

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 4 Week 1, 2020

“In Friendship We Learn”



“TEACH CHILDREN WELL”

This painting by Mark Saddler is proudly displayed at the end of the front building of our school.

Take time to have a look at his great artistry.

A proud member of the Wagga Wagga Community of Public Schools



Forest Hill Public School

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"In Friendship We Learn"

■ 2020 ■ Term 4 ■ Week 1

■ Newsletter

Upcoming Events

Tue 20th Oct - Tue 8th Dec	Gymnastics Infants & 2/3T
Wed 21st Oct	REEC Excursion KR & K/1B
Thu 22nd Oct - Thu 10th Dec	Gymnastics Primary
Wed 16th Dec	Last day of school

UPCOMING EVENTS

Please keep an eye out for more events occurring during term 4. They will be posted in the newsletter as dates and details are organised.

SCHOOL REMINDER

Please be reminded that there is a "No Hat - Play in Shade" policy and students not wearing a hat will be confined to shady areas during recess and lunch breaks.

The mandatory wearing of wide-brimmed hats is for the children's protection from UV rays. No caps are allowed.

You are encouraged to apply sunscreen to your children before school this term.



SNAKES

As the weather warms up please remind your children that our school sometimes have snakes visit us. Talk with them about the dangers of approaching a snake and also what they should do if they sight one.

CANTEEN UPDATE



Our "Who Loves" promotion continues this term. Looking around the school did you discover that Koby S loves garlic rolls? They are made in the canteen everyday and are very popular with many students.

Can you figure out what Charlotte M loves? Look for Charlotte's poster around the school to find out.


Everyone loves a big bunch of flowers but at the canteen we love a big bunch of silverbeet (spinach). It is very popular with students and staff alike. Do you have or know someone who has unwanted or surplus silverbeet growing in the garden? Donations can be dropped off to the office to be passed onto the canteen where it will be washed, cooked, prepared and enjoyed by all. There will be another canteen menu handed out this week. The menu and daily specials have also been put into this newsletter.



Good Manners Award - Jake S

Forest Hill Public School

On very rare occasions when an item may be unavailable your child may be asked and will be assisted in making another choice from the menu

LUNCH MENU SANDWICHES AND ROLLS	\$	HOT LUNCH MENU	\$	DRINKS	\$	RECESS MENU VARIES DAILY	\$
Vegemite (E)	\$1.50	Hotdog (O)	\$4.00	Bottled Water 600ml (E)	\$1.50	Apple from home (Slinked for free)	\$0.80
Chicken & Salad (E)	\$4.00	Chicken Tender Wrap (O)	\$3.50	100% Juice box 250mL(E)	\$1.50	Fresh fruit - varies seasonally (E)	\$0.50
Egg (E)	\$3.00	Beef Nachos with Cheese (O)	\$3.50	Flavoured milk 300mL (lite)	\$3.50	Fried Rice (E) (GF)	\$0.60
Puzzle Cheese (E)	\$2.00	Chicken Nuggets x6 (O)	\$3.50	*Strawberry, chocolate, plain (E)	\$2.00	Air popped popcorn cone (E)(GF)	\$0.60
Ham & Salad (E)	\$4.00	Fried Rice (E) GF	\$3.50	Slushie (one size) Term 1 and 4 only	\$2.50	Custard Cup (E) (GF)	\$0.50
Ham (E)	\$3.00	Warm Pasta with Cheese (E)	\$2.50	Chilli J (carbonated juice)(E)	\$2.50	Rice Custard (E) (GF)	\$0.80
Salad (E)	\$3.50	Hot Cheese Roll (E)	\$3.50	Glee carbonated fruit juice 250ml (E)	\$2.50	Salsa dippers (E)	\$0.80
TOASTED EXTRA	\$0.20	Pizza Ham & Cheese (E)	\$3.50	Hot Chocolate Term 2 and 3 only (E)	\$2.50	Jelly and custard Cup (E)(GF)	\$0.50
CHEESE EXTRA	\$0.20	Cheeseburger (Friday only)	\$3.00			Boiled Egg (E)(GF)	\$0.50
WRAPS		TOASTED KEBABS		ICE BLOCKS		Rice Crackers (E) (GF)	\$1.00
Rainbow Salad (E)	\$3.50	Chicken & Cheese (E)	\$4.00	Juice Pop (E)	\$0.40	Choc Mousse (O)(GF)	\$0.80
Rainbow Salad with Egg (E)	\$4.00	Chicken, Cheese & Salad (E)	\$4.00	Milk Pop Large Chocolate or Strawberry (E)	\$1.00	Nachos with Salsa (O)(GF)	\$1.00
Chicken & Salad Wrap (E)	\$4.00	Ham & Cheese (E)	\$4.00	Quelch Stick (E)	\$0.60	Jelly (E)(GF)	\$0.80
Ham & Salad Wrap (E)	\$4.00	Ham, Cheese & Salad (E)	\$4.00	1/2 Quelch Stick (E)	\$0.30	Savoury Muffins (E)	\$1.00
All salads comprise of lettuce, tomato, cucumber, carrot, cheese & beetroot & mayonnaise.		FOREST HILL PUBLIC SCHOOL CANTEN SUMMER MENU 2020-2021		CRUNCH AND SIP PREPAID CARD	\$5.00	Salted Popcorn 20g (O)(GF)	\$0.80
Lunch Bags	\$0.10	Trading Days Mondays , Wednesdays, Thursdays & Fridays. (Lunch and Recess)				Wedges (E) (GF)	\$0.80
Sauce Extra	\$0.30	Convenor Jenny Murtagh Volunteers are appreciated and welcome. Please contact the school office on 69227521.		All products sold at the canteen comply with the mandatory NSW Gov't Healthy Canteen Strategy Food and Drink Benchmark Requirements. All menu items are Categorised either Everyday (E) or Occasional (O).		Savoury Item - canteen made (E)	\$0.80
ON-LINE ORDERING VIA MY SCHOOL CONNECT APP						Hash Brown (O)(GF)	\$0.40
*****DAILY SPECIALS***** Please see back of menu for \$5 Lunches						Garlic Bread (E)	\$1.00
STATIONERY Red, Blue & Black Pens Pencil Sharpeners Eraser Rulers	\$1.00ea \$1.00ea \$1.00ea \$1.00ea					Warm Milo (E)	\$1.00
						Cold Milo (E)	\$1.50
						Sippah Milk (E) Small	\$2.50
						Hot Choc (Term 2 & 3 only) (E)	\$1.00
						Yoghurt (E)	\$0.50
						Scones (E)	\$0.40
						Pikelets / fruit pikelets (E)	\$0.60
						Pancakes (E)	\$0.50
						Spaghetti Melts /Jaffies (E)	\$0.80
						Warm Pasta (E)	\$0.80
						Anzac Biscuits (O)	\$0.80
						Pizza Scrolls (E)	\$0.80
						Pumpkin Scrolls (E)	\$0.60
						Rice Paper Rolls (E)(GF)	\$1.50
						Recess fruit smoothies(E)(GF)	\$0.80
						Fruit Muffins (O)	\$0.80
						Cheesy Pasta (E)	\$0.20
						Cheese Triangles (E)	\$0.50
						Cereal Cones (E)	\$0.50

Forest Hill Public School

DAILY SPECIALS

Monday



Name:

Class:

Ham & Cheese Pizza

+

Slushie

(student to return to canteen to collect)

+

1 piece of fruit/vegetable
(seasonal)

\$3.50



Wednesday



Name:

Class:

Warm Spinach Cob

+

Bottled Water

+

1 x piece of fruit/ vegetable
(seasonal)

\$5



Thursday



Name:

Class:

Fruit Salad

+

Berry Juice Cup

+

Yoghurt

+

Juice Pop

(student to return to canteen to collect)

\$5



(GF)

Friday



Name:

Class:

1 x Cheeseburger

+

☐ Chocolate Milk

or

☐ Strawberry Milk

+

1 x piece of fruit/vegetable
(seasonal)

\$5



Cheeseburger with salad

☐ add 50c

\$5.50

Please photocopy or scan - cut me up and stick me onto your lunch bag



High Performing Students Team

Placement in selective high schools for Year 7 entry

in **2022**

Information for applicants

Thinking of applying for
a government selective
high school for Year 7
in 2022?

You must apply online at:

[https://education.nsw.gov.au/
public-schools/selective-high-
schools-and-opportunity-
classes/year-7](https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7)



Key Dates

Application website opens:
13 October 2020

Application website closes:
16 November 2020
You must apply before this date.

Test centre and test authority advice
released:
25 February 2021

Selective High School placement test:
11 March 2021

Placement outcome information released:
2 July 2021

**Please read this booklet carefully before
applying.**

**From this year, you will be able to log
into your application to send and
receive messages and notices.**

There may be changes to the procedures
in this document. Check the website at
education.nsw.gov.au/shs-oc regularly for
updates throughout the application and
placement process.

Please check the website for information
before you contact the Team.

The Selective High Schools placement process for Year 7 entry is administered by the High Performing Students Team. It is referred to as 'the Team' in this document.

Contact Details:

High Performing Students Team, NSW Department of Education
Email: ssu@det.nsw.edu.au
Telephone: 1300 880 367
Postal Address: GPO BOX 33, SYDNEY NSW 2001

Facebook:
[https://www.facebook.com/groups/
772251106301086/](https://www.facebook.com/groups/772251106301086/)



Nutrition Snippet

WAR ON WASTE.

Did you know that the average household throws out 1 in 5 bags of groceries they buy?



Want to know how you can reduce your food waste?

Check out our [blog](http://healthylunchbox.com.au) at healthylunchbox.com.au for more tips that will save you money, time and our planet!

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



Nutrition Snippet

MEAT-FREE MONDAY.

Get your family having more veg by making Monday 'Meat-free'.



Try these meat-free meals:

- [Mushroom, spinach and lentil lasagne](#)
- [Green frittata](#)
- [Eggplant tagine](#)

Any leftovers can be used in the lunch box the next day!

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



‘Will I be a good dad?’

is a common concern amongst
new dads and dads-to-be.

The Focus on New Fathers program provides a free text message based service called SMS4dads.

Free tips, tools and links - directly to dad's phone

To help new dads and dads-to-be navigate the changes, before and after the birth of their baby, NSW Health and the University of Newcastle have partnered to deliver SMS4dads.

Once new dads and dads-to-be are registered, they'll receive practical tips, tools and helpful links directly to their phone.

You're eligible:

- if you are 18 years or older
- if your partner is at least 16 weeks (four months) pregnant; or
- from your baby's birth until they are 6 months old.

For more information

visit www.health.nsw.gov.au/focus-on-new-fathers

“Just wanted to say thanks for this project. The text messages have been invaluable and I couldn't have known just how much I needed to receive these short and helpful messages.”

**Registration
is free
and easy.**

[www.health.nsw.gov.au/
focus-on-new-fathers](http://www.health.nsw.gov.au/focus-on-new-fathers)





Forest Hill Public School P&C

FHPS P&C Uniform Order Sheet 2020

UNIFORM SHOP OPENING HOURS: First Wednesday of each month during school terms (8.30-9.15)

Samples available to try on for correct sizing in the uniform shop

Students Name: _____ **Class:** _____

Parents/Carer Name: _____ **Contact No.** _____

Date: _____ **Send order home with student:** YES / NO

ITEM	WRITE QUANTITY OF SIZE REQUIRED							PRICE	SUB TOTAL (\$)
	4	6	8	10	12	14	16		
Polo Shirt Short Sleeve								\$15.00	
Polo Shirt Long Sleeve								\$20.00	
Jumper								\$20.00	
Jacket PRE ORDER ONLY								\$40.00	
Shorts								\$15.00	
Track Pants								\$20.00	
Skort								\$10.00	
Dress								\$30.00	
	S/M	M/L							
Bucket Hat								\$15.00	
								ORDER TOTAL	
								CASH	
								Direct Deposit Receipt No.	

ORDERING: Upon completion of this form, please hand it in to the school office staff to pass onto the P&C for processing. Once payment is received, orders will be filled Monday mornings or at the earliest convenience of one of our P&C volunteers.

Orders can be sent home with students or alternately P&C will contact you to arrange pickup

PAYMENT: Correct Cash or Direct Deposit

DIRECT DEPOSIT: FHPS P&C Uniform Shop HUME Bank BSB **640000** Account No. **111273015**

(Please use Parents/carers surname as payment description.)

CASH PAYMENT: Please enclose correct cash in an envelope with your order form and give it to the office staff for P&C to process.

EXCHANGES: Exchanges can be made within 14 days of purchase. Items must be unworn (with tags), unwashed and in original packaging.

FURTHER INFORMATION OR QUESTIONS: Contact the P&C via messenger at Forest Hill Public School P&C