome scrolls again!

*Delilah Karaitiana, Grace Godden and Oakley Flidner*





## PBL FOCUS – End of day routines

\* Class lessons will focus on what students should be doing when our school day ends and the expectations that go along with this.

\* Our celebration tallies have been updated.

\* Students will be advised when the PJ day is happening.

\* The new celebration added is casual hat day.



## Current Tallies

Zooper Dooper	Play at Nelson Park	Open Playground	Casual Hat Day
168	401	704	

## WEEK 3 TERM 4 PERFORMANCE



**Tomorrow Wednesday 30<sup>th</sup> October 2019**



**Heave Ho Off We Go** is here tomorrow at 2pm. We are looking forward to being entertained. Thank you to parents and caregivers for the wonderful response in allowing your child to participate in this activity.

### P & C AGM

The 2019 Forbes North Public School P & C Annual General Meeting is set down for 19th November at 2pm and is to be held in the Brekky Room at Forbes North Public School. You must be a paid member to be able to nominate for a position. Nomination forms are available from the school office.

### P & C Christmas Raffle

This year there will be a Christmas raffle drawn at Presentation Night on 9th December, 2019.

Tickets will be \$1 and books will contain 5 tickets each. Thank you to those who have already returned sold raffle books! If you do not wish to purchase tickets, please return these to school.

Don't forget, families are asked to donate a small item to be used for the hamper. Thank you for your support.



## • STUDENT AWARDS WEEK 2, TERM 4

Class	Student of the Week	PBL Award	Merit Award
KK	Ivy Lee Ross	Rachel Inches	Hudson Welsh Tyler Biles
KW	Pearl Karaitiana	Jaiden Hartwig	Braxton McNeill Rylan Gunn
1C	Harmonee Johnson	Amber Hodge	Payton Reid Hayden Dunn
1O	Nate Markwort	Rubi Merritt	Pippa Farrelly Ashtyn Wright
2N	Tyler O'Malley	Katie Thomas	Benji Hodges Lillian Scott
2O	Deklen Miller	Cheyenne Dare	Charlie Bridge Shawn Carpenter
3/4K	Destiny Pout	Laila Hartwig	Will Constable Halle OBrien Flannery
3J	Lucy Wright	Elijah Griffiths	Jackson Kalisch Kobi McKeown
4/5F	Paige McCarthy	Brooke Gray	George Finn Isabel Shaw
4J	Ashton Johansson	Tahlia O'Malley	Tallara Antram Lucas Ravell
5/6M	Jesse Byrne	Levi De Boick	Halle Rattenbury Matthew Tincknell
5/6P	Wyatt Harvey	Summer Stirling	Lexie Rattenbury Sarah Herford
5/6Y	Charlie Pearce	Kitana Green	Thomas Greenhill Jacob Joyce



Library  
Swaye O'Leary



Kitchen  
Reggie Sharkey

**PBL focus**  
End of day routine





FORBES NORTH PS - Term 4 2019						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3	28 OCT	29 OCT	30 OCT 1:30PM Year 6 Transition FHS School Performance: 2pm	31 OCT 12:50PM I-Con Assembly	1 NOV Swimming for sport: Yrs 3 - 6	02/03 NOV
4	4 NOV	5 NOV	6 NOV	7 NOV	8 NOV Swimming for sport: Yrs 3 – 6 Yr 2: PCYC	09/10 NOV
5	11 NOV	12 NOV	13 NOV YR 5 visit to Pre-school Year 6 Transition FHS	14 NOV	15 NOV Swimming for sport: Yrs 3 - 6	16/17 NOV
6	18 NOV	19 NOV P&C AGM	20 NOV	21 NOV	22 NOV INTENSIVE SWIMMING STARTS	23/24 NOV

## TERM 4 SPORT

This term will be another busy term for sport at Forbes North. Starting Friday Week 2, the Jr classes will each get to go to Parkes PCYC to participate in Gymnastics lessons and play a variety of court sports. Kindergarten enjoyed their visit in week 2, with Yr 2 going in week 4 and finally Yr 1 in Week 6.

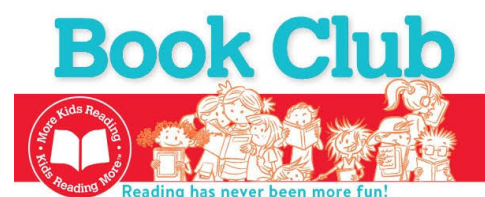


Every year in term 4, the primary students go to the pool for their sport sessions in readiness for the 2020 swimming carnival. We will have our first swimming for sport session Friday 1st November. Year 3/4 will go first at 9.30 with Yr 5/6 attending at 10.15. All students will need to bring swimmers, towels, sunscreen and goggles (if needed). Students will come to school as normal in their sports uniform and will get changed into their swimmers at school.

Beginning Friday 22<sup>nd</sup> November, all Yr 2 will start their Intensive Swimming Program. This is a 10 day program run by the DEC and Forbes schools to help Yr 2 students become water confident and capable swimmers. The program offers 45 spots for students in Yrs 3-6 who might also want/need to improve their swimming. If you would like your child to participate in the Intensive swimming program (year 3-6) please contact the office. Please return notes as soon as possible.

Danielle McManus  
PSSA/Sports Coordinator

## BOOK CLUB



Check out the latest book club edition. It's a great opportunity to start buying for Christmas. This latest edition has a bonus Christmas gift section. Orders due this Friday 1<sup>st</sup> November (week 3). There are a variety of books for under \$10. What a bargain!!!!

# ISSUE 7 IS OUR BUMPER CHRISTMAS EDITION



**Don't forget your Issue 7  
Book Club orders which are due:**

FRIDAY 1<sup>ST</sup> NOVEMBER ( WEEK 3)

**Issue 7 is a BUMPER Christmas catalogue that  
is sure to have something for everyone!**



## BREKKY CLUB VOLUNTEERS

We are in need of volunteers who are available one morning per week from 8:15am to 9:15am to help out in Brekky club. If you are available on a **Friday** morning, please contact the School for more information.



*Mrs Yapp  
Brekky Club Coordinator*

## **Rotary Ipomoea Markets**

The last markets of 2019 will be held next Saturday, 9th November from 8am to 12.30pm.

The markets will be held at Lion's Park. Please phone 6851 4930 to book a stall.





## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



[cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)



[griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government

National Health and  
Medical Research Council



GU Ref No: 2019/146





# NSW Autism Advisor Program



The NSW Autism Advisor Program is a **FREE** information and support service, here to help families with children aged 0 to 7 who have autism, or where a family is investigating a possible diagnosis of autism. The Advisors can:

- Help families to understand the diagnosis
- Help families to understand the role of therapy, best practice in early intervention and things to consider when choosing an intervention
- Provide information on how to access support for the family
- Provide information on workshops
- Provide information on available financial support including Medicare and understanding the NDIS.

In addition the Autism Advisor Program is now providing Information and Support Groups as well.

The Autism Advisor Program currently has **no waitlist**. We are an impartial service and only provide evidence-based information.

## Contact us:

1300 978 611 or for a language interpreter call 13 14 50 or email us at  
[autismadvisor@autismspectrum.org.au](mailto:autismadvisor@autismspectrum.org.au)  
[www.autismspectrum.org.au/aap](http://www.autismspectrum.org.au/aap)

## Forbes Triathlon

This Sunday, 3<sup>rd</sup> November Forbes Running & Triathlon Club are hosting a variety of events at the Forbes Aquatic Centre on the Bedgerabong Road. Please note in addition to the flyer events, there is a child friendly event which is called the MINI CROCS SECTION. It involves a 50 metre swim, 1 km bike ride and 250 m run, which you can enter on the day for FREE.



# croc the TRI

## FORBES Triathlon 2019

Sunday 3 November

Courses for all fitness levels

- the SNACK - 250m, 10km, 2.5km
- the SPRINT - 500m, 30km, 5km
- the CHALLENGE - 1km, 60km, 10km



With thanks...



Bernardi's  
LIVE WELL for LESS



GOLD  
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FORBES  
SHIRE COUNCIL



WorkControl



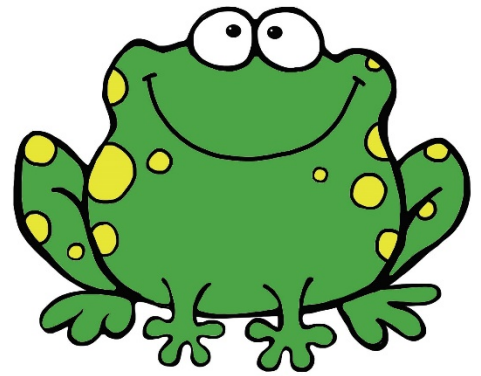
LRG GROUP  
LEISURE & RECREATION GROUP  
A fresh approach to management



Hazell & Field  
REAL ESTATE & BUSINESS

REGISTER  
[forbesrunningandtriclub.com](http://forbesrunningandtriclub.com)

# Green Frogs Swim School



**Lessons are running from 4 November 2019 to February 2020**

**Contact Details:**

**Facebook: Green Frogs Swim School**

**NEW NUMBER! 0481912008**

**Email: [greenfrogsswimschool@gmail.com](mailto:greenfrogsswimschool@gmail.com)**

**Days:** Monday – Saturday morning

**Lessons starting from 4 November 2019.**

**Times:** 8.30 - 12.30 am. 2pm - 6.30 pm.

**Cost: \$20** per learn to swim lesson for **30 minutes** in a group.

**\$50 for private lesson.** Cater for all abilities. **Cash Only.**

**Location:** "Glendale", 171 Lachlan Valley Way, Forbes in a **heated** 20 x 1.5 metre pool.

All levels of learn to swim are catered in a fun and safe environment ranging from **2 years to school aged children.**

Make sure you bring **goggles** to the lesson.

**Hannah and Claudia Green** are both Swim Australia qualified and have their Working with Children Check. **Hannah** has over 4 years' experience and **Claudia** 3 years' experience as swim instructors.







## ROTARY IPOMOEA 9TH CHRISTMAS TREE FESTIVAL

The members of Rotary Ipomoea invite you to make and decorate a Christmas tree for exhibition at our 9th community Christmas Tree Festival.

Last year the Forbes Town Hall was as Christmas wonderland. Please try to join in the fun.

EXHIBITS would need to be delivered to the Forbes Town Hall between 8am and noon on Friday 6th December if possible. **No exhibits will ever be late.** We will take them right up until our opening time!

The official Opening of the Festival will be Friday the 6th December 2019 at the Forbes Town Hall at 6.30pm. The exhibition of trees will be open to the public on the Friday night from 5pm and all day Saturday 7th December and from 9am to 3pm Sunday 8th December.

Your tree could reflect your organisation, the festive season or have a Christmas message.

There are no restriction placed upon your entry at all. You may wish to complete a wall hanging,



For example, a sewing group could decorate their tree with patch work decorations.



A school or pre-school could choose classes to make paper decorations for a tree to reflect their school's recent projects or message for the people of Forbes at Christmas.



A choir could decorate a tree with musical notes or carols.



A sporting group could make lots of ball shapes in Christmas colours.



Businesses may wish to decorate their entry with items related to their products. Last year a tractor dealership decorated their tree with tiny tractors!



Church groups may like to add a nativity theme.



Welders may wish to weld a tree together.



Builders may like to nail up an entry!



Family groups may wish to enter a tree! THE OPTIONS ARE ENDLESS.