

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 4 Week 5 2019

“In Friendship We Learn”



**Some of our Stage 3 students
enjoying the outdoors.**

A proud member of the Wagga Wagga Community of Public Schools



Forest Hill Public School

- Principal: Cameron Williams
- P (02) 6922 7251
- F (02) 6922 7858
- Sturt Hwy, Forest Hill NSW 2651
- foresthill-p.school@det.nsw.edu.au
- www.foresthill-p.schools.nsw.edu.au

“In Friendship We Learn”

■ 2019 ■ Term 4 ■ Week 5

■ Newsletter

Term 4 Upcoming Events

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

OFFICE - ABSENTEES

We have been informed from NSW Dept of Education that all absences, whether it is a full day or partial day, need to be explained.

It is a legal requirement that you escort your child to the office and give a reason for their lateness. Before picking up your child early come to the office to sign out and explain the reason for their early departure.

For full day absences, you may ring, send in a note or submit an absentee on Skoolbag app.

If this does not happen the school will send a form home for you to return explaining their absence.

NEW STUDENTS

We are currently taking enrolments for 2020. If you live in the area please collect an enrolment form from the school.

CANTEEN

Congratulations to Sophie V, Selena D, and Max W who are the winners of this week's \$5 Fun Box promotion.

A special thank you to everyone who generously donate items to the canteen. Recent donors include: Fiona Piltz - eggs, Kellie Spies - paper products, Lucinda Bortalazzo - containers and paper products, Louise Conibear - bags and storage containers, Laurie Bell - fruit, and an unknown donor of eggs today.

Did you know that the canteen can have fun with and re-purpose left-over party cups, plates, bowls, etc that you may no longer have a need for? It helps give lots of colour at the canteen window and makes children happy and interested. Please feel free to send items to the canteen or place into class lunch baskets.

Monday Special

Recess - Pancakes
Monday \$5 Fun box

Good Manners Award - Havana R.

Canteen Roster

Monday 18/11	Kylie Eckert
Wednesday 20/11	Jenny Murtagh
Thursday 21/11	Jenny Murtagh
Friday 22/11	Dina Beaumont



2019 Christmas Hamper Raffle

\$2 Per Ticket

Our prize hampers will be made up from a combination of donated vouchers, Christmas goods and non perishable foods generously donated by our families.

To ensure we receive a variety of items to create the best hampers we are asking each class to donate:-

KJ-Shortbread/Sweet Biscuits

K/1B- Christmas Cakes/Puddings

1S-Christmas Tableware (Disposable plates/Napkins etc.)

1/2T- Christmas Wrapping/Bon Bons/Decorations

2M-Condiments (Sauces/Chutneys/Dressings)

3G- Lollies/Confectionery

3/4S- Softdrinks/Juices

4/5S- Chocolates/After Dinner Mints

5/6A- Nuts

5/6D-Christmas Nibbles (Pretzels/Shapes/Chips etc.)

There are class prizes donated by P&C for donations and selling tickets. So, the more donations or tickets you sell the more tickets you will receive in the class prize draw.

We are asking each child to sell a book of 5 tickets at \$2 each.

Please return all tickets sold and unsold by 6th December.

All money goes directly into improving our schools facilities and resources.

Drawn at Presentation night on 12th December. More Tickets are available from the office.



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

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146



LIDS 4 KIDS

There has been a wonderful response so far to this cause.

To help us at the office, could you please make sure all lids are clean eg no dried milk and could the plastic insert inside the lid be removed before dropping off to the office.

Lids4Kids

Leave us the plastic lids from your milk, water, juice and soft drink bottles and they'll be converted into prosthetic hands for kids.

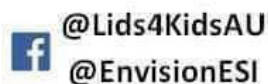
From this



To this



For more information check out:



<https://envision.org.au/envision-hands/>



SkoolBag