

# 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.

*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 2 ■ Week 6

■ Newsletter

## 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



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 be placed prior to this time. Normal bag orders are still accepted.

Register  
for  
Kindergarten



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.



# 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

<b>LUNCH MENU SANDWICHES AND ROLLS</b>	<b>\$</b>	<b>HOT LUNCH MENU</b>	<b>\$</b>	<b>DRINKS</b>	<b>\$</b>	<b>RECESS MENU VARIES DAILY</b>
<b>SANDWICHES AND ROLLS</b> Vegemite (E) Chicken & Salad (E) Egg (E) Puzzle Cheese (E) Ham & Salad (E) Ham (E) Salad (E)	\$1.50 \$4.00 \$3.00 \$2.00 \$4.00 \$3.00 \$3.50	Hotdog (O) Chicken Tender Wrap (O) Beef Nachos with Cheese (O) Chicken Nuggets x6 (O) Fried Rice (E) GF Warm Pasta with Cheese (E) Hot Cheese Roll (E) Pizza Ham & Cheese (E) Cheeseburger (Friday only)	\$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$2.50 \$3.50 \$3.00	Bottled Water 600ml (E) 100% Juice box 250mL(E) Flavoured milk 300mL (lite) *Strawberry, chocolate, plain (E) Slushie (one size) Term 1 and 4 only Chilli J (carbonated juice)(E) Glee carbonated fruit juice 250ml (E) Hot Chocolate Term 2 and 3 only	\$1.50 \$1.50 \$2.00 \$2.00 \$2.00 \$2.50 \$2.50	Apple from home (Slinked for free) Fresh fruit - varies seasonally (E) Fried Rice (E) (GF) Air popped popcorn cone (E)(GF) Custard Cup (E) (GF) Rice Cream (E) (GF) Salsa dippers (E) Spinach Cup (O) Jelly and custard Cup (E)(GF) Boiled Egg (E)(GF) Rice Crackers (E) (GF) Choc Mousse (O)(GF) Nachos with Salsa (O)(GF) Jelly (E)(GF) Savoury Muffins (E) Salted Popcorn 20g (O)(GF) Wedges (E) (GF) Savoury Item - canteen made (E) Hash Brown (O)(GF) Garlic Bread (E) Warm Milo (E) Cold Milo (E) Sippah Milk (E) Small Hot Choc (Term 2 & 3 only ) (E) Yoghurt (E) Scones (E) Pikelets / fruit pikelets (E) Pancakes (E) Spaghetti Melts / Jaffles (E) Warm Pasta (E) Weetbix Balls (O) Pizza Scrolls (E) Pumpkin Scrolls (E) Rice Paper Rolls (E)(GF) Recess fruit smoothies(E)(GF) Fruit Muffins (O) Cheesy Pasta (E) Cheese Triangles (E) Cereal Cones (E)
<b>TOASTED EXTRA CHEESE EXTRA</b>  <b>WRAPS</b> Rainbow Salad (E) Rainbow Salad with Egg (E) Chicken & Salad Wrap (E) Ham & Salad Wrap (E)	\$0.20 \$0.20  \$3.50 \$4.00 \$4.00 \$4.00	<b>TOASTED KEBABS</b> Chicken & Cheese (E) Chicken, Cheese & Salad (E) Ham & Cheese (E) Ham, Cheese & Salad (E)	\$4.00 \$4.00 \$4.00 \$4.00	Juice Pop (E) Milk Pop Large Chocolate or Strawberry Queich Stick (E) 1/2 Queich Stick	\$0.40 \$1.00 \$0.60 \$0.30	
All salads comprise of lettuce, tomato, cucumber, carrot, cheese & beetroot & mayonnaise.		<b>FOREST HILL PUBLIC SCHOOL CANTEEN 2020</b>  <b>Trading Days</b> Mondays, Wednesdays, Thursdays & Fridays. (Lunch and Recess)		<b>CRUNCH AND SIP PREPAID CARD</b>	\$5.00	
Lunch Bags Sauce Extra	\$0.10 \$0.30	<b>CONVENOR</b> Jenny Murtagh  Volunteers are appreciated and welcome.  Please contact the school office on 69227521.				
<b>ON-LINE ORDERING VIA MY SCHOOL CONNECT APP</b>  ***** <b>DAILY SPECIALS</b> ***** Please see back of menu for \$5 Lunches  <b>STATIONERY</b> Red, Blue & Black Pens Pencil Sharpeners Eraser Rulers	         \$1.00ea \$1.00ea \$1.00ea \$1.00ea			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 Categorized either <b>Everyday (E)</b> or <b>Occasional (O)</b> .		

# Forest Hill Public School

## DAILY SPECIALS

Monday



Name:

Class:

- Chicken & Gravy Roll  
+  
Chilli J  
+  
1 x piece of fruit/ vegetable  
(seasonal)

\$5



Wednesday



Name:

Class:

- Ham & Cheese Pizza  
+  
Hot Chocolate  
+  
1 x piece of fruit/ vegetable  
(seasonal)

\$5



Thursday



Name:

Class:

- Butter Chicken and Rice  
+  
Juice Box  
+  
1 x piece of fruit/ vegetable  
(seasonal)

\$5



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

## 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](mailto:betterstart@carersnsw.org.au)

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

[www.carersnsw.org.au](http://www.carersnsw.org.au)

[contact@carersnsw.org.au](mailto: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:

- [Japanese veg pancakes](#)
- [Pizza muffins](#)
- [Apple ring pancakes](#)

For these recipes  
and more visit

[healthylunchbox.com.au](http://healthylunchbox.com.au)



## Nutrition Snippet



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

Try these delicious [Thai chicken  
meatballs](#). There is even a video to  
show you how.

[healthylunchbox.com.au](http://healthylunchbox.com.au)



## 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