Forest Hill

Principal: Cameron Williams

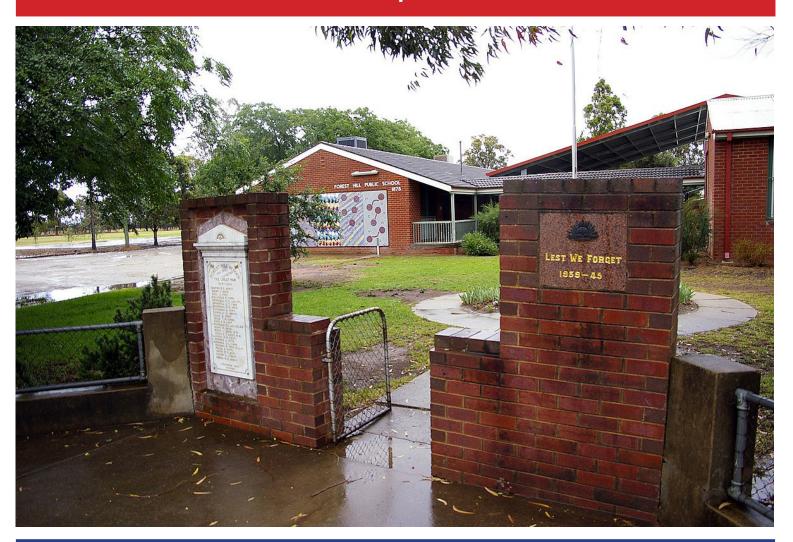


Public School

Newsletter

Term 2 Week 6, 2020

"In Friendship We Learn"



Winter has definitely taken a hold!
Please ensure that your child has warm clothing to wear for outside play.



Principal: Cameron Williams

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2020 Term 2 Week 6

Upcoming Events	
Mon 8th June	Queen's Birthday long weekend
Fri 3rd July	Reports home
Fri 3rd July	Last day of Term 2
Mon 20th July	Staff Development Day
Tue 21st July	First day Term 3 for students

INFORMATION FOR PARENTS

Please be mindful that our school is still in Stage 3 of the return to face to face teaching.

We are still asking parents to drop off/pick up your child as quickly as possible. No lingering and be mindful of social distancing.

Also if there is already a parent in the office, could you please wait outside the hall until the foyer is vacated.

We appreciate your understanding with these continuing restrictions. They will be relaxed once we have directive from the NSW Education Department.

CANTEEN UPDATE



"In Friendship We Learn"

Newsletter

Please adjust your paper menu to read Cheeseburger (Friday only). Apologies for any confusion this has caused.

As it grows ever colder, the canteen will continue to make and serve warm drinks. Warm recess items are available both recess and lunch breaks. These items have recently been included: pancakes, garlic bread, nachos, warm milo, banana bread, fried rice and more.

A special thank you to all students for their patience and understanding at this time as we practice our social distance queuing - AMAZING. My School Connect update - You may order the day prior, for the week ahead or even further in advance. No bags needed. Orders via the app are sent to the canteen each morning at 9.15am therefore, orders need to placed prior to this time. Normal bag orders are still accepted.



We are now taking enrolments for 2021. You can collect an enrolment form from the office or print one off from the NSW Department of Education website.

If you know of any family within our school zone who has a child attending school next year please encourage them to collect an enrolment form from the school.

LUNCH MENU SANDWICHES AND ROLLS	\$	HOT LUNCH MENU	₩	DRINKS	₩	RECESS MENU VARIES DAILY
Vegemite (E) Chicken & Salad (E)	\$1.50 \$4.00	Hotdog (O) Chicken Tender Wrap (O) Seef Nachos with Cheese (O)	\$4.00 \$3.50	Bottled Water 600ml (E) 100% Juice box 250mL(E) Flavoured milk 300ml (lite)	\$1.50 \$1.50	Apple from home (Slinked for free) Fresh fruit - varies seasonally (E) Fried Rice (F) (GF)
Fuzzle Cheese (E)	\$2.00	<u> </u>	\$3.50	*Strawberry, chocolate, plain (E)	\$2.00	Air popped popcorn cone (E)(GF)
Ham (E)	\$3.00	Cheese (E)	\$3.50	Chilli J (carbonated juice)(E)	\$2.00	Custal Cub (E) (SI) Rice Cream (E) (GF)
Salad (E)	\$3.50		\$2.50	Glee carbonated fruit juice 250ml (E)	\$2.50	Salsa dippers (E)
			\$3.50	Hot Chocolate Term 2 and 3 only	\$2.50	Spinach Cup (O)
TOASTED EXTRA	\$0.20	Cheeseburger (Friday only)	\$3.00			Jelly and custard Cup (E)(GF)
	24.00	TOASTED KEBABS		ICE BLOCKS		Rice Crackers (E) (GF)
WRAPS			\$4.00	Juice Pop (E)	\$0.40	Choc Mousse (O)(GF)
Rainbow Salad (E)	\$3.50	Chicken, Cheese & Salad (E)	\$4.00	Milk Pop Large Chocolate or Strawberry	\$1.00	Nachos with Salsa (O)(GF)
Chicken & Salad Wrap (E)	\$4.00	llad (E)	\$4.00	(1/2 Quelch Stick	\$0.30	Savoury Muffins (E)
Ham & Salad Wrap (E)	\$4.00					Salted Popcorn 20g (O)(GF)
						Wedges (E) (GF)
All salads comprise of lettuce, tomato, cucumber, carrot, cheese & beetroot		FOREST HILL		CRUNCH AND SIP	\$5.00	Savoury Item - canteen made (E) Hash Brown (O)(GF)
& mayonnaise.		PUBLIC SCHOOL		PREPAID CARD		Garlic Bread (E)
		CANTEEN				Warm Milo (E)
	9	2020				Cold Milo (E)
Lunch Bags	\$0.10	:				Sippah Milk (E) Small
Sauce Extra	\$0.30	I rading Days		WE'REA		Hot Choc (I erm 2 & 3 only) (E)
		Wondays, Wednesdays, Thiredays & Fridays		GREAT		Yognurt (E)
ON-LINE ORDERING VIA		(Lunch and Recess)		HEALTHY SCHOOL CANTEEN		Scories (E) Pikelets / fruit pikelets (E)
MY SCHOOL CONNECT APP				Nealthy schoolculus entering gerau.		Pancakes (E)
		Convenor				Spaghetti Melts /Jaffles (E)
****DAILY SPECIALS****		Jenny Murtagh				Warm Pasta (E)
Please see back of menu for \$5 unches		Valuntaers are aredated		All products sold at the capteen		Weetbix Balls (O)
		yoldilleers are appreciated		comply with the mandatory NSW		Pimpkin Scrolls (E)
STATIONERY				Gov't Healthy Canteen Strategy		Rice Paper Rolls (E)
Red, Blue & Black Pens	\$1.00ea	Please contact the school		Food and Drink Benchmark		Recess fruit smoothies(E)(GF)
Pencil Sharpeners	\$1.00ea	office on 69227521.		Requirements. All menu items are		Fruit Mulfins (O)
Rulers	\$1.00ea			categorised entrer year (L) or Occasional (O).		Cheese Triangles (E)
						Oeleal Colles (E)

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

DAILY SPECIALS

Monday



Wednesday



Name:

Class:

Name:

Class:

☐ Chicken & Gravy Roll

+

Chilli J

+

Hot Chocolate

noi Chocolai

+

1 x piece of fruit/ vegetable

Ham & Cheese Pizza

+

1 x piece of fruit/ vegetable (seasonal)

(seasonal)





Thursday





Name:

Class:

Name:

Class:

Butter Chicken and Rice

+

Juice Box

+

1 x piece of fruit/ vegetable (seasonal)

\$5

Chocolate Milk

1 x Cheeseburger

Strawberry Milk +

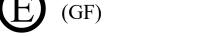
able

1 x piece of fruit/vegetable (seasonal)



Cheeseburger with salad

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

A BETTER START PROGRAM INITIATIVE



YOUR CHILD'S **NDIS PLAN**



You are invited to a free info session on how to implement your child's NDIS Plan

Designed for parents and guardians of children 0-12 years with disability or developmental delay who are looking for support with starting or using their child's existing NDIS plan more effectively.

Session topics include:

- Understanding your child's NDIS plan
- How to make changes to the plan
- Plan management
- Self-management tips
- NDIS plan reviews
- Early childhood Intervention best practice
- Finding and choosing service providers
- Latest NDIS updates on COVID-19

If you would like to attend but cannot, please let us know. This will help us to plan future sessions. Contact us to register for one of the following sessions:

- Wednesday 3 June 2020 4:30 pm - 6:00 pm
- Friday 5 June 2020 11:00 am -12:30 pm
- Tuesday 9 June 2020 11:00 am -12:30 pm
- Thursday 11 June 2020 4:30 pm - 6:00pm
- Tuesday 16 June 2020 11.00 am - 12.30 pm
- Wednesday 17 June 2020 4.30 pm - 6.00 pm

HOW: Online via a Zoom Meeting **COST: Free** RSVP Call: 02 9280 4744 or

Email: betterstart@carersnsw.org.au

SUPPORTS ALL CARERS · AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS · AN AUSTRALIA THAT

www.carersnsw.org.au contact@carersnsw.org.au CARER LINE 1800 242 636 PO Box 785 North Sydney NSW 2059

Nutrition Snippet

AUTUMN FRUIT AND VEG.







Try these snack ideas:

- <u>Japanese veg pancake</u>s
- Pizza muffins
- Apple ring pancakes

For these recipes and more visit

 $\underline{healthylunchbox.com.au}$



Nutrition Snippet



Use cooking to practice maths, science and reading - and you have something delicious when you finish.

Try these delicious <u>Thai chicken</u> <u>meatballs</u>. There is even a video to show you how.

healthylunchbox.com.au





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

	WRITE QUANTITY OF SIZE REQUIRED							PRICE	SUB TOTAL
ITEM	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 Reciept No.

<u>ORDERING:</u> 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