

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 3 Week 4, 2020

“In Friendship We Learn”



PYJAMA DAY

A fun day was enjoyed by everyone. Even the staff got into the act. A great effort by the whole school who raised over \$270 for the Winter Appeal. Enjoy the photos of the day in this week's newsletter.

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
■ www.foresthill-p.schools.nsw.edu.au

“In Friendship We Learn”

■ 2020 ■ Term 3 ■ Week 4

■ Newsletter

Upcoming Events

Thu 13th Aug	WWHS Testing Day
--------------	---------------------

WWHS Testing Day

Please note the date if your child has been accepted into Wagga Wagga High School next year. They should have received a note explaining the process.
Please be aware that it is the responsibility of the parent/carer to transport your child to and from the high school.

CLOSURE OF GATES

Please note that the school gates have once again been locked. This is to prevent gatherings of adults within the school grounds as per instructions of NSW Department of Education. The gate at the office remains unlocked for parents/carers to access the office to sign students out early or for late arrivals. It is a legal requirement that all students are signed in and out of school no matter what the time during school hours.



ASSEMBLY AWARDS

K/1B

Zavier B, Maggie L, Maddison S, Ava P

1M

Amelia B, Andrew B,
Scarlett L, Tyrone P, Angus H, Carina M, Selena D

2M

Ruby T, Bailey D, Max W, Jude W

2/3T

Zaine T, Hudson S, Noah M, Harry D, Joshua J

3G

Hayden L, Levi P, Tommy H, April K, Toby N

4J

Jayda E, Teana F, Addison L, Jamie M, Neha S,
Koby S, Riley W, Layla A, Paige B, Bentley D

4/5S

Alannah S, Andi S, Jacob M, Bray I, Jack A

5/6K

Teneisha A, Matilda D, Lachlan V, Nickolas O,
Liam T

6A

Arabella M, Jade R, Detroit T, Shelley B, Shelby L.

Mrs Abood

Shelley B

Mrs Hocking

Sophie L

Mrs Abood

Aniyah L

Forest Hill Public School

DSTA

Thank you to Sgt Joe Munro for presenting the school a gift of the Australian National Flag. This particular flag was flown behind a Hercules in the air in Afghanistan while Sgt Joe was on deployment there.

The photo below shows Charlotte holding the ANF and Noah holding a photo of the Hercules plane that the flag was flown behind.



SOCIAL MEDIA

With the abundance of social media apps available we are asking parents to please be mindful when allowing your children access to these. There are age requirements for each app (see chart) which are there to help parents decide if their child is mature enough to understand the use and consequences that may occur through the use of these apps. The use of social media impacts school life, critical learning and the safe environment our school offers.

Office of the Children's eSafety Commissioner

Is there an age limit for kids on social media?

13

Most social media services and apps require users to be 13 years old to join.

WHAT ABOUT APPS?

App stores set their own age ratings based on the app's content.

WHY 13?

This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.

Age Guide to Social Media

SOCIAL MEDIA

TERMS OF USE - MINIMUM AGE REQUIREMENTS

APP STORE RATING

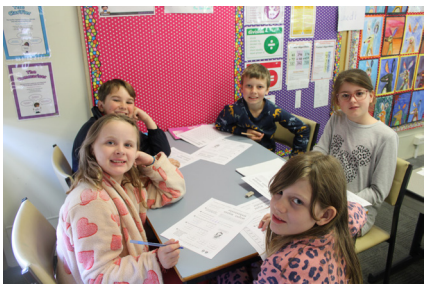
GOOGLE PLAY RATING

ask.fm	ASK.fm	13+	12+	12+
CLUB PENGUIN	Club Penguin	All ages (Directed at 6-14 year olds)	4+	G-General
EA	EA (Electronic Arts)	18+ (With parental permission up to 17yrs)	n/a	G-General
f	Facebook	13+	4+	12+
	Facebook Messenger	13+	4+	3+
	Flickr	13+	12+	12+
	Foursquare	13+	4+	12+
G+	Google+	13+	17+	12+
	Instagram	13+	12+	12+
keek	Keek	13+ (With parental permission up to 17yrs)	12+	12+
k.	Kik	13+ (With parental permission up to 17yrs)	12+	12+
in	LinkedIn	14+	4+	3+
	Minecraft	All ages (Parental permission required to create mojang account if user is under 13)	n/a	M-Mature (Pocket Edition)
	Moshi Monsters	All ages (Directed at 6-12 year olds. If user is under 13, parent's email is required)	4+	G-General
p	Pinterest	13+	12+	12+
S	Skype	18+ (With parental permission up to 17yrs)	4+	3+
	Snapchat	13+	12+	12+
	Steam	13+	17+	12+
	Tinder	13+ (Facebook account required to register)	17+	18+
t	Tumblr	13+	17+	12+
	Twitter	13+	4+	12+
v	Vimeo	13+ (With parental permission up to 17yrs)	17+	12+
V	Vine	13+	17+	12+
	WhatsApp	16+	4+	3+
	YouTube	13+	17+	12+

*Age guide based on published Terms of Use and app store ratings as at April 2016.

esafety.gov.au/iparent

PYJAMA DAY



Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-12 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- About bullying and anxiety,
- How to be confident in social situations,
- How to better manage fears,
- Helpful ways to act if they are bullied, and
- How to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- They are between 7 and 12 years of age,
- They are being victimised by peers at school AND anxiety is significant affecting your child's day-to-day life,
- They are not accessing other psychological treatment (except medication*), and
- You and your child are proficient in English

*Please note, medication should be stable (same type and dose) before starting and during treatment.

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?

- Allows families across Australia to receive access to the Cool Kids - Taking Control program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids - Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

WHAT DOES THE STUDY INVOLVE?

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments - 10 weeks after joining the study and then again six-months later.

WHAT DO THE ASSESSMENTS INVOLVE?

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.

- The purpose of the initial assessment is to determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

WHO DECIDES WHICH CONDITION WE ARE IN?

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

HOW MUCH WILL IT COST?

- There is a required initial fee of \$100 which includes assessment and treatment for the Cool Kids - Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed, you will receive a \$100 reward if you paid the initial \$100 fee.
- If your family is unable to make this initial fee payment, contact us via email to discuss alternative options.

The Cool Kids - Taking Control study is funded by Australian Rotary Health.

HOW TO ACCESS THE PROGRAM?

If you would like your child assessed for the Cool Kids – Taking Control study, please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form at www.coolkidstakingcontrol.com.au. For further information about the program please contact us at takingcontrol@mq.edu.au or find out more by visiting centreforemotionalehealth.com.au
“As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life.”

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.



FIND OUT MORE
Cool Kids – Taking Control Online Study
Centre for Emotional Health
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8715
takingcontrol@mq.edu.au
CRICOS Provider 00002J / ABN 90952801237



MACQUARIE
University

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

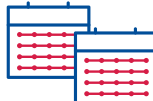


= Over **1** year missed

1 day per week



= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au

WAGGA JUNIOR SATURDAY TENNIS COMPETITION

The Wagga Junior Tennis Competition will begin again in October! This is a great way for aspiring young tennis players to get a start in a competition.

Starts: Saturday 17th October 2020

Time: 8.15 for 8.30am start. Finishes approximately 10.30am.

Ages: Boys & Girls (10-15 years)

Cost: \$150. There will be NO REGO day due to social distancing.

16 Weeks of Competition (Limited to 12 players per grade)

Divisions: 1 to 4 to be played at Jim Elphick Tennis Centre Bolton Park every week

Division: 5 to be played at South Wagga Tennis Club every week

All players receive 50% discount on court hire during the period of the Competition – 2020/21

Further information can be found on the Southern Sports Academy website

(<https://ssa-nsw.org.au/wagga-tennis/juniors/>).

At **Centacare** we are passionate about supporting all people in our community. We are part of the **Wagga Wagga, Albury, Griffith and surrounding communities**. We believe in the wellbeing for all.

ANGER MANAGEMENT

This course helps support people to understand and cope with their feelings of anger. It gives people a chance to understand the underlying causes of their anger and new skills to use when they are angry.

123 MAGIC & EMOTION COACHING

Teaches parents and carers (of 2 - 12 year olds) how to manage their children's difficult behaviour.

TRIPLE P POSITIVE PARENTING

Can help you with a specific problem, or provide tips on parenting and help with understanding your child's development and behaviour.

This course is specifically for parents of children who are 3-12 years old.

CONNECTING KIDS TO CALM

An emotional regulation program that teaches children strategies to promote calm and increase their awareness of their own feelings.

PARENTING CHILDREN WITH ADHD

The goal of this course is to inform and empower parents to work together with their child to cope with the many difficulties of ADHD by passing on practical strategies that will make a difference in the lives of everyone.

KEEPING KIDS CALM

Aims to enhance parent's understanding of their children's behaviour and provide practical strategies in supporting behavioural change and emotion coaching.

SUPPORT WITH YOUR RELATIONSHIPS

We offer individual, couples, or family counselling to help support you to strengthen and improve your relationships.

FAMILY AND PARENTING EDUCATION PROGRAMS

We offer a wide range of parenting and education groups that focus on building skills, strategies and knowledge so you can enjoy positive relationships within your family.

SUPPORT FOR YOUR MENTAL HEALTH?

Speak confidentially with one of our counsellors who can help you improve your wellbeing and discover your potential.



Call 1300 619 379

Email info@centacaresw.org.au

Web centacaresw.org.au

PROGRAMS	WHERE	WHEN	TIME	FACILITATORS	FEES	ABOUT
Connecting Kids to Calm	ONLINE Via Microsoft Teams	Tuesday 7th July or Thursday 9th July	10:00am- 11:00am	Maree and Tammy	\$10 / family	An emotional regulation program that teaches children strategies to promote calm and increase their awareness of their own feelings.
Anger Management	ONLINE Via Microsoft Teams	Monday 13th, 20th, 27th July and 3rd, 10th 17th August	6:00pm- 8:00pm	Kim and Sam	S \$70 C \$40	Helps support people to understand and cope with their feelings of anger.
Parenting Children with ADHD	ONLINE Via Microsoft Teams	Tuesday 28th July and 11th, 25th August	6:30pm- 8:30pm	Maree and Tammy	S \$30 C \$15	We inform parents to work with their child to cope with the many difficulties of ADHD.
Triple P Positive Parenting Program	ONLINE Via Microsoft Teams	Thursday 6th, 13th, 20th, 27th August and 3rd, 10th, 17th, 24th September	10:00am- 12:00pm	Maree	FREE	Teaches parents how to positively encourage behaviour you like from your child.
Keeping Kids Calm	ONLINE Via Microsoft Teams	Wednesday 19th, 26th August and 2nd September	10:00am- 12:00pm	Maree and Tammy	S \$30 C \$15	Helps parents to understand their children's behaviour and provides practical strategies in supporting behavioural change and emotion coaching.
123 Magic and Emotion Coaching	ONLINE Via Microsoft Teams	Monday 7th, 14th, 21st September	6:30pm- 8:30pm	Keryn	S \$30 C \$15	Teaches parents and carers (of 2 - 12 year olds) how to manage their children's difficult behaviour.

Note: This timetable is downloadable from our website S= Standard C= Concession Prices Email info@centacaresnsw.org.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	
								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