# Forest Hill

**Principal:**Cameron Williams



Public School

# Newsletter

Term 2 Week 8, 2020

"In Friendship We Learn"



### **REWARDS DAY**

Last Friday afternoon, Forest Hill Public School students enjoyed special activities as a reward for positive behaviour.



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2020 Term 2 Week 8

Newsletter

"In Friendship We Learn"

Upcoming Events						
Tue 30th June	P&C Raffle tickets due					
Wed 1st July	P&C meeting 6.30pm in Hall					
Thu 2nd July	Welcome Back to School Raffle drawn					
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**



Our \$5 "Winner" promotion has started and the first lucky students to find a "Winner Sticker" on their lunch bags are Benji P and Ashley B. Bags are chosen at random from both on-line orders and brown bag orders. There will be two more winners to finish off the week.

We are not quite at the 100 on-line order mark yet so this winner is still to be announced - watch this space!

It has been very noticable lately of the increase in fresh fruit and vegetables being sold by the canteen and consumed by students. This is due to our \$5 meal deals containing one of these items which can be eaten with lunch, as an afternoon snack or used the next day for Crunch and Sip.

**Good Manners Award** George L



#### **KINDERGARTEN 2021**

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 starting school next year please encourage them to collect an enrolment form from the school.

#### **CAR PARK ETIQUETTE**



Please be mindful of others around you when driving within the carpark. We have a large amount of pedestrian traffic so please, walking pace is required for all movement of cars.

Also, due to a large number of parents dropping off and picking up their children, please be conscious of limited parking spaces. Along the trees, most spots can accomodate 3 cars between the trees. Behind the brick building could cars park closer to each other to allow more parking space. Cars are required to reverse park for student safety in our carparks at all times.

Please do not park in front of the large waste bins at any time.

#### **PLAY EQUIPMENT**

The school is currently in the process of updating the sand pit for all our students to enjoy. It will be bigger, better and filled with beautiful new beach sand.



#### **FOUND**

Two keys on a keyring were found in the playground over a week ago. If you think they could be yours, please contact the office.

# Nutrition Snippet

#### WHAT IS A SERVE?



1 medium piece

OR



pieces

/



1 cup chopped

# One serve of fruit is about 150g or one cup

- Try weighing and measuring different fruit to see how much you eat.
- Aim for 2 serves a day.

For fruit recipes and more visit

healthylunchbox.com.au



## Nutrition Snippet

#### WHAT IS A SERVE?



½ cup of cooked vegetables



OR

½ medium potato



1 cup of

## One serve of veges is about 75g or 1/2 a cup cooked or 1 cup raw.

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes and more visit:

healthylunchbox.com.au













### REWARDS DAY























# \$2 a ticket Drawn Thursday the 2<sup>nd</sup> July

So many prizes to be won!

- \* Family pass to Western Plains Zoo
- \* Family pass to Questacon in Canberra
- \* Bowling vouchers from Wagga Bowling
  - & Entertainment Centre
- \* Adidas sports bags
- \* Confectionary

\* Stationary
ing
\* Books

Coles, Woolies etc



\* Multiple Store Vouchers - Kmart,



#### FHPS P&C Uniform Order Sheet 2020

Samples available to try on for correct sizing in th		
Students Name:	Class:	
Parents/Carer Name:	Contact No	_

Send order home with student: YES / NO.

		WRI	TE QU	ANTITY	OF SIZ	ZE REQ	PRICE	SUB TOTAL				
	ITEM	4	6	8	10	12	14	16		(\$)		
	Dala Chint Chant Classe								Ć45 00			

IILIVI	4	U	0	10	12	14	10		(२)
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	

CASH

Direct Deposit Reciept No.

**ORDER TOTAL** 

<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.)

<u>CASH PAYMENT:</u> 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

Date: