



Forbes North Public School Newsletter

29th January 2019 - Week 1, Term 1

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WELCOME TO 2020!

FROM THE PRINCIPAL.....

Welcome to another wonderful year of teaching and learning at Forbes North Public School. I would like to welcome all our new families who have joined our learning community for the first time this year, and welcome back those who are continuing their educational journey with us in 2020.

We are also pleased to welcome back Mr Nick Doyle, who will be returning to us in a part-time capacity 2 days per week while also filling in as relieving Principal of Eugowra PS on the other three days. Mr Doyle will be teaching in Stage 3 on Mondays and Early Stage 1 on Tuesdays.

Our first full newsletter will be published next Tuesday (4/02). Don't forget you can keep up with what's happening at Forbes North PS by following us on Facebook, signing up for our School App and checking out our website.

Have a great week and a wonderful year!

Steve McAlister

Principal

School Starting Times

We would like to remind all students, parents and carers that lessons commence promptly at 9:00am each day. A warning bell will sound at 8:57 to enable all students to be ready to start on time.

Students should not be arriving at school prior to 8:35 as no supervision is provided before this time.

Access to the school grounds in the morning is through the pedestrian gates only. No child, parent or carer should be using the driveway gates to access the school.

Students riding bikes or scooters to school must be aged 9 years or older, or be accompanied by an adult. They must also be wearing a helmet. No bikes or scooters are to be ridden in the school grounds.

End of Day

The school day ends at 3:05. Students, other than those who catch buses, exit the school either through the York Street or Facey Street gates. Please see the attached map and information to determine which gate you and your child should be using.

Link-Up to School

Due to construction work in the junior school, our Link-Up program will commence on Tuesday February 11th. This will allow us to begin the new Link-Up year in our newly refurbished Link-Up room in E Block.

Building Works

Due to the construction works mentioned above there will be some minor disruption to our normal routines. The refurbishment of E Block means that access to the school from Facey Street will be limited to the pedestrian gate closest to the pedestrian crossing. This should only be the case for a week or so, and we apologise for any inconvenience this may cause.

Swimming for Sport

In preparation for our annual Swimming Carnival our Sports Coordinator Miss McManus has organised for three sport sessions to be held at Forbes Pool. These sessions are for all students in years 3-6 plus any year 2 students who turn 8 years of age in 2020.

The first pool session will be held this Friday January 31st with Years 2-4 attending from 12:30pm and Years 5 and 6 from 1:30pm. The second session will be held on Thursday February 13th and the third session on Wednesday February 19th. More details will be sent home with your child.

The School Swimming Carnival is on Friday February 21st.

Steve McAlister
Principal

Safety for Students Leaving School at End-of-Day

I would like to take this opportunity early in the school year to outline the procedures for students when leaving the school at the end of the school day. These procedures apply to students who walk, ride bikes/scooters or are picked up by parents/carers at the end of the day. Please note there are common procedures for all students as well as specific procedures for those who walk home unaccompanied.

Below are the guidelines in place for students who either walk or ride a bike home, or who are picked up by a parent or carer in the afternoon.

For those being picked up:

- **ALL K-2** students being picked up by a parent or carer are to leave via the **Facey Street gate**;
- **All 3-6** students being picked up by a parent or carer are to leave via the **York Street gate** **UNLESS** they have a younger sibling in K-2;
- **Students who ride bikes or scooters** home are to leave via the **York Street gate**. **ONLY** *students in years 3-6 should be riding to school*;

For those who walk home:

- **ALL K-2** students are to leave via the **Facey Street gate**;
- **Students in years 3-6 who live south of Woods Street** (including Facey St, Thomson St, Eloora Pl, Weelong Pl, Ryan St, Bartley St, Gunn St, Abbott St, Bogan St, Reid St, Barton St, Brooke St, Gloucester St, Hunter St, Bogan Gate Rd east of Facey Street and Farnell Street south of Woods Street) may leave via the **Facey Street gate**;
- **Students in years 3-6 who live north of Woods Street** (including Patterson St, Conridge St, York St, Dawson St, Crouch St, Elliott St, Forster St, Acacia Ave, Cedar Cres, Boronia Pl, Belah St, McDonnell St, Scrivener St, Blue Gum Pl, Hettie Pl, Brenner St, Honeysuckle St, Clematis St, Holloway St, Gale St, Stoneham St, Calarie Rd and Farnell St north of Woods Street) are to leave via the **York Street gate** **UNLESS** they have a younger sibling in K-2;
- **Students in years 3-6 who live west or south-west of the school** (including Attlee St, Hurford Pl, Dunstan Cl, Yasmine Cl, McMillan Pl, Kent St, Thames St, Dover St, Edward St, Quarry Rd, Chelsea Cres, Bogan Gate Rd west of Facey Street and York St south of Bogan Gate Road) are to leave via the **York Street gate** **UNLESS** they have a younger sibling in K-2

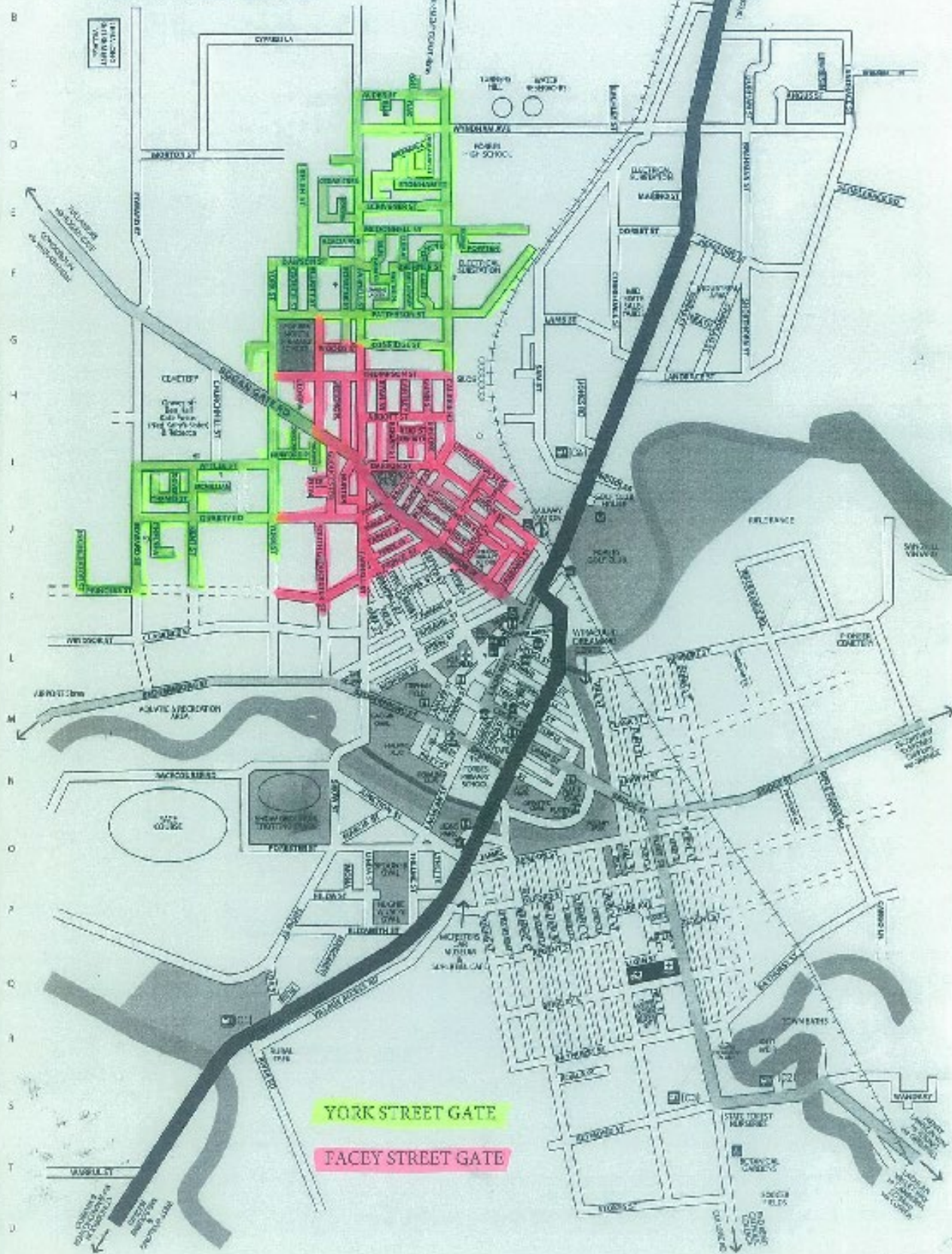
Please note that students should NOT be picked up from the Bus Shelter except in extenuating circumstances.

These guidelines are in place to help us insure the safety of our students. You can help us by insuring that your child is leaving via the correct exit and/or insuring that you are picking them up from the correct place.

Thank you for your support in keeping our children safe!

Steve J McAlister
Principal

FORBES



Forbes North Canteen Menu Term 1 2020

RECESS (food available over the counter at recess time is subject to availability)

Hot recess food:

- Toasted sandwich half (*Shaved ham & cheese or poached chicken breast & cheese*).....\$1.00
- Pizzas (*shredded ham, BBQ sauce and cheese, puff pastry*).....\$1.00
- Scrolls (*shredded ham & cheese, puff pastry*).....\$0.80
- Garlic bread (*French breadstick, margarine, parsley & minced garlic*).....\$0.30

Add chicken or ham to a salad bowl, sandwich or wrap for \$1

Add boiled egg to a salad for \$0.50

Toasted sandwiches add \$0.50

Cold recess food:

- Fruit salad cups (*watermelon, grapes, strawberries, rockmelon, apple, kiwifruit*)..Sml:\$1.00 or Lrg:\$3.00
- Carrot sticks and hommus.....\$1.00
- Celery sticks & hommus.....\$1.00
- Fresh fruit pieces (*apple, banana, orange, mandarin, kiwi fruit, grapes, strawberries, watermelon*).....\$1.00
- Homemade muffins 80gms (*cacao, blueberry, raspberry, banana, zucchini, apple & cinnamon or vegie*).....\$1.00
- Jelly cups (*homemade fruit juice jelly, raspberry, orange & mango*).....Sml:\$0.50 or Lrg:\$1.00
- Homemade Anzac biscuits.....Sml:\$0.50

LUNCH (made to order only)

Hot lunch food:

- Hamburger (*homemade premium mince patty, iceberg lettuce, cheese, tomato, beetroot & BBQ/ Tomato sauce*).....\$5.00
- Cheeseburger (*homemade premium mince patty, cheese, BBQ/ Tomato sauce*).....\$3.50
- Chicken burger (*marinated chicken breast, iceberg lettuce, cheese and mayo*).....\$4.50
- Chicken stick wrap (*chicken stix, iceberg lettuce, grated cheese, mayo*).....\$4.50
- Spaghetti Bolognese (*homemade with premium mince, onion, canned tomatoes, tomato paste, minced garlic, fresh herbs, grated carrot, celery, zucchini & spaghetti pasta*).....\$4.50
- Nachos (*premium mince, nacho seasoning, macro organic corn chips, grated cheese, lettuce, tomato, capsicum & topped with greek yoghurt*).....\$4.50
- Fried rice (*Homemade with boiled white rice, grated carrot, diced onion, shallot, capsicum, celery, corn, peas, shredded ham, egg, low salt soy sauce*)....\$4.50
- Traveller Pie (*BBQ/ Tomato sauce*).....\$4.00
- Homestyle Sausage roll (*BBQ/ Tomato sauce*).....\$4.00
- Chicken sticks (*BBQ/ Tomato sauce*).....\$3.50

DRINKS

- Cool Crush Slushie.....\$2.00
- Oak Chocolate or Strawberry milk.....\$2.00
- Plain Milk.....\$1.00
- Popper (*Apple/ Orange/ Orange & Mango, 100% fruit juice*).....\$1.50
- Water.....\$1.50
- Warm/ Cold Milo.....\$1.00

EXTRAS

- Lunch bags/ Spoons/ Forks.....\$0.10
- Sauce BBQ/ Tomato.....\$0.50

Cold lunch food:

- Jam Sandwich.....\$2.00
- Vegemite Sandwich.....\$2.00
- Honey Sandwich.....\$2.00
- Cheese sandwich.....\$2.50
- Egg sandwich.....\$2.50

- Plain chicken sandwich.....\$3.00
- Ham sandwich.....\$3.00
- Ham & Cheese sandwich.....\$3.50
- Chicken & cheese sandwich.....\$3.50
- Ham, cheese & tomato sandwich.....\$4.00
- Chicken, cheese & tomato sandwich.....\$4.00
- Chicken, lettuce and mayo sandwich.....\$4.50
- Egg, lettuce and mayo sandwich.....\$4.50
- Salad sandwich (*lettuce, carrot, cucumber, tomato, beetroot & cheese*).....\$5.00
- Salad wrap (*lettuce, carrot, cucumber, tomato, capsicum, beetroot & cheese*).....\$5.00
- Salad bowl (*lettuce, carrot, cucumber, tomato, capsicum, sprouts, beetroot & cheese*).....\$5.

Call the school on 68522187 or email
fnpscanteen@gmail.com for any enquiries

LUNCHTIME TREATS

- Zooper Doopers/ Quelch Sticks.....\$0.50
- Weis bars (*Choc/ Strawberry/ Mango*).....\$2.00
- Snapsticks Sweet Raspberry.....\$0.80
- TNT Sour Ice Monys.....\$1.00
- Plain Vanilla Ice Cream.....\$1.50
- Frozen Yoghurt (*Choc/ Strawberry/ Raspberry*).....\$2.50
- Red Rock Deli Chips Sea Salt.....\$1.50
- Air popped Popcorn.....Sml:0.50 & Lrg:\$1.00

FORBES NORTH PS - Term 1 2020						
Term 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	27 JANUARY Australia Day PH	28 JANUARY Staff Development Day	29 JANUARY STUDENTS RETURN TO SCHOOL	30 JANUARY	31 JANUARY Swimming for Sport Yrs 2-6 Turning 8 or above	1/2 FEB
2	3 FEBRUARY	4 FEBRUARY	5 FEBRUARY	6 FEBRUARY	7 FEBRUARY	8/9 FEB
3	10 FEBRUARY	11 FEBRUARY Link Up Start Date	12 FEBRUARY	13 FEBRUARY Swimming for Sport Yrs 2-6 Turning 8 or above	14 FEBRUARY	15/16 FEB
4	17 FEBRUARY	18 FEBRUARY	19 FEBRUARY Swimming for Sport Yrs 2-6 Turning 8 or above	20 FEBRUARY	21 FEBRUARY SWIMMIN CARNIVAL	22/23 FEB

Have you heard about Go4Fun Online??

Is your child...

- Aged 7-13 years old?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

Go4Fun Online is a FREE 10-week program that helps children and families improve their eating and physical activity habits.

What's included:

- Fun weekly online learning & activity sessions
- Weekly personalised phone, email & sms support
- Regular mail outs containing free tools and resources
- Online community with closed Facebook group
- Weekly targets and challenges
- Progress tracking
- Rewards, prizes and freebies!!!!



For more information and to sign up for Term 1 2020, visit: go4funonline.com.au

TERM 1
REGISTRATIONS
ARE NOW
OPEN!!



Forbes North Public School Student Classroom Requirements, 2020

Please ensure your child has the necessary equipment labelled.

This list is a guideline for those parents wishing to provide items.

Kinder to Year 2

- ✓ 2 x HB lead pencils
- ✓ Kinder 1 x homework book (A4 size 96 pg) Not scrapbooks
- ✓ 1 x set of coloured pencils
- ✓ 1 x set of textas - optional
- ✓ 1 x library bag with name
- ✓ 1 x paint shirt / smocked labelled

Years 3 and 4

- ✓ 1 x 30cm ruler
- ✓ 5 x HB lead pencils
- ✓ 1 x Homework book (A4 size 96 pages) Not scrapbook
- ✓ 1 x set of coloured pencils
- ✓ 1 x glue stick
- ✓ 1 x sharpener
- ✓ 1 x eraser
- ✓ 1 x pair of scissors
- ✓ 1 x set of textas
- ✓ 1 x library bag with name
- ✓ 1 x Whiteboard Marker

Years 5 and 6

- ✓ 1 x 30cm ruler
- ✓ 2 x HB lead pencils
- ✓ 2 x blue biros
- ✓ 2 x red biros
- ✓ 1 x Homework (A4 size 128 pages) Not scrapbooks
- ✓ 1 x set of coloured pencils
- ✓ 1 x glue stick
- ✓ 1 x sharpener
- ✓ 1 x eraser
- ✓ 1 x pair of scissors
- ✓ 1 x set of textas

- ✓ **Optional:**
- ✓ 1 x Whiteboard marker
- ✓ Protractor set
- ✓ Headphones
- ✓ USB
- ✓ Calculator