



Forbes North Public School

Thomson Street
Forbes NSW 2871

Website: www.forbesnth-p.schools.nsw.edu.au
Email: forbesnth-p.school@det.nsw.edu.au

Tel: (02) 6852 2187

Fax: (02) 6852 1452

Newsletter
Term 1, Week 3
9 February 2021



like us on
facebook



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

The new murals at Forbes North with Wiradjuri language

FROM THE PRINCIPAL...

As we well and truly get back into the swing of things for 2021, I would like to say how pleased we are with the positive way our students have started the new school year. We are very much looking forward to some very positive gains in 2021.

Again this year we are conducting our very valuable 'Connect Meets'. These meetings are three-way conferences involving your child, their teacher and yourself during which you will be able to discuss your expectations and goals for your child for 2021. Your child will also be able to identify goals and learning preferences and their teacher will also share their expectations with you.

'Connect Meets' will commence in Week 5 this term. Please keep an eye out for your child's Student Profile sheet with a section for you to complete before the meeting. You will also receive a booking sheet. Please return these as soon as possible to insure you get the time that is most convenient to you. After hours meetings can be scheduled if necessary. The days set aside for Connect Meets are as follows:

Monday, February 22 nd	1/2J	1/2O	1/2W
Tuesday, February 23 rd	KG	KK	4/5P
Wednesday, February 24 th	3/4F	3/4G	3/4O
Thursday, February 25 th	5/6K	5/6M	5/6Y

Have a great week!
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 8:57am to enable all students to be ready to start on time.

Students should not be arriving at school prior to 8:35am 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.

Getting to and from School Safely

It is strongly recommended that students younger than 10 years of age who walk to and from school are accompanied by an adult who can assist them when crossing the road. The streets around our school are extremely busy during the before and after school times, and crossing the road in the wrong place or without due care can be extremely hazardous.

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. Any student who rides to school without a helmet will have their bike or scooter held at school until they bring a helmet, or it is collected by a parent or carer.

End of Day

The school day ends at 3:05pm. 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.

FNPS featuring in shop window display:

The shop window display is continuing and our first display for 2021 will be an introduction to the Kinder students and the new staff.

P & C News

On behalf of the P & C, I would like to extend an invitation for school families to our first P & C Meeting for 2021. We will be meeting on Monday at 3:15pm in the Brekky Room.

We look forward to hearing about the planned revamp of the senior end playground, bulb drive, canteen reports and a report from our Principal.

Tivoli Yeatman, P & C President

Sun Smart

Forbes North PS is a Sun Smart school. All students need to have their school hat for sport, PDHPE lessons and play time.

NO HAT, NO PLAY.

Any students without hats will be asked to play under a sheltered play area.

School hats can be purchased from the school office for \$15.



Facebook: [@ForbesNorthPublicSchool](https://www.facebook.com/ForbesNorthPublicSchool)

Download the **SkoolBag App** to receive newsletters, updates and log student absence.



PBL FOCUS – Revising the matrix and
setting roles and responsibilities



Class lessons will focus on students looking at our whole school matrix and revising our schools expectations. Students will also look at their responsibilities for both inside and outside of the classroom.



What will the next celebration be?



Our celebrations for this term will be decided after a student poll in class this week so we will find out what we will be celebrating this term in the next fortnight.

School Banking

Get involved in the School Banking program

Forbes North Public School is excited to offer the Commonwealth Bank School Banking program to students.



School Banking is a fun, interactive and engaging way to help teach your child about money. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2021 are:

- | | |
|--------------------------------|----------------------------------|
| ○ Terry Denton's Activity Book | ○ Scented Stackable Highlighters |
| ○ Mini Soccer Ball (size 2) | ○ Icicle Slapband Ruler |
| ○ Treetop Stationery Set | ○ Snowy Origami Set |
| ○ Treetop Handball | ○ Water Skimming Bounce Ball |
| ○ Tomato Seed Kit | ○ Polar Pencils & Pencil Toppers |
| ○ Emoji Wallet | ○ Scratch Art Cards |
| ○ Snakes & Ladders Game | |

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an

Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

Student clothing

It would be appreciated if parents could pack a spare uniform + underwear if they think that their child may need to change during the day.

Student Birthday Cakes

If parents/carers would like to send birthday cakes in to share with class mates, please note these items must be store bought.

It is essential that products are made in a controlled environment as well as stating all ingredients.

Thank you for your cooperation.

COVID-19 Safe Check-in

The Education Department is introducing the Service NSW Check-in process across schools to support NSW Health's contact tracing processes, should they be required.

Checking-in using the Service NSW COVID safety tool does not replace the need to sign-in using the school's visitor logbook, which must continue to be followed. Continuing to use existing sign-in processes is required as the Department cannot access data from the COVID Safe Check-in tool and records of school visitors are required to support emergency procedures.



We thank you for your continued support and effort in keeping your school COVID safe.

Week 2 Awards			
Class	Student of the Week	PBL Award	Merit Award
KG	Ashton Biles	Rogue Hamilton	Holly Buckenhofer Mereki Antram
KK	Austin Newell	Willow Mason	Haylee Gibbons Jericho Armstrong-Barnes
1/2J	Charlotte McClenahan	Maloo Woodbridge	McKinley Newell Isabelle Birch
1/2O	Braxton McNeill	Lylah Burke-Chapman	Karsha Hobson Zac Dunn
1/2W	Milarni Holmes	Emelia Lawson	Coby Parker Cortana Stewart
3/4F	Alani Brunt	Jaylah Hodge	Nate Parker Arabella Myers
3/4G	Kaileiha Skinner	Eleanor Rodgers	Gabriel Armstrong-Barnes Harley McKeon
3/4O	Eleanor Osborne	Emmett Blake	Deklen Miller Ruby Dumbrell
4/5P	Rachel Bilsborough	Max Cook	Swaye O'Leary Archer Swansborough
5/6K	Tyrone Howell	Max Ridge	Will Constable Tahlia O'Malley
5/6M	Lucy Wright	Ashton Johansson	Alli Hodge Skaiife Girdlestone
5/6Y	Jamal Gorman-Barnes	Jaydrien Mores	Camley Hapgood Jessica Edmonds
Library	Lucas Ravell		

PBL of the week: Revising the matrix and setting roles and responsibilities

Ethics needs YOU!!!

It's that time again when we get back into the swing of a new school year. Ethics has said farewell to 2 of our teachers over the break, Melissa and Madi. This has left us in need, yet again for more volunteers. De and Mary will be continuing to teach and I will coordinate as usual. However, we cannot do this alone and thus ask that if you have any spare time on a Wednesday (only about 1 hour is needed), to lend us a hand. Ideally we need 2 more teachers minimum and another coordinator. The teachers find the classes very rewarding as do the children. At present, we will not be able to cover all stages, thus some children will miss out on this wonderful opportunity.

Training is now all online and so does not require any travel. A real bonus to us country schools. No previous experience is needed, but a desire to see children meet their potential and more helps.

To apply, head to primaryethics.com.au and click on the Volunteer Link or leave your name and number at the front desk and I will call you.

We hope to hear from you.

Tricia Bolton, Forbes PE coordinator

Community News

Fit for life is recommencing this coming school term at Forbes North Public School, please see below the information regarding the program.

Fit for Life is an entry level activity using boxing, incidental education and mentoring to encourage disengaged and at risk young people to connect with PCYC NSW and re-engage with schools in a youth friendly, physically and culturally safe environment. This program will focus on fitness, engagement with local Police and the local community, impacting change, positive growth and inclusion. The program has delivered positive outcomes increasing school attendance, improved attentiveness and behaviour which provides mental health and general well-being benefits. The program is based around the 5 core principles of PCYC – commitment, resilience, integrity, citizenship and respect, which are taught through core messages and reinforced through sporting activity.

Participants will be offered Transport to the venue then to school each morning that they will be attending the program. Morning boxing sessions with Police and other positive adult mentors will provide both physical fitness and opportunities for incidental learning on a range of topics through one-to-one communication. A healthy breakfast will be provided to all participants with opportunities to talk about nutrition and its links with fitness, health and wellbeing. Personal hygiene and presentation is another key facet of this program and shower facilities will also be on offer before returning back to school.

This program is a part of the Police Commissioners 'Rise Up' strategy aimed at engaging disengaged and at-risk youth.– here is a little video about it; <https://www.youtube.com/watch?v=vKADSIDoFK8>

Venue: Forbes North School Hall

Date: Wednesday Morning, **commencing 10 February**

Time: 7:30am-8:30pm

Cost: Free

* Transport is available to and from this activity

For more information please contact Parkes PCYC on 6862 3825.

JOIN US FOR A MORNING OF
FUN AND FITNESS. SESSIONS
INVOLVE PARTICIPATION
FROM LOCAL POLICE
OFFICERS IN A FUN SOCIAL
SETTING.

FIT 4 LIFE PROGRAM



**FREE FOR BOYS
AND GIRLS AGE 10-
17**

WHEN: Every Wednesday
Morning during school term
Time: 7:30am, 40 mins sessions.
WHERE: Forbes north public
school -hall

Transport to and from
FIT 4 LIFE is available.

Please contact S/CST Simon
Lockwoodon 0458 490 539
Parkes Club Manager Katie
Spence 0490 510 241 for more
information



PCYC PARKES
36-38 Pearce street, Parkes.
6862 3825



Red Bend Junior Rugby League **REGISTRATIONS FOR THE 2021 SEASON.**

Got to www.playrugbyleague.com

**Jump online to do your registration
then please attend one of the
following registration days to fill in
all required paperwork;
Saturday 20th February and
Saturday 27th February 2-4pm at
Red Bend Catholic College football
grounds.**

PIC•COLLAGE

Rotary Ipomoea



Market

Saturday

13th February

Lion's Park Forbes

8am to 12.30pm

Ph. Helen 6851 4930

Term 1 2021						
3	8 FEBRUARY	9 FEBRUARY	10 FEBRUARY Swimming for sport (8 years & above)	11 FEBRUARY Student Parliament Induction	12 FEBRUARY	13/14 FEB
4	15 FEBRUARY 3:15pm P&C Meeting in Brekky Room	16 FEBRUARY	17 FEBRUARY	18 FEBRUARY	19 FEBRUARY School swimming carnival	20/21 FEB
	22 FEBRUARY Connect Meets 1/2J 1/2O 1/2W LPSSA Soccer Trials (Boys & Girls)	23 FEBRUARY Connect Meets KG KK 4/5P	24 FEBRUARY Connect Meets 3/4F 3/4G 3/4O	25 FEBRUARY Connect Meets 5/6K 5/6M 5/6Y	26 FEBRUARY	27/28 FEB



Please contact the
school regarding any
further information on

Ph: 6852 2187

Taking students on a journey through mime

Visiting Performance for the
'Mime-O-Rama'

Term 1

Week 9

Wednesday 24th March

Note: *Students who have paid the
voluntary school contribution fees do not
need to pay to attend. For students who
have not paid the VSC but would like to
attend the performance it is a set fee
of \$5.00 and **MUST** be paid by Monday
15th March*

Mime-O-Rama is a
world class theatrical
experience designed
to broaden the mind
and show that
language is only one
form of
communication



Live Life Well @ School



7 STEPS TO PLANNING A HEALTHY LUNCHBOX:



- 1 Make time to prepare. Buy fresh fruit & vegetables, milk and yogurt, bread and crackers in advance.
- 2 Shop wisely and save money. Buy in season fruit and vegetables to ensure good quality and value for money.
- 3 Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
- 4 Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
- 5 Choose a variety of foods from the 5 food groups.
- 6 Include a bottle of water. No need for sweetened drinks as these contain too much sugar which is not good for teeth. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
- 7 Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

This resource was developed by the Western NSW Local Health District



HEALTHYEATING
ACTIVE LIVING