

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 1 Week 8 2019

"In Friendship We Learn"



National Day of Action against Bullying and Violence

Friday 15th March, 2019

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 1 ■ Week 8

■ Newsletter

Upcoming Events

Wednesday 20th March	P&C Meeting 6.30 PM
Friday 12th April	Last day of Term 1
Tuesday 30th April	First day of Term 2
Thursday 2nd May	5/6A REEC Excursion
Thursday 2nd May	Mortimer Shield
Friday 3rd May	5/6D REEC Excursion

CANTEEN

Batlow apples will be available for purchase soon thanks to the generosity of the McLeod and Price families. Over the past few years, the McLeod family has kindly donated these delicious apples for which we are very grateful.

A pre-order form will be sent home and if you wish to purchase please return with money to the canteen.

Apples will be available for purchase individually and will also be cooked and frozen to be used at a later date.

Monday Special

Recess - Pancakes and Vegetable Fritters.

Good Manners Award

Seth P.

Canteen Roster

Monday 25/3	Kylie Eckert
Wednesday 27/3	Jenny Murtagh
Thursday 28/3	Jenny Murtagh
Friday 29/3	Trisha Enever

Award Winners

KJ

Olivia W, Sharlotte S, Amelia D, Matilda B

K/1B

Jaxx H, Mikey L, Lucas D, Addison E

1S

Ava L, Max W, Max E, Nevaeh L

1/2T

Zander P, Reese E, Tommy H, Matilda E, Zaine T

2M

Taylor H, Theo W, Axel G, Xavier P

3G

Jack A, Jaxon W, Chelsea B, Sam L, Riley W

3/4S

Charlotte M, Clairia H, Lilly D, Bentley D, Benji P

4/5S

No awards this fortnight.

5/6A

Deeya S, Seth P, Lorelei R, Bella M, Jackson S

5/6D

Cameron M, Deshawn L, Tom C, Metallica M, Rebecca L

MISS RUSCHEN'S LIBRARY AWARD

3/4S

VOLUNTARY CONTRIBUTION

This year the Voluntary Contribution is \$30 per child.

This contribution assists in the purchasing of much-needed resources for student education. Thank you to those who have paid.

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

Last Friday, the 15th of March, our whole school joined together to focus on bullying and the changes we can all make to help create safer communities for everyone.

All students were mixed into groups from Kindergarten to Year 6.

Our Year 5 and 6 students led their groups with activities and discussions around bullying and preventative measures. On reflection of our day, all students discussed wanting to take action so that we can empower young people to be part of the solution when addressing bullying in our school community. As a school, we will be putting together a pledge that we will follow surrounding prevention of bullying. This will be on display in our office in the coming weeks.

This Thursday, 21st March, is Harmony Day. The theme is 'Everyone Belongs'. At Forest Hill, we pride ourselves on being inclusive, respectful and kind to all members of our community.



P&C

A reminder we have a meeting tonight in the staffroom from 6.30pm.

ELECTION: On Saturday we'll be holding a cake stall and sausage sizzle if you can assist with time or baked goods that will be greatly appreciated (please remember all baked items need to be labeled with a list of ingredients). We'll be there from 8.30am to accept donations. Your support of these fundraisers assists the P&C to donate much needed resources to our school.

VISITORS

Visitors to the school are required to sign in and out at the front office. They must wear a visitor lanyard.

Parents must sign students in/out at front office. This is a legal requirement.

OFFICE HOURS

Please note that our hours are 8.30am - 3.30pm weekdays during school term.



The simplest way

... To make Japanese vegie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

Ingredients

½ small cabbage, very thinly sliced
4 medium carrots, grated
2 cups baby spinach, thinly sliced
4 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray



Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](https://www.healthyhunchbox.com.au).

[healthyhunchbox.com.au](https://www.healthyhunchbox.com.au)

NETBALL CAMP

The Southern Sports Academy is again holding it's annual School Holiday Netball Camp. This year it is to be held at the Equex Centre, Wagga Wagga on the 16-18th April 2019.

The camps are a valuable opportunity for children of all skill levels to receive top quality coaching. Former NSW Swifts player, Jackie Murphy, will host our Junior Netball Camp, along with a panel of experienced coaches.

This year players between the ages of 7 and 10 will be attending one day only, on Tuesday 16th April, while players aged between 11 and 14 will attend on Wednesday 17th and Thursday 18th April.

The annual Junior Netball Camp has become a crucial event for the identification of the best young talent in the Southern part of the state. Applications may be filled out online via the Academy's website (www.ssa-nsw.org.au).

SKOOLBAG APP

Install the SkoolBag app to keep up to date with upcoming events.

