

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 4 Week 2, 2020

“In Friendship We Learn”



GYMNASTICS

All students at Forest Hill Public School have been given the opportunity to participate in a Gymnastics programme this term.



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"

■ 2020 ■ Term 4 ■ Week 2

■ Newsletter

Upcoming Events

| | |
|-------------------------------|--------------------------------|
| Tue 20th Oct - Tue 8th Dec | Gymnastics Infants & 2/3T |
| Wed 21st Oct - Wed 9th Dec | Gymnastics Primary |
| Thu 29th Oct | Book Club order due |
| Thu 29th Oct | Mortimer Shield Boys Tackle |
| Thu 29th Oct | Mortimer Shield Girls Tag |
| Tue 3rd Nov | Stage 3 Excursion Borambola |
| 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.

DUE DATES FOR EXCURSION NOTES/MONEY

Mortimer Shield - Monday 26/10
 Stage 3 Borambola - Thursday 29/10
 Book Club order - Thursday 29/10

Please be reminded that late notes and/or money will not be accepted.

KR

Matilda S, Jovie K, Jackson F, Dakota-Lee K

K/1B

Ashley B, Chloe M, Ava P, Stella M

1M

Odin M, Amelia B, Eloise B, Scarlett L

2M

Jude W, Tarow S, Jayden O, Gracie E

2/3T

Joshua J, Zaine T, Ruby B, Max E, Ava L

3G

Cooper M, Mason T, Taylor H, Seth B, Austin B

4J

Grace R, Dean J, Jackson S, Joel H, Marley C

4/5S

Charlotte w, Mya S, Allira M, Keely G, Daniel P

5/6K

Aiden M, Lylah H, Georgia K, Lincoln W, Nicholas O

6A

Eva W, Jackson S, Spencer C, Tom P, Clive E

LIBRARY AWARD

Charles S, Marley C

MRS SADDLER

Patrick B



Forest Hill Public School

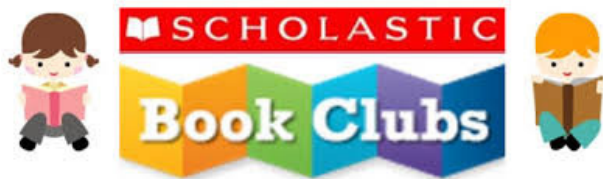
CANTEEN UPDATE



Last week we discovered Charlotte M loves jelly and custard cups (E) on the canteen menu. Why not try one today? Our next “Who Loves” poster is Miss Mobbs. Can you figure out where her poster is and what she loves? In last week’s newsletter and on the school’s Facebook page the canteen appealed for silverbeet/spinach donations. Thank you very much to Brayden S’s family and Jaxon W’s family for their generous donations. Yummy things on the way for lunch and recess packed with nutrition and vitamins.



Good Manners Award - Dakota-Lee K



The current issue of the Scholastic Book Club will be the last one for 2020.

Place your order either online or send the order and money to the office by Thursday 29th October.

This is a great opportunity to buy some books for Christmas presents.



Last term, the SRC held Pyjama Day to fundraise for The Winter Shield Appeal. We ended up raising \$300 for The Smith Family. Thank you to everyone who donated money for this great cause.



LOST PROPERTY

The bins are being emptied this week. There are numerous school jumpers and jackets that have no names in them.

If your child has lost any clothing could you please contact the office. All unclaimed clothing will be donated to the second hand clothing or given to one of the opportunity shops.

MORTIMER SHIELD



Please note spectators, including parents & caregivers, will not be permitted to attend. Only students and teachers may enter the grounds.



Nutrition Snippet

SPRINGTACULAR FRUIT AND VEG.



Try these seasonal recipes:

- [Beef and broccoli stir fry](#)
- [Zucchini slice](#)
- [Healthy apple crumble](#)
- For these recipes and more visit healthylunchbox.com.au

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Sunsmart Snippet

Slop on sunscreen



Apply SPF 30 or higher sunscreen generously, re-apply every two hours.

Apply 20 minutes before going outside.

Adults use about a teaspoon for the face, neck and ears; a teaspoon for each arm and leg; and a teaspoon each for the front and back of the body.

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

Help your child take on the world!!

TAKING NEW
STUDENTS
NOW!!

FREE TRIAL
FREE UNIFORM
FREE GRADINGS

0401 285 079



www.facebook.com/shimjangtaekwondoriverina

shimjang.com



ACTIVE KIDS
HAPPY KIDS
SELF ESTEEM
CONFIDENCE
RESPECT
DEFENCE
SELF IMPROVEMENT
CONCENTRATION
CO-ORDINATION
MENTAL HEALTH
PHYSICAL HEALTH





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/)





‘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