



## Forbes North Public School

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**Newsletter**  
**Term 3, Week 2**  
**20 July 2021**



### 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](http://health.nsw.gov.au/coronavirus)

### FROM THE PRINCIPAL...

We have had some good news regarding our current COVID restrictions and events and activities that can be held. Inter-school sporting activities are able to be held provided that no students from the Greater Sydney area are involved.

This means our boys Soccer team will be able to play their Western Quarterfinal against Mudgee PS. Our boys have defeated Forbes PS, Combined Small Schools and Parkes East PS to get to the Quarters. Our netballers are also through to the Western Quarterfinals following victories over Forbes PS, Grenfell PS and Middleton PS. The quarterfinal will be played against either Orange East or Mulyan PS in the very near future.

The Lachlan PSSA Athletics carnival scheduled to be held in Parkes next Friday is also set to go ahead at this stage, under strict COVID Safety planning. Details of this will be provided to parents of competitors as soon as they are finalised.

Have a great, COVID-safe week!

Steve McAlister

Principal



# Macaroni and Cheese Muffins

## Ingredients

- 1 cup macaroni – pre cooked
- ¼ cup grated pumpkin
- ¼ cup grated carrot
- 1 tablespoon water
- 1 tablespoon self-raising flour
- 30 mL milk
- ½ teaspoon Dijon mustard
- 2 small eggs
- 65 g corn kernels
- 1 cup grated cheddar cheese
- 1 tablespoon parmesan cheese (divided between the muffins)



## Method

- 1 Preheat oven to 180oC.
- 2 Put paper cases into muffin tin.
- 3 Peel and grate carrot.
- 4 Grate pumpkin.
- 5 Put carrot, pumpkin and water into a microwave safe bowl and cook on high for 2 minutes. Helpers to assist with this step.
- 6 Helpers to take bowl out of microwave and take lid off.
- 7 Using a fork, mash the pumpkin and carrot – just a little.
- 8 Put the flour into a large bowl and add milk, mustard and eggs and whisk gently until all ingredients combined.
- 9 Mix in the grated cheddar cheese, corn, mashed vegetables and macaroni. Mix well with a wooden spoon.
- 10 Using a metal spoon, divide the mixture into the muffin cases.
- 11 Sprinkle the top of each muffin with a little parmesan cheese.
- 12 Helpers to place muffin trays into oven.
- 13 Bake for 20 minutes until golden brown. Cool for at least 15 minutes before serving.

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### 3/4O Kitchen visit

In week 10 of term 2, 3/4O enjoyed visiting the kitchen to make macaroni and cheese muffins. The students continued to develop their skills of peeling, grating and cutting as well as reading a recipe. The students were initially not keen on the muffins as they had lots of veggies in them, however they decided they turned out quite yummy! We have included the recipe to share with you all as we think they make a wonderful lunchbox snack.

### Life Education Van

Healthy Harold will be here from Monday 26th July to Thursday 29th July (Week 3, Term 3) All children are expected to attend as this is part of the PD/H curriculum. The cost is \$7.00 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.



A note has been sent home to purchase Healthy Harold merchandise. If you would like to order merchandise please put correct money in an envelope with name of the item/s you wish to buy with your child's name and class on the front. Please return to your child's classroom teacher by Friday 23rd July.

Mrs Karaitiana  
Life Education Van Coordinator

**Book Club Issue 5, 2021** was sent home Week 1 Wednesday 14<sup>th</sup> July. Please remember when ordering from the catalogue to use your **Scholastic account** OR enclose a **cheque or voucher** with your order form (no cash) payable to Scholastic Australia by **30<sup>th</sup> July (end of week 3)**.

Happy Reading!

Miss Wighton

### P&C News

Gunn's Mensland now have a large range of sizes in stock of the new school jacket. The jackets are lined with polar fleece and are super warm for winter. Jackets cost \$49



### Service NSW \$100 Creative Kids Vouchers



The NSW Government is helping kids get creative with the new Creative Kids program.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each student aged 4.5 to 18 years old enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music

lessons and activities. Vouchers can also be used for the purchase of creative kits and art supplies from registered providers.

Vouchers can be used at any time during the calendar year it was issued.





# Week 1 Awards

**PBL of the week:**

**We concentrate and focus on our own tasks**

<b>Class</b>	<b>Student of the Week</b>	<b>PBL Award</b>	<b>Merit Award</b>
<b>KG</b>	<i>Mathew Brunt</i>	<i>Georgia Markwort</i>	<i>Archie Hodges Kaleb Carroll</i>
<b>KK</b>	<i>Relic Taylor</i>	<i>Willow Mason</i>	<i>India Spice Jorja Nash</i>
<b>1/2J</b>	<i>Maloo Woodbridge</i>	<i>Rachel Inches</i>	<i>Sofia Pearce Benji Massurit</i>
<b>1/2O</b>	<i>Karsha Hobson</i>	<i>Jax Murphy</i>	<i>Lillyanne Floyd Braxton McNeill</i>
<b>1/2W</b>	<i>Cortana Stewart</i>	<i>Ava Doyle</i>	<i>Jackson Riddle Harry Bilsborough</i>
<b>3/4F</b>	<i>Alani Brunt</i>	<i>Arabella Myers</i>	<i>Isaac Knight Jaxon Woodhouse</i>
<b>3/4G</b>	<i>Lylaque Bale</i>	<i>Connor Stewart</i>	<i>Amber Hodge Lola Hughes</i>
<b>3/4O</b>	<i>Jackson Markwort</i>	<i>Flyn Collits</i>	<i>Jhaz Nash Emmett Blake</i>
<b>4/5P</b>	<i>Jonty Rattenbury</i>	<i>Max Cook</i>	<i>Ace Hancock Will Markwort</i>
<b>5/6K</b>	<i>George Finn</i>	<i>Matillda Yavion</i>	<i>Will Constable Kyren Miller</i>
<b>5/6M</b>	<i>Timmy Duke</i>	<i>Cooper Stewart</i>	<i>Summer Rodgers Matilda Blake</i>
<b>5/6Y</b>	<i>Matilda Brakenridge</i>	<i>Rhys Knight</i>	<i>Dylan-James Britton Brett Jones</i>
<b>Library</b>	<i>George Finn</i>		
<b>Kitchen/Garden (Junior)</b>	<i>Lachlan Hoey</i>	<b>Kitchen/Garden (Senior)</b>	<i>Hayden Dunn</i>
<b>PD/H/PE (Junior)</b>	<i>James Spence</i>	<b>PD/H/PE (Senior)</b>	<i>Kye Allen</i>



**PBL FOCUS** – We respectfully follow instructions

Class lessons this week will focus on students learning the ways in which they can listen to an instruction and then follow it in an appropriate manner.

Our celebration tallies have been updated.



What will the next celebration be?



Tallies

Movie & Popcorn	Art & Craft	Hot Chocolate	Disco
<b>1011</b>	<b>1922</b>	<b>1599</b>	<b>812</b>

### School Photo Day

These will be taken on **Tuesday 10th August (Week 5 Term 3)**.

**ONLINE ORDERS:** [www.creativeschoolportraits.com.au](http://www.creativeschoolportraits.com.au)



Phone: 63423070

Email: [admin@cspnsw.com.au](mailto:admin@cspnsw.com.au)

Website: [www.creativeschoolportraits.com.au](http://www.creativeschoolportraits.com.au)

**Welcoming All Children In  
Years 3 - 6**

**Mondays in Term 3**  
5 Exciting Weeks  
learning more about Jesus,  
games, craft and afternoon tea

From **2 August 2021**  
Until **30 August 2021**  
**4.00pm – 5.00pm**

Forbes Baptist Church  
7 Attlee Street, Forbes



## Aboriginal Women's Yarning Circle

Are you a 40+ Aboriginal woman?

Then you're invited to join in our  
FREE Yarning Circle

**WHEN:** Thursday 22 July 2021 @ 11am

**WHERE:** Forbes Town Hall

Informal gathering to yarn about the importance of breast screening.  
You can have a FREE breast screen on the day if you wish



Free refreshments, Lucky Door Prize &  
A Goodie bag for all.

Our lovely scarves are back for ladies who get  
screened as well.

PLEASE RSVP TO: Christine Fing @ BreastScreen on 02 63305525



FORBES WINTER  
HORSE SHOW

# INTERSCHOOLS CLASSES

24TH JULY  
2021

- \* HAVE FUN RIDING WITH YOUR CLASS MATES
- \* REPRESENT YOUR SCHOOL
- \* ATTIRE: SCHOOL JUMPER & TIE
- \* PLAIN SADDLECLOTH



### Term 3 2021

	19 JULY	20 JULY	21 JULY	22 JULY	23 JULY	
2					LEV Merchandise payments due Assembly 1:20pm	24/25 JULY
3	<b>EDUCATION WEEK</b> Life Education Van 3/4G, 4/5P, 3/4F	Life Education Van LINK UP 1, KK, KG, LINK UP 2, 1/2J	Life Education Van 5/6K, 1/2W, 5/6M	Life Education Van 3/4O, 1/2O, 5/6Y	30 JULY Bookclub orders & payment due LPSSA Athletics at Parkes Assembly 1:20pm	31 JULY/1 AUG
4	2 AUGUST	3 AUGUST	4 AUGUST	5 AUGUST	6 AUGUST	7/8 AUG
5	9 AUGUST	10 AUGUST SCHOOL PHOTO DAY	11 AUGUST	12 AUGUST	13 AUGUST	14/15 AUG