

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 1 Week 9 2019

"In Friendship We Learn"



REEC EXCURSION

3G, 3/4S AND 4/5S

A proud member of the Wagga Wagga Community of Public Schools



Forest Hill Public School

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Upcoming Events

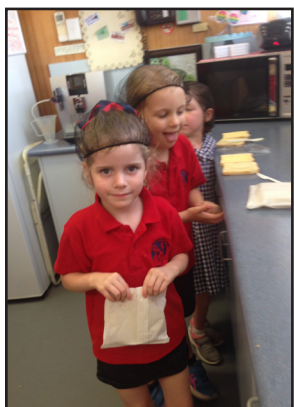
Friday 12th April	Last day of Term 1
Tuesday 30th April	First day of Term 2
Wed 1st May	Anzac Ceremony 10.30 am
Thursday 2nd May	5/6A REEC Excursion
Thursday 2nd May	Mortimer Shield
Friday 3rd May	5/6D REEC Excursion
Tuesday 7th May	Athletics Carnival

KJ CANTEEN TOUR

This tour took place last week as part of the Early Stage 1 Science unit: Paddock to Plate.

Students were curious and keen to investigate all aspects of the school canteen from the range of healthy food, storage, cooking appliances and how the food arrives at the canteen.

The highlight was the opportunity to make their own sandwich, pack it and enjoy eating it back in the classroom. A big thank you to Jenny for making this experience such a highlight.



STEWART HOUSE

If you wish to donate, could you please send in the envelope and money to the office by Friday 5th April.



Canteen Roster

Monday 1/4	Kylie Eckert
Wednesday 3/4	Jenny Murtagh
Thursday 4/4	Jenny Murtagh
Friday 5/4	Di Beaumont

CANTEEN

A big thank you to all the generous people for their donations to the canteen:

Cecilia Moriarty and Gary Orr - garden produce

Louise Conibear - disposable cups

Kellie Spies - paper bags

Marguerite Caskie & Fiona Piltz - miscellaneous

The canteen is always happy to receive surplus items of produce, disposable unused paper plates/cups/cutlery and in-date pantry items.

Monday Special

Recess - Pancakes and Maple Syrup 60c.

- Hot Chocolate \$2.

Good Manners Award

Rylan M.

Forest Hill Public School

REEC EXCURSION 4/5S 18/3/19

The excursion aligns with the Science Unit “Friends or Foes” that we are learning about in class. On the excursion, students investigated the concept of diversity through exploring the natural environment and engaged in hands on activities such as bush walking, collecting samples and observing under microscopes, investigating plant adaptations and learning about caring for the bush.



REEC EXCURSION 3G & 3/4S 20/3/19

Last Wednesday, 3G & 3/4S travelled to the REEC to participate in a “Friends or Foes” study. Students conducted an experiment to determine which food type was most popular amongst different ant species and used time capture software to collect evidence. They played games to learn about native and introduced animal species in Australia and collected living organisms to investigate under microscopes. The students thoroughly enjoyed the excursion and were highly engaged throughout the day. Mrs Serfin, Miss Gooley and Mrs Piltz had a lot of fun too.



SkoolBag 

WHOOPING COUGH

Keep coughing kids home and see your GP.

Whooping cough (also called pertussis) began increasing across NSW towards the end of 2018, especially in children between the ages of 5 and 14. NSW Health anticipates that this increase will continue into 2019.

School-aged children who are infected with whooping cough usually experience a troubling cough that can persist for months, but they rarely get severe illness. However they can spread the infection to younger siblings and other more vulnerable people, who are at higher risk of severe disease. Whooping cough can be a life threatening infection in babies.

What can you do to prevent whooping cough?

1. Make sure vaccinations are up to date for all family members.
2. Be alert for symptoms of whooping cough.
3. Keep coughing kids home, to prevent them spreading the infection to others, and see your GP to get them tested for whooping cough.

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 the 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).

SunSmart Snippet

The simplest way

... to reduce your child's skin cancer risk

2 in 3 people who grow up in Australia will be diagnosed with skin cancer in their lifetime.



Protect their skin in these FIVE ways:

- Slip on sun-protective clothing
- Slop on SPF 30 sunscreen or higher
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on some wrap-around sunglasses.

When you protect your child's skin, you reduce their risk of skin cancer.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

HEALTHY LUNCH BOX

The simplest way

... to get kids excited about eating veg!

With only 5% of NSW kids eating enough vegetables, Cancer Council supports this great initiative linking vegetables to fun times!



Join hundreds of primary schools across NSW this term and [register](http://healthy-kids.com.au) for **Vegetable Week & The Big Veggie Crunch**, Monday 1st to Friday 5th April, 2019.

Help break the record for the largest number of children eating vegetables simultaneously. More than 50,000 children crunched together in 2018. Let's smash this number in 2019!

For more information visit healthy-kids.com.au

healthylunchbox.com.au