

Forest Hill

Principal:
Cameron Williams



Public School

Newsletter

Term 3 Week 5, 2020

“In Friendship We Learn”



A different perspective of our school

Photography by 4/5S

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 3 ■ Week 5

■ Newsletter

Upcoming Events

Fri 25th Sep	Last day of Term 3
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COVID 19 UPDATE

We have received updated information and requirements for school activities and attendance in regards to COVID. Please see the following excerpt from the update.

The requirements are set by the department not by the school.

SCHOOL ATTENDANCE

Students should be at school unless: they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition and the expected timeframe they are currently unwell.

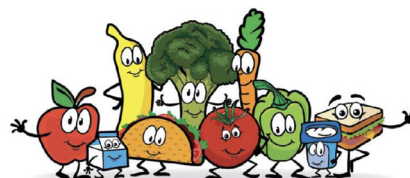
In accordance with advice from NSW Health, parents and carers are reminded NOT to send children to school if they are unwell, even if they have the mildest flu-like symptoms. Schools will make arrangements for students who present as unwell or have flu-like symptoms to be sent home.

NSW Health have requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the COVID-19 clinics [External link](#).

Students and staff with flu-like symptoms will need to provide a copy of a negative COVID-19 test result before being permitted to return to school.

For more information please go to <https://education.nsw.gov.au/covid-19/advice-for-families>.

CANTEEN UPDATE



After a few weeks trial with staff, the canteen is excited to announce a new Monday Special commencing next Monday 24th August until the end of Term 3. If popular, this special may continue into Term 4.



Warm Spinach Cob Loaf

1 x Bottled Water

1 x Fruit (seasonal)

\$5

Note: The new Monday \$5 special will replace the existing Monday special.

NB: The canteen continues to maintain strict health and hygiene practices along with promoting social distancing at the canteen window.

Thank you to the school community for your consistent support of the canteen.

Good Manners Award: Stella M



Forest Hill Public School

SPOTLIGHT ON 4/5S

The students of 4/5S have enjoyed working on their photography skills this term. We have loved using the school camera to improve our skills. We have been looking at perspective and how to change our viewpoint of what we are capturing. We have also been learning about taking close-ups and filling the frame, keeping our subjects in focus. We were so excited when Mrs Piltz shared her lens ball with us. We were able to use our knowledge of perspective and focus to take some interesting pictures with it.





This week is National Science Week. Wagga Wagga City Library, in partnership with Inspiring Australia and Charles Sturt University, have a range of free online activities available. They include family workshops from Twisted Science, Bubblemania and Flash Bang! Take some time to view the on-line activities available:
<https://wagga.library.com.au/riverina-science-hub/riverina-science-festival-online>

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