

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 4 Week 4 2019

"In Friendship We Learn"



The Yrs 3-6 Choir and 3/4S represented Forest Hill Public School last Thursday performing at CHORDS Festival.

A proud member of the Wagga Wagga Community of Public Schools



Forest Hill Public School

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“In Friendship We Learn”

■ 2019 ■ Term 4 ■ Week 4

■ Newsletter

Term 4 Upcoming Events

Mon 11th November	School Performance K-6
Tue 12th November	Kinder Transition No 5. 9.30am - 1pm
Wed 13th November	P&C Meeting 6.30 pm
Fri 15th November	KJ & K/1B REEC Excursion
Mon 18th November	Assembly - 4/5S
Tue 26th November	Kinder Transition No 6 9.30am - 1pm
Mon 2nd December	Assembly - Captain Speeches
Tue 3rd December	Kinder Parent Information Evening 6-7pm
Tue 10th December	Year 6 Dinner Disco
Thu 12th December	Presentation Night 6-7pm
Wed 18th December	Students' Last Day Whole School Rewards Day

Award Winners

KJ

Eloise B, Tia D, Joshua H, Charlotte S

K/1B

Jaxx H, Regina C, Addison E, Maddison S

1S

Charlie C, Hamish A, Emma L, Ruby T

1/2T

Cody H, Alex C, Ava A, Alex H

2M

Levi P, Cooper M, Summa M, Finn B

3G

Riley W, Payton C, Jaxon W, Xavier W, Koby S

3/4S

Blake M, Liam T, Charlotte M, Toby B, Lachlan V

4/5S

Kaden P, Jade R, Tyrese C, Cooper H, Lincoln W

5/6A

Max H, Shyanne F, Brayden R, Seth P, Arabella M

5/6D

Tyler R, Justin F, Kane C, Natalie R, Noah B

HEAD LICE

Please be aware there have been cases of head lice in the school.

Could you please regularly check your child's hair and if they are present please treat accordingly.



Forest Hill Public School

CANTEEN

\$5 Fun Box winners this week have been Cooper H and Harlem A who are already enjoying the benefits of their win. Keep looking in your Fun Box for the daily lucky \$5 fun note. Recently, many Stage 2 and Stage 3 students have been spending lunch money not on lunch orders but on other items some from the shop. Please be aware that after discussion with the Principal and due to the nutritional concerns, parents will be contacted if it is obvious that this is occurring. Any parent concerned with regards to this matter may contact the canteen.

Monday Summer Special

Recess - Pancakes
Monday Fun Box \$5

Good Manners Award - Noah B

Canteen Roster

Monday 11/11	Trisha Enever
Wednesday 13/11	Jenny Murtagh
Thursday 14/11	Jenny Murtagh
Friday 15/11	Di Beaumont

CHORDS

Last Thursday, the 3-6 Choir and 3/4S travelled to the Civic Theatre to perform in the CHORDS festival. This has been an event that both the choir and 3/4S have been rehearsing for with Miss Gooley, Miss Ruschen and Mrs Serafin for most of the year.

Thank you to the students, parents and teachers for the huge effort that has gone in to preparing for the CHORDS festival. We are extremely proud of all of our students and the way they performed on Thursday.

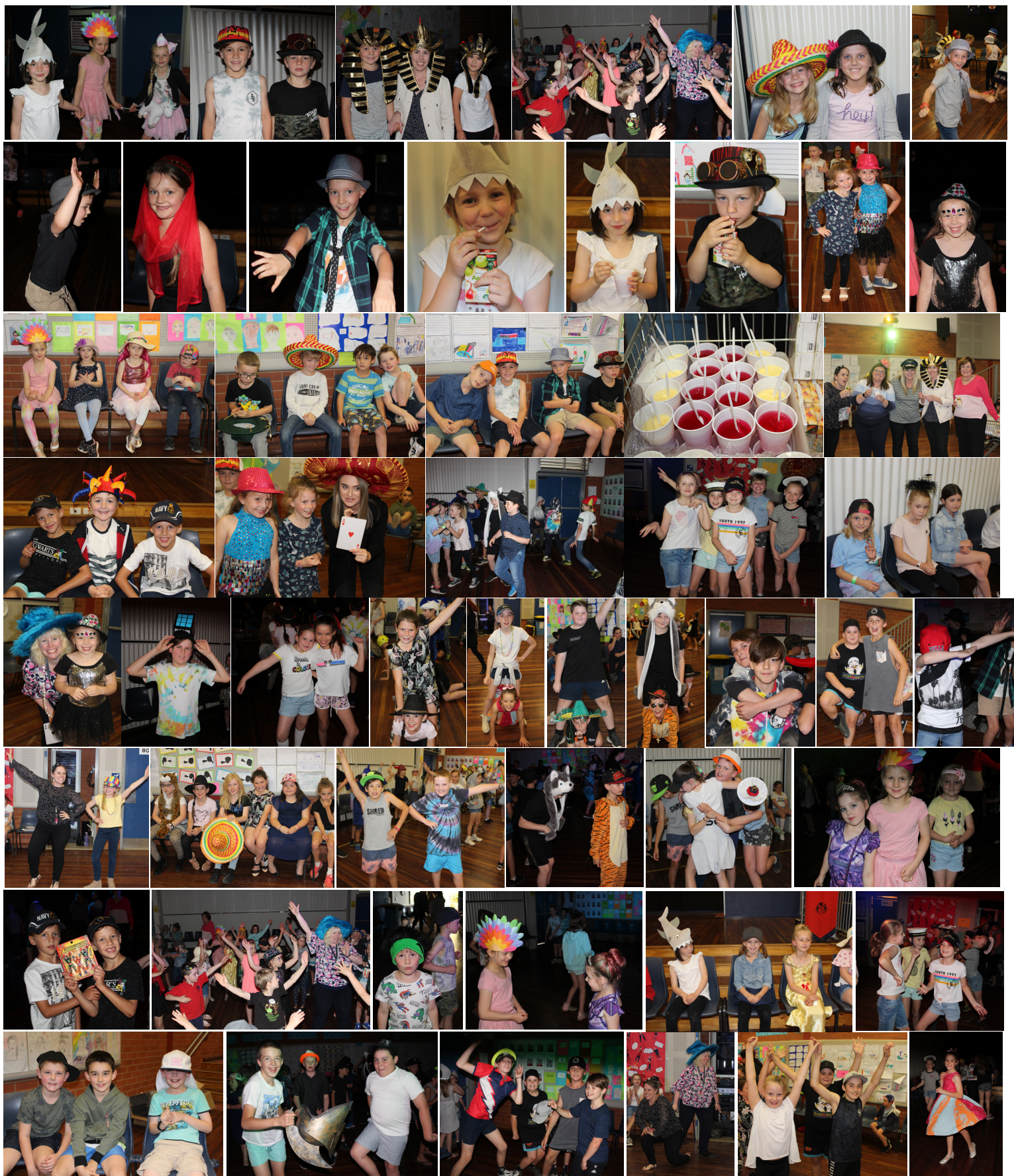
A special thank you to Mr Williams and Kath for their amazing work in creating a puppet to accompany the song "When I was a lad", at each matinee and night show.

Well done to Max Hillier, Lorelei Rhoden, Matilda Judas and Alannah Smith, who performed Monday to Thursday, matinee and night.

CHORDS 2019



Forest Hill Public School



TERM 4 DISCO



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



Queensland, Australia

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