

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 4 Week 7, 2020

“In Friendship We Learn”



5/6K

spending some time in the fresh air
enjoying our new playground equipment

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 7

■ Newsletter

Upcoming Events

Tue 20th Oct - Tue 8th Dec	Gymnastics Infants & 2/3T
Wed 21st Oct - Wed 9th Dec	Gymnastics Primary
Fri 27th Nov	REEC Excursion 4/5S
Mon 30th Nov	Order and payment of 2020 Photo Book due
Wed 2nd Dec	Stage 1 Excursion The Magic Beach
Thu 3rd Dec	Constable Charlie K-2 9:30 -10.30am
Tue 8th Dec	Rewards Day
Wed 9th Dec	Rewards Day
Wed 9th Dec	Presentation Night Broadcast
Thu 10th Dec	End of Year Awards presented to students
Thu 10th Dec	Year 6 Dinner Disco
Wed 16th Dec	Last day of school

SUMMER PROTECTION

Please remind your child to always bring their hat to school as it is a mandatory part of their school uniform.

Could you also ensure that they have their own water bottle? There are a large number of children at the school that do not own a drink bottle. Due to the current situation of sanitisation due to covid, all students have been directed by the NSW Department of Education to carry their own bottle to fill up at the bubblers. No one is supposed to be drinking from the bubblers.

HEAD LICE

It has come to our attention that some students in the school may have head lice. We seek your co-operation in checking your child's hair this week and if head lice and/or eggs are found, treat your child's hair.

2020 PHOTO BOOK

Students have been handed a note to order the 2020 photo book. All money needs to be in by the end of day next Monday, 30th November. Please ensure you don't miss out on a great resource to look back on the year that was 2020!

PERMISSION NOTES

Be aware there will be a large number of activities happening at the school in the last three weeks leading up to Christmas. Please make sure that you check your child's bag for any notes that are being sent home. We would hate to see any of the children miss out.



Forest Hill Public School

CANTEEN NEWS



Who Loves ___? Pypha H loves cheeseburgers as do half of the Forest Hill students ordering their lunch on Fridays.

Our "Who Loves" competition entries will be available for collection from Thursday 26th November. Collect your entry, complete by finding the "Who Loves ___" posters around the school and return it to the canteen by Friday 4th December. Winning entries will be drawn and prizes presented on Monday 6th December. (2 prizes only, 1 infants and 1 primary). For the convenience of families at this busy time of year, the canteen will continue to trade normally until and including the last day of Term 4. Some menu items may become unavailable due to the wind down of stock for holidays. When possible, stock unavailable will be notified via newsletter and items will be discontinued online.

Children will be assisted to make an alternative choice if items are unavailable during this time.

Good Manners Award - Nevaeh V

P&C



Students should have received their book of tickets for the Christmas Raffle.

All tickets and money need to be returned to the school by Monday morning 7th December.

Please return any unsold tickets to the school. Spare books are available at the front office.

MORE OF BOOK WEEK COSTUMES

2/3T



Sleep: Benefits and recommended amounts

Key points

- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Sleep time guidelines depend on a child's age. Every child is different, so take time to figure out what works best for your child.
- If your child's sleep routine is disrupted, return them to a healthy sleep schedule as soon as possible.
- See your doctor if you have concerns about your child's sleep patterns.

Sleep is a very important part of your child's mental and physical health because it allows your child's mind and body to rest and recover. There are many things you can do to help your child or teen get good quality sleep as often as possible.

Benefits of sleep for mental health

Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.

What are the signs and symptoms of lack of sleep?

Not getting enough sleep each night can have negative consequences for your child. These cannot always be erased with extra sleep the next night. Over time, not getting enough quality sleep each night can produce a range of behavioural, cognitive (mental) and emotional symptoms.

Physical symptoms

- Finding it difficult to wake up in the morning
- Falling asleep after being woken up and needs you to wake them again or repeatedly
- Yawning frequently during the day
- Complaining of feeling tired or wanting to nap during the day
- Preferring to lie down during the day, even if it means missing activities with friends or family
- Falling asleep or seeming drowsy at school or at home during homework
- Wanting to consume unhealthy stimulants, such as caffeine or sugar, regularly

- Increased forgetfulness
- Blurred vision
- Difficulty learning new information

Emotional symptoms

- Increased moodiness and irritability
- Increased impulsivity
- Increased stress throughout the day

When your child owes their mind and body sleep, this is called sleep debt. A large sleep debt (not getting enough sleep for many nights in a row) can result in your child feeling mentally exhausted. It can also worsen the symptoms of any existing behaviour, anxiety and mood disorders such as depression or bipolar disorder.

How much sleep does my child need?

Your child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells your child's body when to sleep. The body clock is influenced by your child's age; children need less sleep as they get older.

The Canadian Paediatric Society has produced a general guide to the amount of sleep young children need over a 24-hour period, including naps.

School-aged children (5 to 10 years)	10 to 12 hours
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The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less. Talk to your child and adjust their sleep schedule to find out how much sleep per night works best.

Getting the recommended amount of sleep (e.g., number of hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful times. Some older children and adolescents may maintain 8 to 10 hours of sleep per day but if they go to sleep very late and then sleep through most of the morning, this means they are not receiving the full restorative benefits of sleep.

How to respond to changes in your child's sleep routine

Naturally, there are times when your child's bedtime may be later than usual, for instance on a family vacation or a special occasion. Going to bed a little later than usual is fine once in a while, but it is important to return your child to a healthy sleep schedule right away to give them the best chance of rest and recovery.

Keep in mind too that some children may have a reason to wake up during the night, for instance if they need to use the washroom, experience bedwetting, have a nightmare or tend to sleepwalk. If you are concerned about the number of times your child wakes up, snores or has pauses in their breathing during the night, see your family doctor.

<https://www.aboutkidshealth.ca/>

Why attendance matters

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



Learn



Make friends



Build skills through fun

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



=

4 weeks



=

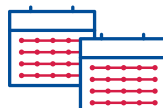
Over **1** year missed

1 day per week



=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au

Nutrition Snippet

SUMMER FRUIT AND VEG.



Try these summer sizzlers:

- [Lamb and veg meatballs](#)
- [Coleslaw](#)
- [Frozen fruit puree](#)

Check out our [blog](#) to find out more about what's in season.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

6 Tips: Food safety at home

It's important to pack a lunch box with food that's safe to eat to prevent food poisoning. Storing ingredients at the right temperature is the best way to keep food fresh. Foods such as meat, fish, poultry and eggs; cooked pasta, noodles and rice; and dairy items such as milk, yoghurt, custard and cheese need to be kept very cold.

1. Use a cooler bag and ice brick to keep food cold in the lunch box.
2. Or use a frozen bottle of water to keep food cold.
3. Freeze items such as sandwich bread, milk poppers, yoghurt tubs and home-made muffins. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.
4. Follow hygienic food preparation methods. This is especially important when food will be stored in the lunch box for several hours before eating.
5. If preparing lunches the night before, store in the fridge or freezer.
6. For food that has just been cooked, cool it in the fridge overnight before packing.



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