

Forbes North Public School Newsletter

November 5th, 2019 Week 4, Term 4

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OUR SCHOOL MURAL PROJECT



Please collect and send in plastic lids to Mrs Nixon and Mrs O'Brien.

As part of our transition to year 3 some year 2 students have been making a mural that they have been working on with some year 3 and year 4 students during their recess time.

The first mural is now completed!

Bottle tops have been arranged in an abstract design onto board and varnished. The mural is now proudly in place on the classroom wall of 3J's classroom.

We plan to start another mural soon however we need more plastic lids.

The lids can be any size. e.g. .water bottle lids, milk lids, vegemite lids, soft drink lids, liquid washing detergent lids are great as they are big, yoghurt sachet lids are interesting shapes, deodorant lids. Please send in lids no matter how many over the next two weeks so we can complete this colourful project.



EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and so, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**School starts at
9.05am
DON'T BE LATE!**

Attendance - *Going to school every day is the single most important part of your child's education. Students learn new things at school every day.*

Why it's important:

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school. There is no safe number of days for missing school – each day a student misses can put them behind, and can affect their educational outcomes.

It is important that if a child misses a day at school due to sickness or other circumstances that they bring in a note with a brief explanation

FROM THE PRINCIPAL.....

Last week I mentioned how wonderful it is to see so many of our students embracing the opportunities provided at Forbes North PS and making positive contributions to our school and community. Following last week's I-Con Award Assembly I can confirm that we have awarded 146 students (54% of our enrolment) with Bronze Certificates and 13 students with Silver. Of course this number will increase with our next assembly on Thursday November 14th.

I should also mention that we have four students who have earned their Gold Certificate, and these students will be recognised at our Annual Presentation Evening on Monday December 9th.

Have a great week!
Steve McAlister
Principal



PBL FOCUS – Respecting the school environment

Class lessons will focus on how students' needs to take care of the school environment by cleaning up after themselves and treating the school grounds with respect.

Our celebrations tally has been updated. With our new celebration being Casual Hat day which allows students to wear a hat of their choosing.



What will the next celebration be?



Tallies

Zooper Dooper	Play at Nelson Park	Open Playground	Casual Hat
168	456	704	24

YEAR 2 TRANSITION

The Year 2 students are taking part in a transition program to assist with starting Year 3 next year. This transition will take part each Wednesday at 2.00 to 3.00. The Year 2 students will take part in Art/craft lessons, sport lessons and an information session run by the current parliamentarians. The Year 2 students will be able to learn the rules and expectations of the Senior end of the school. This program will also allow the Year 2 students to ask any questions they may have about entering year 3.

Mrs Flidner
Year 2-3 Transition Coordinator

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

Year 3 -6 have swimming for sport this Friday..... 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.

Aurora College

The virtual selective school for rural and remote students

Aurora College is NSW's first virtual selective school, offering a mix of online and residential school classes. The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students connect with their teachers and classmates in timetabled lessons through a virtual learning environment.

The college also gives Year 11 and 12 students the opportunity to study subjects not available in their own school. For details please visit our website.

Aurora College offers students expanded career options through innovative partnerships with businesses and with scientific, cultural and tertiary education institutions.

Students in the selective stream are chosen in the same way as students in all other selective classes in NSW government schools.



Applications for entry into Year 7 in 2021:
Open 8th October 2019
Close 11th November 2019

Visit Selective High Schools website
<http://bit.ly/shs2019>

For further information about Aurora College, visit the our website
www.aurora.nsw.edu.au | or phone 1300 287 629

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.

FORBES NORTH PS - Term 4 2019						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4	4 NOV	5 NOV	6 NOV Year 2-3 transition RH Lytton Public Speaking FPS	7 NOV LEEP (Ag & TAS)	8 NOV Swimming for sport: Yrs 3 – 6 Yr 2: PCYC	09/10 NOV
5	11 NOV REMEMBRANCE DAY	12 NOV Casual Clothes Day	13 NOV YR 5 visit to Pre-school Year 6 Transition FHS Year 2-3 transition	14 NOV I-Con Assembly 12:50pm	15 NOV Swimming for sport: Yrs 3 - 6	16/17 NOV
6	18 NOV	19 NOV P&C AGM	20 NOV Year 2-3 transition YR 1 PCYC 2pm	21 NOV	22 NOV 9:30am INTENSIVE SWIMMING STARTS 10am White Ribbon Day March Stage 3	23/24 NOV
7	25 NOV 9:30am Intensive swimming	26 NOV 9:30am Intensive swimming	27 NOV Year 2-3 transition Combined Scripture Church Service 9:30am Intensive swimming	28 NOV 9:30am Intensive swimming	29 NOV 9:30am Intensive swimming	30 NOV/ 01 DEC

WE ARE NOW TAKING ENROLMENTS OR LINK UP 2020

"Tell Them From Me" Survey

Thank you to those who have completed this survey. We value and appreciate your feedback.

Mrs Henry



Rotary Ipomoea

Market - Saturday - 9th November

Lion's Park

8am - 12.30pm

Ph. 68514930 to book a stall



P & C Christmas

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 3, TERM 4

Class	Student of the Week	PBL Award	Merit Award
KK	Jett Hayes	Freya Dumbrell	Charlotte McClenahan Joshua Wright
KW	Mason Campbell	Maddie Hartwig	Tyler Gray Cooper Reid
1C	Zara Paradowski	Ruby Dumbrell	Will Spence Jaylah Hodge
1O	Matilda McClenahan	Jaspa Buckmaster	Isabel Pearce Logan Godden
2N	Eliza Hosler	Charlize Griffiths	Gabriel Armstrong-Barnes Lorcan Ryan
2O	Rylah McLachlan	Jackson Markwort	Lachlan Mellon Braxton Hopkins
3/4K	Wade Barter	Max Ridge	Camley Hapgood Karla Osborne
3J	Azariah Pout	Dylan Britton	Adam Cuskelly Charlie Newton
4/5F	Sienna O'Malley	Jamal Gorman-Barnes	Alli Hodge Harmony Pout
4J	Charlotte Hoey	Roxanne Taylor	Rydah Hancock Aurora Farrelly
5/6M	Grace Godden	Katana Mahoney	Tia Gorman-Barnes Delilah Karaitiana
5/6P	Oakley Fliedner	Charlotte Markwort	Montana Whitby Maddie Tomkinson
5/6Y	Oliver Walker	Ava Hughes	Stuart Cuskelly Lilliahna Johnson



Library
Laura Greenhill



Kitchen
Nevaeh Spice

PBL focus

End of day routine





Fundraising Concert



**Come and support your local
band and listen to an
afternoon of great music
from local musicians**

17th November 2019

Forbes Services Memorial Club
Auditorium

Starts 4pm

Adults – \$10

Children – \$5

Under 12 years – Free





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.

SHOOSH FOR KIDS

11 - 17 November 2019

sport.nsw.gov.au/shooshforkids

Join the Office of Sport, Sport NSW, State Sporting Organisations and grassroots clubs across the state for Shoosh for Kids, the initiative promoting positive spectator behaviour at junior sport. Visit our website to sign up, gain access to posters, social media posts and more and let your members know where you stand on poor spectator behaviour.



Let's keep kids coming back to junior sport!

Shoosh for Kids is proudly supported by:





JOIN US FOR OUR BIENNIAL
WELCOME TO FORBES EVENT!

NEW TO FORBES?

Friday November 15th | 6pm - 8pm

Forbes Sport & Recreation Club

175 Lachlan St, Forbes

Drinks and nibbles provided

You're invited to enjoy our hospitality, meet Councillors and Council staff, connect with local community groups and find out all Forbes has to offer!

RSVP by Wednesday November 13 to
communityforbes.nsw.gov.au
or 02 6850 2300



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



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



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