



Forbes North Public School

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Newsletter
Term 4, Week 3
27 October 2020



like us on
facebook



4/5F wearing their Team Colours last Friday.

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts
health.nsw.gov.au/coronavirus

FROM THE PRINCIPAL...

Well, it's week 3 of term 4 and we are so pleased to be able to offer our students some competitive inter-school sporting opportunities for the first time since way back in March this year. That's right, with the relaxation of some of the Department's COVID restrictions our representative sporting teams will have the chance to compete against other schools – something I know they have been looking forward to for a long time!

This Thursday our Rugby League team will travel to Cowra to participate in a gala day competition organised by the regional NRL Development team. This day is open to school teams whose players have been unable to compete in regular competition throughout the year due to COVID bans. We wish our boys, along with Coach Young and Assistant Coach Merritt, all the best for the day.

On Friday our netballers will take part in the first of several Lachlan Inter-School Challenges. Miss Prior and Mrs Gorton have the team primed for what should be a great day, with schools from the local Lachlan PSSA district invited to participate in lieu of the previously cancelled PSSA State Knockout competition.

In coming weeks our boys and girls touch, boys and girls soccer and girls league-tag teams will also have the opportunity to take part in Lachlan Challenge days. These days are the result of countless hours of planning, keeping track of changes to COVID guidelines, insuring COVID Safety plans are in place, and coordination with local councils, sporting bodies and schools by our own Sports Coordinator Miss McManus. Without Miss McManus' willingness to take this on our students would not have these opportunities this year.

I do have to remind all our parents, carers and community members that "non-essential adults", including parents and carers, are unable to attend these events.

Have a great week!

Steve McAlister
Principal

School Shop Window Display:

Our school community is encouraged to continue visiting the window display in Rankin Street, on the Target side of the street. Thanks must go to Mrs Nixon and Ms Girot for their continued effort in this fabulous display.

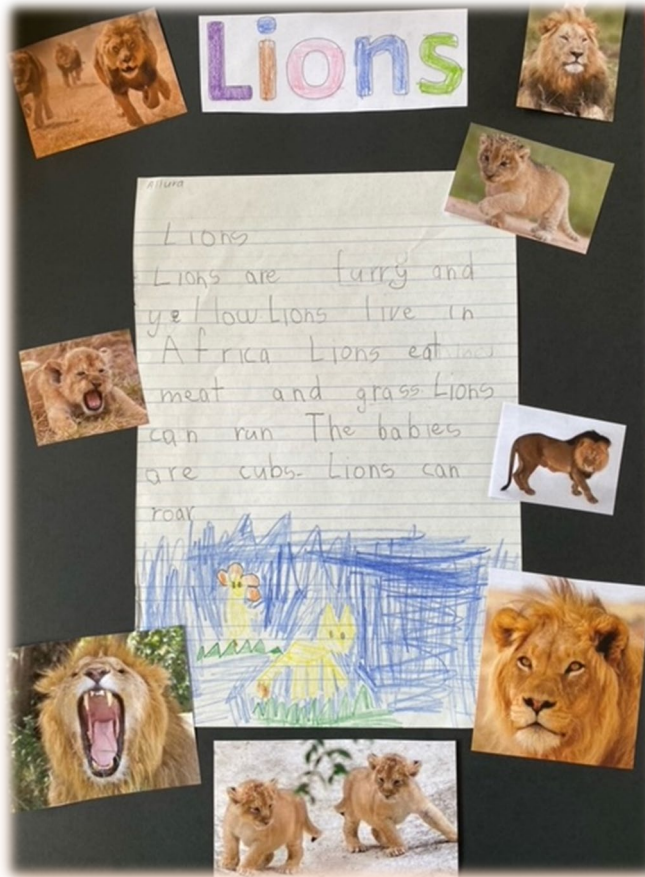
10's Hungry Caterpillar has been given a rest, with 3/4J and 3K filling the space with their creative art works. The children are proud to show friends and families their work, so please stop and enjoy the current work on show.

Kindergarten Sprint News

Last Friday, Mrs Karaitiana and Mrs Welsh looked at the Kindergarten writing assessment task samples completed in class during our Literacy Sprint and identified the areas of need to concentrate on to further develop our writing skills in Kindergarten.

Kindergarten have shown that they are developing their skills in writing by writing their letters in the correct lines, using full stops and capital letters and using their sound knowledge to spell words.

In class we will now concentrate on implementing a range of strategies to strengthen the comprehension skills of our Kindy students.
Below is an example of an amazing information report written by Allura Baxter about Lions.



Applications for Selective High Schools 2022 for Year 7 students

Applications for entry to Selective High Schools for students who will be in Year 7 in 2022 opened last Tuesday, and will remain open until November 9th this year.

Selective high schools cater for academically gifted students with high potential who may otherwise be without sufficient classmates at their own academic standard. Selective high schools help these students to learn by grouping them with students of similar ability, and by using specialised teaching methods.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 11 March 2021.

If you would like to have your child considered for Year 7 selective high school entry in 2022, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online are available at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

The application website closes on 9 November 2020. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library or ask us to help you at school.

If you intend on applying for Selective High School placement **you must notify your child's current school.**

COVID-19 Reminder

In accordance with advice from NSW Health, parents and carers are reminded **NOT** to send children to school if they are unwell, even if they have the mildest flu-like symptoms.

NSW Health has requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner.

Students and staff with flu-like symptoms will need to be tested and provide a copy of a negative COVID-19 test result and be symptom-free before being permitted to return to school.

Rural Aid Counselling

We're here for you

Rural Aid provides assistance to relieve the poverty, illness, distress or significant and unusual disadvantage of individuals and families who are primary producers.

At a time when we're so meant to be connected as a society, isolation, loneliness, depression, suicide and mental health rates are all climbing. Rates of domestic and family violence are higher in regional & rural areas, due to remoteness & the stresses on farmers as a result of their unique experiences. These issues affect the individual & the family's ability to seek help and access services.

After much consideration we have decided that to meet the increasing crisis in the bush **Rural Aid** will employ qualified, nationally registered counsellors who will visit farmers and rural communities and live within their communities for a minimum of 3 years at a time.

Our counselling service works to support farmers, families and communities with personal one on one consultations where you live.

ruralaid.org.au/counselling



Donation of musical instruments to our school.

Last Tuesday Glenda Carter, a counsellor for Rural Aid, visited Forbes North school.

Her visit was part of a project Rural Aid have been running for a number of years supplying rural NSW schools with musical instruments that can be used in schools to boost wellbeing as well as musical skills.

Glenda was able to source and deliver 7 guitars including tuners and music stands. We have a number of teachers on staff that play the guitar and our choir teachers also play guitar. These instruments will certainly give students a chance to learn an instrument that will deliver great skills. Also a class set of Boom Whackers were included. Boom Whackers are tuned percussion instruments that children can play using musical notation in a fun and active way. Miss Prior is very excited and has already taken them to her classroom to try them out with her class. We have been able to make a classroom percussion kit out of the remainder of the instruments that were delivered. Whenever a teacher wants to do a musical percussion lesson all they have to do is send for the trolley that has all of the percussion instruments on it. Included are bells, triangles, bong-go drums, tambourines, castanets and shakers.

We hope to send photos of our students enjoying these gifts to Glenda and her Rural Aid team as a way of saying thank you in the very near future.



Our Current Positive Behaviour for Learning Focus –

‘We respect ourselves and others’

Class lessons will focus on how we can show **respect** towards our peers and us as an individual.

As a result of the change in our Dinawan reward system, we have decided to increase the number of Dinawan's required to **2000** before we receive that particular celebration.

T-shirt day was won and will be celebrated this Friday 30th October, so don't forget to wear your favourite t-shirt with school sports shorts.

What will the next celebration be?

Current Tallies



Water Play 1520	Crazy Sock Day 227	Extended Recess 17	Zooper Dooper 709
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Team Colours Day

Another fun event was held last Friday, with students encouraged to wear their team colours. In doing so, **\$189.90** was raised for Parliament at this fundraiser. Thank you!



Week 2 Awards

Class	Student of the Week	PBL Award	Merit Award
KWK	<i>Angus Taylor</i>	<i>Allura Baxter</i>	<i>Jackson Riddle James Spence</i>
1O	<i>Charlotte McClenahan</i>	<i>Benji Massurit</i>	<i>Hudson Welsh Sophia Klinger</i>
1W	<i>Maloo Woodbridge</i>	<i>McKinley Newell</i>	<i>Rachel Inches Mason Campbell</i>
2J	<i>Arabella Myers</i>	<i>Logan Godden</i>	<i>Payton Reid Flynn Collits</i>
2O	<i>Amber Hodge</i>	<i>Oliver Mellon</i>	<i>Jaxon Woodhouse Shakira Dukes</i>
3K	<i>Lucia Bilsborough</i>	<i>Isaac Knight</i>	<i>Kye Allen Jackson Markwort</i>
3/4J	<i>Rachel Bilsborough</i>	<i>Leelan Graham</i>	<i>Nevada Karaitiana Jedd Smith</i>
4/5F	<i>Angus Van Der Weiden</i>	<i>Delissa Jones</i>	<i>Cooper Stewart Riley Price</i>
5/6M	<i>Rydah Hancock</i>	<i>Josiah Klingner</i>	<i>Jack Karaitiana Jamal Gorman-Barnes</i>
5/6P	<i>Drew Green</i>	<i>Olly Flick</i>	<i>Nash Pout Ashton Johansson</i>
5/6Y	<i>Seumas Ryan</i>	<i>Roxanne Taylor</i>	<i>Albie Hughes Alan Merritt</i>
Library	<i>Imogen Collits</i>		

PBL of the week: We respect ourselves and others.



Term 4 2020

3	26 OCTOBER	27 OCTOBER	28 OCTOBER	29 OCTOBER Rugby League Gala Day in Cowra	30 OCTOBER Lachlan Netball Gala Day in Forbes	31 OCT / 1 NOV
4	3 NOVEMBER	4 NOVEMBER	5 NOVEMBER	6 NOVEMBER	7 NOVEMBER	8/9 NOV
5	10 NOVEMBER	11 NOVEMBER	12 NOVEMBER	13 NOVEMBER	14 NOVEMBER	15/16 NOV



Year 2 students wearing their team colours with pride last Friday.

Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks  = Over **1** year missed

The diagram shows a 2x5 grid of days (M, T, W, T, F) for two weeks. In the first week, Wednesday is marked with a red 'X'. In the second week, Thursday is marked with a red 'X'.

1 day per week = **8** weeks  = Over **2.5** years missed

The diagram shows a 2x5 grid of days (M, T, W, T, F) for two weeks. In the first week, Wednesday is marked with a red 'X'. In the second week, Friday is marked with a red 'X'.

CHOOSE HEALTHY SNACK OPTIONS

Healthy snacks in between main meals help kids meet their daily nutritional needs. Make sure the lunch box is filled with healthy fruit and veg snacks, as well as providing these at home on the weekends and in school holidays!



MAKE WATER YOUR DRINK



Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and kilojoules found in fruit juice drinks, soft drinks and sports drinks. Make sure children have access to a water bottle at all times to ensure they stay hydrated and focused!

TURN OFF THE SCREEN AND GET ACTIVE EACH DAY

For children 6-12 years, no more than 2 hours per day of screen time is recommended. Spending too much time using or watching small screens can mean being less active and choosing unhealthy snacks....turn it off and get active after school!



FOR FURTHER INFORMATION VISIT:

- Live Life Well @ School <https://www.health.nsw.gov.au/health/primaryschools>
- Healthy School Canteens <https://healthyschoolcanteens.nsw.gov.au>
- Healthy Lunch Box ideas <https://healthylunchbox.com.au>

Forbes North SaCC

A Schools as Community Centres



FREE! Everyone welcome

for families with
children 0-5 years

Rhyme Time

Friday mornings during
school term



to book your spot contact the SaCC Facilitator through Facebook page "Forbes North Schools as Community Centres" or txt/call Maree on 0427 963 048



Forbes North School
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Forbes NSW

Forbes Junior Cricket

That's right, Forbes Junior Cricket has opened registrations for the upcoming season.

For our young cricketers it's time to sign up to play in the Under 10's, Under 12's, Under 14's and Under 17's competitions.

There are Saturday morning sessions for children aged five to seven years (the Junior Blasters) and seven to 10 (Master Blasters).

These only run for about an hour, and are designed to teach the game to beginners and help children develop their skills.

You can use your Active Kids voucher to register if you haven't used the two NSW Government vouchers yet this year. Go online to playcricket.com.au and search for the Forbes club, or go to the Forbes Junior Cricket Facebook page for direct links and more information.

Aboriginal families with young children, please join us for a

Superheroes Day Out

Friday, October 30th from 5pm

Wiradjuri Dreaming Centre

To celebrate Mental Health Month

sometimes even Superheroes need a day out

show us your super powers by taking part in art & craft, storytelling, badge making and refuel with a BBQ tea

FREE EVENT

We are back but to keep things safe we will still restrict numbers so booking in would be great. Please contact Tash or Maree to let us know you are coming and if you will need a bus to come get you.

Tash at CatholicCare 6850 1777
Maree at Forbes North SaCC on mobile: 0427 963 048