

# Forest Hill

Principal:  
Cameron Williams



Public School

## Newsletter

Term 4 Week 3, 2020

“In Friendship We Learn”



Last week, Kindergarten students visited REEC to learn about living things. They each were given an Australian animal to look after and find its habitat. All the students (and teachers) had a fantastic time.

*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](mailto:foresthill-p.school@det.nsw.edu.au)  
 ■ [www.foresthill-p.schools.nsw.edu.au](http://www.foresthill-p.schools.nsw.edu.au)

**"In Friendship We Learn"**

■ 2020 ■ Term 4 ■ Week 3

■ 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 & Girls Tag
Fri 30th Oct	Day for Daniel Dress in Red
Tue 3rd Nov	Stage 3 Excursion Borambola
Mon 9th Nov - Fri 13th Nov	SRC Book Fair
Thu 12th Nov	Book Week Costume Day
Wed 16th Dec	Last day of school
Fri 29th Jan	First day of school 2021 Year 1 - 6

## HONOUR AWARDS

Congratulations to Gracie E and Zaine T on receiving their Gold honour awards last week. To receive this award the students need to obtain five awards during the current year.

## HEAD LICE

It has come to our attention that some students in the school may have head lice. We seek your cooperation in checking your child's hair this week and in those instances where head lice or eggs are present, treat your child's hair. Once treated the student may return to school.

## TEMPORARY CHANGE TO BUS ROUTE



For those students who catch the school bus please note... Cox Avenue will be closed from the 27/10/2020 until 6/11/2020. Due to this closure the school bus service will not be picking up or dropping off in Cox Ave.

Students will have to use either Sackville Dr or Elizabeth Ave to get on or off the bus.

## BIKE SAFETY

Could you please remind your child the responsible way to ride their bike/scooter to and from school. Legally, they must wear a helmet at all times. They need to get off their bike and walk their bike across the road at a safe place preferably at a pedestrian crossing. They need to be mindful at all times of road traffic and pedestrians whilst riding.

The school has recently received phone calls from members of the public concerned with some irresponsible behaviours of a number of students from our school.



# Forest Hill Public School

## CANTEEN NEWS



All we can talk about is Spinach. Yes, it's the main ingredient in Miss Mobbs loves - spinach cobs. A lot of students have taken an interest in them too. They are delicious to eat.

There are still more posters to reveal. What does Jack T love?

As well as our lunch menu specials evolving for the warmer months, so are our recess items. More fresh items will be available each day including yoghurt, fruit salad and fruit rockets.

In acknowledgement of and respecting our school's participation in "A Day for Daniel" on Friday, there will be very low key spooky options available for purchase. No lollies or non-menu items will be sold.

**Good Manners Award** - Andrew B

## BOOK FAIR

The SRC is running a Buy one - Get one free book fair in Week 5.

Unfortunately, due to Covid restrictions only students will be allowed to look and purchase books from the fair.

It will be cash only for payment and it would be very much appreciated if the correct money is given.

## KINDERGARTEN REEC EXCURSION



## BOOK WEEK DRESS UP DAY

On Thursday 12th November get ready to dress up and show off your best costume for Book Week. This year's theme is: Curious Creatures, Wild Minds. Let your imagination run wild!

Although there will be no parade due to COVID restrictions each class will vote for the best dressed person in their class and they will win a prize.



**FOREST HILL PUBLIC SCHOOL**

**PROUDLY SUPPORTING**

**Day** for  
**Daniel**

**WEAR RED**

**FRIDAY 30th OCTOBER**



## **WEEK 5**

**Monday 9th November - Friday 13th November**

**Open: Each day 8:50am - 9:10am  
1:00pm - 1:30pm**

**Cash only - correct money would be appreciated  
This fair is being run by the SRC**





## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

[education.nsw.gov.au](http://education.nsw.gov.au)



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

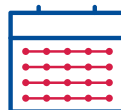
they miss weeks per year

and years over their school life

**1** day per **fortnight**  
M ~~W~~ T F  
M T W T F

=

**4** weeks



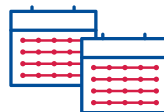
=

Over **1** year missed

**1** day per **week**  
M ~~W~~ T F  
M T W ~~F~~

=

**8** weeks



=

Over **2.5** years missed

[education.nsw.gov.au](http://education.nsw.gov.au)

# Forest Hill Public School

The Everyday Maths Hub is an engaging and dynamic online platform for parents and carers of children in Kindergarten through to Year 10.

Aiming to support and encourage family conversations about the relevance and usefulness of mathematics in everyday life – The Everyday Maths Hub is part of the NSW Mathematics Strategy to achieve the Premier’s vision, “for all NSW students to develop the mathematical skills they need to succeed in life.”



Explore the  
**Everyday Maths Hub** >

[education.nsw.gov.au/everyday-maths](https://education.nsw.gov.au/everyday-maths)







# Family Fun Day

A Safe Day Out  
In The Garden

Date: Saturday 31 October 9:30-1:00

Location: The Erin Earth Garden

1 Kildare Street Turvey Park

Entry: gold coin donation

demonstrations-espreso coffee-

homemade treats-BBQ-plant sales-cold  
drinks-scavenger hunt



ErinEarth

[erinearth.org.au](http://erinearth.org.au)



[erinearthwagga](https://www.instagram.com/erinearthwagga)

(02) 6925 7150





## 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](mailto:cadrp@griffith.edu.au)



[griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council



Queensland, Australia







GU Ref No: 2019/146





## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- |  |  |
|--|--|
|  laptops & tablets  |  lessons & activities |
|  uniforms & shoes   |  books & supplies     |
|  sports fees & gear |  camps & excursions   |

### Contact

your local Saver Plus Coordinator

### Phone

1300 610 355

### Email

WaggaWaggaSP@  
thesmithfamily.com.au

### Online

saverplus.org.au

Find us on Facebook 



\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.





## 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	
								<b>ORDER TOTAL</b>	
								<b>CASH</b>	
								<b>Direct Deposit Receipt No.</b>	

**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