



# Forbes North Public School Newsletter

31<sup>st</sup> March 2020 – Week 10, Term 1

Phone: 6852 2187 Fax: 6852 1452

Email: [forbesnth-p.school@det.nsw.edu.au](mailto:forbesnth-p.school@det.nsw.edu.au)

Website: <http://www.forbesnth-p.schools.nsw.gov.au>

## STOP PRESS!

**In an attempt to provide a more equitable approach to learning from home during the COVID-19 crisis, the NSW Department of Education is planning to provide – on loan – laptop computers and internet access ‘dongles’ to students and families who do not have these resources at home already.**

**We will be contacting all our families to find out what you already have access to and what you need to borrow from the school and Department. If you have not yet received a phone call from the school please contact us ASAP on 68522187 to inform us of your needs.**

## FROM THE PRINCIPAL....

Dear Parents/Carers,

I would like to sincerely thank all members of our Forbes North school community who have helped us to make the transition to ‘remote learning’, or learning from home. I’m sure I don’t need to tell any of you how confusing, unnerving and unusual this past week or so has been. So many of you have made contact with the school to insure that your children keep on learning at this time and that we are able to support you to make this happen.

You will be aware that we are currently providing several options for continued learning at this time. Some of you have already picked up work packages for your child to complete over the coming weeks. Unless otherwise stated, these work packs contain a single week’s work with a suggested timetable for the week that allows for a balanced approach so as not to overload the children – or you as their supervisors – at home. The timetable is designed to be flexible so that the kids can complete the tasks at the time that best suits them and you. It is important for the students to have some ‘down time’ in which to relax and play.

It has been pleasing to see the number of students, particularly in years 3-6, who have been logging in to their Google Classrooms to access and complete tasks and also to touch base with their teachers. It is important to remember that even in the ‘online’ option there are tasks that do not need to be completed on a computer.

Of course the school remains open for those who simply do not have the option of having their child complete their learning at home. Children at school are completing the same tasks as those at home.

At Forbes North we currently have teachers in each stage – Early Stage 1 (Kinder), Stage 1 (Years 1 & 2), Stage 2 (Years 3 & 4) and Stage 3 (Years 5 & 6) – rostered to provide either face-to-face learning for those at school; monitoring of student progress with work submitted and answering online, phone or email queries; and planning for future learning, whether it is to be delivered remotely or at school.

Over the weekend some of our dedicated staff have been putting together some online tutorials for different subject areas so that we can further support those at home as well as at school. We are currently exploring the possibility of some online face-to-face lessons as well.

Regardless of how and where your child is learning at the moment **we are here to help!** We will be regularly touching base and checking the progress of those learning at home via Google Classroom, phone and email. But communication is a two-way street. If you have any concerns, questions or suggestions on how we can support your children please contact us.

Finally, for those few families who have not yet accessed the blended online learning packages from home or have not picked up a package from school, I ask that you please do so as soon as possible. If you would like your package mailed out to you please let us know, but be aware that mail delivery may be slower than normal. We do not want to see any of our students missing out on learning at this time and, as I said, we are here to help!

Please stay safe and stay healthy

Steve McAlister  
Principal



Dear families of Forbes North Public School,

Within the last few weeks our lives have all changed dramatically and they continue to change day by day as the health situation evolves and new health advice is issued. It's normal for all of us, including children, to be feeling a range of different emotions in these uncertain times. Sometimes you might feel okay and life may seem 'normal', as if nothing has changed, while at other times emotions may come in a wave, feeling bigger, stronger and more powerful. Common emotions children may be feeling include worry, anxiety, fear, sadness, stress, loneliness and anger. It is important that in times when children are feeling this way, that we validate and normalise how they are feeling ("I know that you feel scared, this must be very confusing for you"), reassure them that they are safe at home and remind them that our emotions, just like the weather, are always changing and that they won't feel this way forever.

It is particularly important that when you notice that your children are feeling upset, to take a step back, turn off the TV and reduce their exposure to the news, social media or adult conversations, which can increase feelings of distress and panic. Encourage them to talk to someone about how they are feeling, connect with their friends (this could include writing and posting letters or talking on the phone) and participate in enjoyable activities e.g. go outside, play with their animals, paint, draw, build, create, watch a movie, play a video or board game, play in the sandpit, jump on the trampoline, go for a walk, ride their bike, journal, meditate, take a deep breath, complete their at home learning packs and remind them that this is temporary, and together we will get through it. It may also be a nice time for parents and children to reflect on the many things in life that they are grateful for, like living in a small, caring community like Forbes, where people band together to support each other when things get tough.

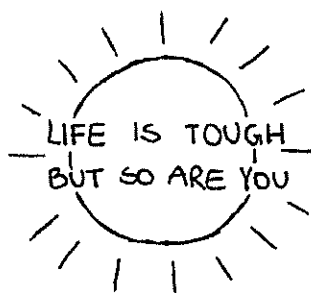
It's important for all of us, now more than ever, to connect with the important people in our lives and reach out to check-in on those around us. Call, FaceTime, email, text and spread positivity and connection in any way that you can. I want you and your family to know that you are not alone in this and there are people you can reach out to if you need help or support. If you feel that your child is having difficulty coping during this time and needs professional support you can contact the school to arrange a referral to the school counselling service. Katie will be checking her email during school hours throughout the school term and school holidays and completing phone consults as necessary. Your local GP is also a great point of call and can arrange referrals to a number of excellent local health service providers.

Wishing you all a safe end of term and school holiday. Take care, stay healthy, look after yourselves and remember we will get through this together.

Looking forward to seeing all of the bright, smiling faces of FNPS students back at school in the near future.

Katie & Mark

School Counselling Team  
Forbes North Public School





## Mental Health Apps

- Smiling Mind
- Calm
- Headspace
- Stop, Breathe & Think
- Calm harm
- BeyondNow (safety plan)
- Thinkladder



## Wellbeing Websites

- [www.eheadspace.org.au/](http://www.eheadspace.org.au/)
- <https://beyou.edu.au/>
- <https://au.reachout.com/>
- <https://kidshelpline.com.au/>
- <https://headtohealth.gov.au/>
- <https://www.blackdoginstitute.org.au/>

IT'S OKAY TO  
ASK FOR HELP

## Phone services

- Lifeline 13 11 14
- Kids Helpline 1800 55 1800
- Beyond Blue 1300 22 4636
- Suicide Call Back Service  
1300 659 467
- Mental Health Line 1800 011 511
- Emergency 000 or go to your  
nearest hospital emergency  
department.

Many of these services also have online  
webchat options 😊



## Free Telehealth Services

- NewAccess
  - [www.marathonhealth.com.au/newaccess](http://www.marathonhealth.com.au/newaccess)
- BRAVE program
  - [www.brave-online.com](http://www.brave-online.com)
- MindSpot
  - <https://mindspot.org.au/>
- MoodGym
  - <https://moodgym.com.au/>
- This Way Up
  - <https://thiswayup.org.au/>
- Bite Back (Black Dog Institute)
  - <https://www.biteback.org.au/>



# Aurora College

## The virtual school for rural and remote students

Aurora College is NSW's virtual school, offering a mix of online and residential school classes for high potential and gifted students in rural and remote government schools.

The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally. Students connect with their teachers and classmates in timetabled lessons using cutting-edge technologies in a virtual learning environment.

Aurora currently offers selective classes in English, mathematics and science to Year 7-10 students and also gives Year 11 and 12 students the opportunity to study subjects not available in their own school.

In 2021, Aurora College will have an Opportunity Class for Year 5 students enrolled in rural and remote government primary schools. Students will study the content of the Mathematics and Science and Technology syllabuses, with a focus on STEM.



Application for entry into Year 5 in 2021:  
Opens 28 April 2020  
Closes 15 May 2020

For further information on how to enrol:  
<http://www.aurora.nsw.edu.au/learn/enrol/>

[www.aurora.nsw.edu.au](http://www.aurora.nsw.edu.au) | or phone 1300 287 629

## SCHOOL TRANSPORT HEALTH REQUEST INFORMATION

Forbes Bus Lines is in the process of updating our "Medical List" of students with medical conditions. This is important, so our drivers are aware of student needs and to have information at hand in case of an emergency. This will include appropriate plans and parent contact numbers.

With this in mind we would ask parents with children who have been diagnosed with Anaphylaxis (Where an Epi-Pen is required), Epilepsy or Severe Asthma or Diabetes to provide the appropriate Plan for each student if available.

If you are happy for the school to pass on any information, please contact the school for this information to be given to Forbes Bus Lines staff. Please note that all information will be treated in the strictest of confidence and held securely.

Forbes Bus Lines can then liaise with the parents on the ailments of each child and obtain any extra information required to pass onto our drivers and to also keep on record for future drivers etc.

We hope Schools and Parents will see the obvious benefit of the Drivers being aware of the students with these conditions and look forward to working with schools, parents and students.

If you have any questions or concerns regarding the above information please don't hesitate to give me a call on 02 6852 4063 or email [hennocks@bigpond.com](mailto:hennocks@bigpond.com)

Kind Regards, Grant Hennock  
Merv Hennock & Son's Pty Ltd



## NSW Department of Education

### Vacation Care

### Survey for primary school parents and caregivers

With the Term 1 vacation period approaching, we ask that you confirm whether your child/ren will require care and supervision during school holidays.

Please return the information in the form below by Friday 3 April 2020.

**1. Enter the name of the school where your child / children are enrolled.**

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**2. How many children require care during Week 1 of the holiday period?  
Please indicate how many are enrolled in vacation care.**

Enter your answers as numbers in the table below.

Day of the week	How many children need care?	How many children are already enrolled in vacation care?
Friday 10 April (public holiday)		
Monday 13 April (public holiday)		
Tuesday 14 April		
Wednesday 15 April		
Thursday 16 April		
Friday 17 April		



**3. How many children require care during Week 2 of the holiday period?  
Please indicate how many are enrolled in vacation care.**

Enter your answers as numbers in the table below.

Day of the week	How many children need care?	How many children are already enrolled in vacation care?
Monday 20 April		
Tuesday 21 April		
Wednesday 22 April		
Thursday 23 April		
Friday 24 April		
Monday 27 April (school development day)		

**4. If your child/children are already enrolled in vacation care for the upcoming holiday break, please record the name of the service.**

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**5. Does your child/ children require care outside of 7am-6pm?**

☐ Yes

☐ No