



Forbes North Public School

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Newsletter
Term 2, Week 10
30 June 2020



Link Up getting very creative with the tap tap materials



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 we've made it through (almost) to the end of term 2! I guess the good news from term 2 is that we got all the kids back to face-to-face learning from the beginning of week 5 – which was an absolute bonus considering at one stage it looked like they would be learning from home for the whole term.

This week you will receive your child's half-yearly progress report. It is a unique report this time around due to the large proportion of students who spent a considerable amount of time at the end of term 1 and beginning of term 2 learning from home. We are providing space on the report for parents and carers to comment on what they observed while supervising their children with at-home learning. We are very keen to get your insights into your children's approach, attitude and effort towards their learning; and to hear about any of the successes and/or concerns you experienced during this time.

Early next term you will be contacted by your child's teacher to discuss what you have seen and to provide insights into the most effective ways to support your child's learning. If you indicated through our survey that you would prefer to meet with your child's teacher face-to-face we will arrange for these meetings to occur as soon as the Department of Education gives us the 'all clear' to have parents and carers back on-site.

Term 3 will also see the reintroduction of some activities that have been on hold during the Covid-19 situation. We look forward to once again being able to offer our students a broader range of activities and experiences.

Have a great week, and enjoy the holiday break!

Steve McAlister
Principal



Update on Healthy Harold Merchandise

Unfortunately, due to COVID- 19 mitigation measures, the process of hand to hand delivery of merchandise at the school is not available. However, parents can access the online shop at the following website to buy products if required:

<https://www.lifeeducation.org.au/shop/>



Healthy Harold will be here from Tuesday 21st July to Friday 24th July (Week 1, Term 3)

All children are expected to attend as this is part of the PD/H curriculum. The cost is \$10 per child which includes a book that aligns to the visit to use in the classroom. Payments will now be accepted. Please note that if you have already paid the Voluntary School Contribution fee there is no need to pay again for this activity.

School Banking

We have decided to restart the School Banking program from Thursday, 23 July (Week 1, Term 3)



Sharing the love



Thank you to Bunnings for donating hand sanitiser and a gift card to the school.



CASUAL DAY TERM 2

Casual Day Friday week 10. Any coin donation.



Please no thongs or dress up shoes.
Clothes need to be appropriate for sports.
They need to cover shoulders and PLEASE wear a jumper!
You can wear any hat and any shoes!

Entertainment & Fundraising Portfolio

EOI DUE TO FORBES HIGH BY FRIDAY 24TH JULY



FORBES HIGH EQUESTRIAN TEAM

EXPRESSION OF INTEREST

BARREL RACING (TEAM OF 3) - DRESSAGE - SHOW JUMPING
POLOCROSSE (TEAM) - WORK HORSE CHALLENGES
RING EVENTS - FLAG RACE - BEND RACE - TEAM PENNING

Please fill in attached form and return to Forbes High

Ph: 0268522666 - Email: forbes-h.school@det.nsw.edu.au

Made with PosterMyWall.com



IGNITE YOUR PASSION!

Forbes Junior AFL & Auskick
Gaggin Oval

Friday afternoon's @ 4:00pm

Starting July 24 - contact Alex on 0429 948 390
It's great to be a Swampie!

Register at play.afl/auskick



CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact

Joss Facility Management via email on cleaning@jossgroup.com.au

Check us out of Facebook **Joss Cleaning** or visit our webpage
www.jossgroup.com.au



PBL FOCUS – We accept consequences for our actions

Class lessons will look at the consequences of actions and how we should be dealing with those consequences when they are given to us.

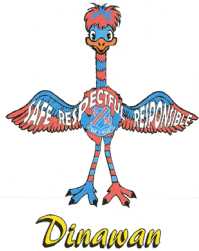


What will the next celebration be?



Tallies

Movie and popcorn	Free time	T-Shirt day	Casual Hat
512	545	393	912



Safe, Respectful, Responsible
Forbes North Public School

School Photo Shoot Keys

These are being sent home today but please note online ordering from **Tuesday 14th July** (Order before: Thursday 30th July).

ONLINE ORDERS: www.creativeschoolportraits.com.au



Phone: 63423070

Email: admin@cspnsw.com.au

Website: www.creativeschoolportraits.com.au

STUDENT AWARDS WEEK , TERM 2

Class	Student of the Week	PBL Award	Merit Award
KWK	Jaylarni Hughston	Flynn Massurit	Kaija Pettigrew James Spence
10	Sophia Kilner	Lexi Swansborough	Tyler Gray Abigail Skinner
1W	Maloo Woodbridge	Maddie Hartwig	Tyson Karaitiana-Halls Mason Campbell
2J	Matilda McClenahan	Payton Reid	Jaxen Gilchrist Isabel Pearce
2O	Emmett Blake	Jaxon Woodhouse	Jaspa Buckmaster Lyla Bale
3K	Isaac Knight	Deklen Miller	Katie Thomas Swaye O'Leary
3/4J	Ace Hancock	Aiden Campbell	Sam Nicholson Jedd Smith
4/5F	Kyren Miller	Charlie Newton	Wade Barter Kaily West
5/6M	Tallara Antram	Summer Stirling	Phoebe Walker Hayden Howarth
5/6P	Olly Flick	Hunter Bilsborough	Imogen Collits Summer Rodgers
5/6Y	Blaze Allen	Lucas Ravell	Seumas Ryan Lacey Osborne



Library


Jaylah Hodge

PBL award for

telling a teacher straight away if
there is an issue



FORBES NORTH PS - Term 2 2020

Term 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
10	29 JUNE	30 JUNE School Photos 	1 JULY	2 JULY Half-yearly reports sent home	3 JULY Casual Day- ANY coin donation Last day Term 2	4/5 JULY
Term 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	20 JULY Staff Development Day (pupil free day)	21 JULY Life Education Van Re-Connects via phone held this week	22 JULY Life Education Van Re-Connects via phone held this week	23 JULY Life Education Van Re-Connects via phone held this week	24 JULY Life Education Van Re-Connects via phone held this week	25/26 JULY














Looking for something to do in the School Holidays!

Come and join in the fun at a tennis coaching clinic during the 1st week of the school holidays 6th July to 10th July. The starting time is 9.00am and the finishing time 1.00pm.

Due to COVID 19 restrictions the clinic will be modified with limited numbers each day. Guidelines will be followed as per NSW Health & Tennis NSW regulations. Definite bookings must be made before Friday 3rd July as walk ins will not be available this time.

The main aim is for everyone to have fun in a healthy and safe environment while learning how to play tennis. The clinic is open to all children 5yrs to 15yrs regardless whether they have played tennis before.

So, come and join the fun. Places are limited so remember to book early by phoning Peter on 6851 1993 or send a message via facebook @Peter Clifton Tennis Coaching by Fri 3rd July.

Monday 6.7.20	Tuesday 7.7.20	Wednesday 8.7.20	Thursday 9.7.20	Friday 10.7.20
TRIVIA/ BOARD GAMES AND CHARADE CHALLENGE  See who can out play you!	NAIDOC CELEBRATIONS  Celebrate this day with a group artwork and Aboriginal education	RETRO GAMES DAY  Learn some "old school" games!	BUILD A HOUSE CREATION  Transform a cardboard box into something new	HOW TO DAY  Learn some new skills- chosen by the kids!
Monday 13.7.20	Tuesday 14.7.20	Wednesday 15.7.20	Thursday 16.7.20	Friday 17.7.20
MINI GARDENS  Create your own take home mini garden in a jar	NETFLIX AND CHILL  Watch some movies on the big screen with popcorn	GET SPORTY  Get out and get active	TECH TREAT  Bring your own device	NATIONAL PYJAMA DAY  Come dressed in your PJs
Monday 20.7.20	Tuesday 21.7.20	Bookings Please contact: 0437 833 613 or 0268523135 to make a booking. Fees will be payable in advance for occasional care bookings. Families can access CCS (Child Care Subsidy) if eligible. What to bring! <ul style="list-style-type: none"> Morning tea, lunch and afternoon tea (unless otherwise stated on the program) Hat, appropriate footwear (please ensure that footwear is suitable for the activities the children will be participating in. Enclosed shoes are best.) and clothing (no singlet tops please, as we are a SunSmart centre) and a drink bottle. No tech devices from home please. 		
PARTY DISCO  Glow stick disco and some fun party games!	SCHOOL RETURNS 			



REGISTRATIONS ARE OPEN FOR THE SEASON

Online registrations: www.playfootball.com.au

Face to Face Registrations: at Sweet 3 Vintage Van by the Lake 10am- 12:30pm Saturday's



DIABETES ON THE RISE



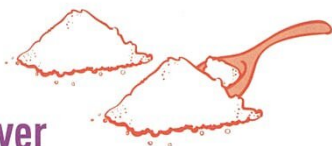
TIP

"Low fat" foods are usually high in sugar!



TYPE 2 DIABETES

accounts for **85% - 90%** of all cases of diabetes and is largely preventable.



Over consumption of **processed sugars** and **inactivity** are leading causes of Type 2 diabetes developing.



TYPE 2 DIABETES

is caused by sugar processing cells in the pancreas becoming "worn out" and so they cannot process blood glucose effectively. Some people are genetically more likely to develop diabetes, however there is a greater risk factor for those who are **overweight** or **obese**.

The World Health Organisation recommends that our

DAILY SUGAR INTAKE

should be ideally **less than 5%** of our energy intake.

For the average person, this means just

6 teaspoons.



Research has shown that consuming



340ml of sugary drink a day (less than one can)

increases your risk of type 2 diabetes by 22% when compared to drinking one can a month or less.

Australia is in **THE TOP 10 COUNTRIES**

per capita for consumption of soft drink.

Learn to read food labels.

Every 4g of sugar = 1 tsp



Remember

your goal is 6 teaspoons!

DO YOU KNOW how much sugar YOU'RE EATING?

Breakfast is one of the worst offenders for secret sugar. You can eat nearly 3 times your daily intake in just one meal!



Breakfast Cereal
45g



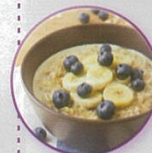
Low Fat Yogurt
175g tub



Orange Juice
250ml



= 16½ teaspoons from a "healthy" breakfast



Porridge & Fresh Fruit with Full Milk
200g tub



Full Fat Natural Yogurt
200g tub



Water with Orange Slices



= Under 2 teaspoons from a real healthy breakfast, that will keep you full for longer

Nutrition Snippet



Let the kids choose and cook (or help cook) a healthy recipe. They will be sure to eat their own creations.

Check out the website for lots of quick and easy recipes.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box