

# Forbes Public School Newsletter

*"Maintaining A Tradition of Excellence"*

Issue No 2 2019

22 February 2019

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Nicole Livermore  
Relieving Principal

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I have been informed that the annual swimming carnival held last Friday, was another huge success. Many students competed while others cheered their house mates along. Thank you to all the teachers involved in making a great day for the students.

I would also like to thank our parent and community volunteers who assisted on the day. Your help is very much appreciated. Good luck to our swimming team who will be competing at Condobolin on 1 March.

Our first assembly for 2019 will be held this afternoon. This assembly will be run by the Student Representative Council and they will be formally welcoming our Kindergarten students. This assembly will begin at 2:10pm in the Forbes Public School Hall. Everyone is welcome to attend.

"Pick Ups" at the Lachlan Street gates near the zebra crossing is an important area for our school community. It is vital that this is a safe and structured area due to the number of cars pulling up at the kiss and drop zone, the number of parents collecting students and the need for students to cross the road on exiting our school. Students will be lined up in various sections including those on bikes, scooters, walkers and those individuals being collected. Parents and Carers are asked to wait outside the gate and students will then be directed to you. If you are arriving in a car please make sure you are parked or stopped in the correct area as the police often patrol our school zone for safety reasons.

I have enjoyed my first week as Relieving Principal at Forbes Public School and look forward to the rest of the term. It was a highlight to see so many happy faces working productively as I visited the classrooms this week.

Mrs Livermore  
Relieving Principal

## What's On

### Friday, 22 February

Kindergarten Badge Presentation Assembly

### Monday, 25 February

Casual Day

AFL Promotion Talk

### Tuesday, 26 February

Photo Day

### Friday, 1 March

Clean up Australia

LPSSA Swimming - Condobolin



Forbes Public School - NSW DEC

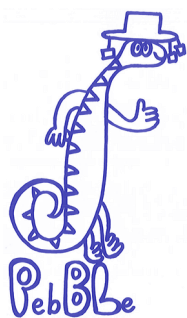
## PBL at our School

### Safe, Responsible and Respectful

Welcome to the start of a brand new year. 2019 brings so much excitement for our school community.

Our PBL team has been looking at things behind the scenes to make your child's year at Forbes Public as bright and as exciting as the new year feelings.

With that, teachers and students have spent the first 3 weeks reviewing playground expectations.



This week, as a school, we have reviewed the expectations around how we can be safe, respectful and responsible in the school library.

2019 is going to be a great year at Forbes Public School and a great year for PBL.

Keep positive everyone!

The PBL Team

### School Photos

School photos will be taken on **Tuesday, 26 February 2019**. Individual envelopes were sent home last week.

Family photos are available to children **attending the school** (sorry no parents, babies etc.) If you would like a family photo, you can collect an envelope from the office. Only one envelope per family is required.

**All photos are on a prepaid basis. Money cannot be taken before this and needs to be sent with your child on the day.**



### Visiting Show

#### 'Quest for the Ultimate Rhythm'



Our first visiting show for this year will be held on Monday, 25 March.

Join the Bongo Brothers in their multicultural comic musical journey around the world.

The cost of this performance is \$8 and will be included in your child's prepayments.

Accounts will be sent to all families next week.

Payments can be made in person or by our 'Make A Payment' tab on our website at :

<https://forbes-p.schools.nsw.gov.au/>

We also take eftpos!

## Principal's Commendation Awards

### 1B

Van Parry

Lucy Cutrupi

Harry Williams

Ivy Enslow

Indy Maynard

Leo Legg

Anderson McMahon

Jock Townsend

Emily Greig

Kailey Moxey

Maggie Dooley

### 1L

Maxy Mulley

Callum Van Der Weiden

Tom Fuge

Lachlan Henry

Hamish Whitty

Evie Amor

Max Pointon

Josie Watson

Abby Rout

Lexi Millerd

Henry Halls

Eddie White

### 2A

Liam Stevenson

Lockie Baker

Sophie Henry

Jasper Enslow

### 2G

Sarah Emery

Kallum Brown

### 3A

Laine Jackson

Lani Breheny

Krystal Bray

Jackson Beaudin

Thomas Vonthien

### 3H

Ruth Whitty

Jack Schrader

### 4K

Maddox Bruem

Taylor Collits

Millie Crowley

Dylan Bray

Riley Neilsen

### 4M

Rebecca Moxey

Liam Kearney-Pallister

### 5I

Tess Worland

Chloe Little

Stirling Francis

Emily Speer

Adelaide Langham

### 5/6G

Briley Carberry

Seth Butler

Julia Sullivan

Keira Lebrocque

Amelia Behan

### 6D

Bella Bond

Marley Kollias

Lola Morrison

Alex Lemon

Kayori Trainor

Billy Duggan

### 3/6C

Lockie Adams

### 2/6C

Jesse Flick

Bailey Perrim

Jakieal Ware

## Lachlan PSSA Tennis Trials

On Monday, 11 February the Lachlan PSSA Tennis trials took place at Parkes Tennis Complex.

A total of 23 students attended the trials. 8 students from our school competed against other students from Parkes Public School, Parkes East Public School and Middleton Public School. Each student played at least 4 games consisting of 4 sets per game.

I would like to congratulate Stirling Francis who successfully gained 1 of the 4 positions on offer and Zara Bruem who is the reserve for the girl's team.

Well done to all students who represented Forbes Public School with pride and displayed great sportsmanship skills throughout the day. Thank you to Helen Magill for her amazing support, I could not have done it without you.

Miss Ingold



Zara Bruem

Stirling Francis

### Casual Day Monday, 25 February

To prepare uniforms for Photo Day on Tuesday, 26 February students are asked to wear neat casual clothes on Monday.

No singlet tops or thongs please.

## UNSW ICAS Assessments

The UNSW ICAS Assessments series is designed to assess your child's ability to apply classroom learning in new contexts, using higher-order thinking and problem-solving skills. ICAS Assessments give students an opportunity to have their achievements recognised.

This year the ICAS assessments are online. Offline assessment is only available for ICAS Writing Years 3 & 4.

If you wish your child to enter one or more of these assessment tests could you please fill in the form below, place it in an envelope with required money and label the envelope University of NSW ICAS. Entries must be returned to the office by Friday, 28 June 2019.

More information can be found at:

<https://www.unswglobal.unsw.edu.au/educational-assessments/products/icas-assessments/>

CHILD'S NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

TEST	COST	Please Tick
Digital Technologies Years 3—6	\$14.50	
Science Years 2—6	\$14.50	
English Years 2—6	\$14.50	
Spelling Bee Years 2—6	\$14.50	
Mathematics Years 2—6	\$14.50	
Writing Years 3—6	\$14.50	

Signed \_\_\_\_\_

Date: \_\_\_\_\_



## P & C NEWS

Following our AGM on 13 February I am excited to announce that our committee for 2019 is as follows:

President:	Shannon Crowley
Vice Presidents:	Felicity Worland & Adam Currey
Treasurer:	Trilby Crowley
Secretary:	Karina Watson
Public Relations Officer:	Kerry Walker
Clothing Pool Coordinator:	Wendy Chudleigh
Merit Panel representatives:	Bruce Watson & Adam Currey
Canteen Liaison:	Bee Moxey

The role of Fundraising coordinator remains vacant at this stage.

A big thank you to all the parents who came along to support our AGM and especially those who volunteered for roles. The P&C plays an important role within our school community and without your support we would not be able to continue. Some of the activities we undertake at Forbes Public School include:

The Tuckerbox (our school canteen)

Second hand clothing pool (donations of uniform may be left at the school office)

Sale of Woollen school jumpers & school sports t-shirts (available to purchase Tues-Fri from The Tuckerbox)

Sale of lunch order bags (available Tues-Fri from The Tuckerbox)

We encourage all families to return their membership form as not only does this give you voting rights at our meetings but also ensures you are kept up to date with all that is happening. You can also follow us on Facebook (Forbes Primary P&C).

Our next meeting will be Wednesday, 6 March and make sure to keep Friday, 15 March free for our school Colour Run – more details to follow very soon.....

Karina Watson, Secretary



**Forbes Public School  
Annual Swimming Carnival  
Friday, 15 February 2019**

**Carnival Results**

**Winning Houses**

1<sup>st</sup> - Grevillea

2<sup>nd</sup> - Kurrajong

3<sup>rd</sup> - Mallee

4<sup>th</sup> - Wilga

**War Cry**

Mallee

**Girls All Age Freestyle 100m**

1. Tess Worland
2. Jemma Hodder
3. Louie Hodder

**Boys All Age Freestyle 100m**

1. Jakieal Ware
2. Jesse Flick
3. Snow Hodder

**Girls 8 years Freestyle 50m**

1. Willa Turner
2. Stella Bull
3. Abby Rout

**Boys 8 years Freestyle 50m**

1. Thomas Vonthien
2. Harvey McCleary
3. Jonathon Webb

**Girls 9 years Freestyle 50m**

1. Rosie Hurford
2. Annabelle Dwyer
3. Ruby Coote

**Boys 9 years Freestyle 50m**

1. Snow Hodder
2. Jackson Beaudin
3. William Watson

**Girls 10 years Freestyle 50m**

1. Zara Bruem
2. Ellie Pointon
3. Laura Chudleigh

**Boys 10 years Freestyle 50m**

1. Jakieal Ware
2. Maddox Bruem
3. Lockie Adams

**Girls 11 years Freestyle 50m**

1. Tess Worland
2. Jade McKeown
3. Louie Hodder

**Boys 11 years Freestyle 50m**

1. Reece Matheson
2. Stirling Francis
3. William Boyton

**Girls 12 years Freestyle 50m**

1. Jemma Hodder
2. Marley Kollias

**Boys 12 years Freestyle 50m**

1. Malaki Paahi
2. Jesse Flick
3. Samuel Motley

**Girls Junior Breaststroke 50m**

1. Rosie Hurford
2. Ellie Pointon
3. Laura Chudleigh

**Boys Junior Breaststroke 50m**

1. Jakieal Ware
2. Maddox Bruem
3. Snow Hodder

**Girls 11 years Breaststroke 50m**

1. Louie Hodder
2. Tess Worland
3. Lola Morrison

**Boys 11 years Breaststroke 50m**

1. Reece Matheson
2. Stirling Francis
3. Max Coote

**Girls Senior Breaststroke 50m**

1. Jemma Hodder
2. Marley Kollias

**Boys Senior Breaststroke 50m**

1. Samuel Motley
2. Malaki Paahi
3. Matthew Higgins

**Girls Junior Backstroke 50m**

1. Rosie Hurford
2. Zara Bruem
3. Ruby Coote

**Boys Junior Backstroke 50m**

1. Jakieal Ware
2. Snow Hodder
3. Brock Maynard

**Girls 11 years Backstroke 50m**

1. Tess Worland
2. Summer Hurford
3. Faith Paahi

**Boys 11 years Backstroke 50m**

1. Stirling Francis
2. William Boyton
3. Max Coote

**Girls Senior Backstroke 12/13 years 50m**

1. Jemma Hodder
2. Marley Kollias

**Boys Senior Backstroke 12/13 years 50m**

1. Samuel Motley
2. Malaki Paahi
3. Jesse Flick

**Girls Junior Butterfly 50m**

1. Indigo Francis
2. Rosie Hurford
3. Annabelle Dwyer

**Boys Junior Butterfly 50m**

1. Jakieal Ware
2. Jackson Beaudin
3. Aidee Thomas

**Boys 11 years Butterfly 50m**

1. Stirling Francis

**Girls 11 years Butterfly 50m**

1. Tess Worland
2. Summer Hurford
3. Matilda Stitt

**Boys Senior Butterfly 12/13 years 50m**

1. Malaki Paahi
2. Jesse Flick
3. Samuel Motley

**Girls Senior Butterfly 12/13 years 50m**

1. Jemma Hodder

**Junior Girls' Relay 4 x 50m**

- |              |           |          |
|--------------|-----------|----------|
| 1. Kurrajong | 2. Mallee | 3. Wilga |
|--------------|-----------|----------|

**Junior Boys' Relay 4 x 50m**

- |              |              |                 |
|--------------|--------------|-----------------|
| 1. Kurrajong | 2. Grevillea | 3. Mallee/Wilga |
|--------------|--------------|-----------------|

**Senior Girls' Relay 4 x 50m**

- |                      |          |              |
|----------------------|----------|--------------|
| 1. Grevillea 2.40.78 | 2. Wilga | 3. Kurrajong |
|----------------------|----------|--------------|

**NEW RECORD FROM 2001 2.52.56 (Took 12 seconds off the record)**

**Boys Junior Medley 200m—Butterfly/Back/Breast/Free**

- |                 |                |                    |
|-----------------|----------------|--------------------|
| 1. Jakieal Ware | 2. Snow Hodder | 3. Jackson Beaudin |
|-----------------|----------------|--------------------|

**Girls Junior Medley 200m—Butterfly/Back/Breast/Free**

1. Annabelle Dwyer

**Boys Senior Medley 200m—Butterfly/Back/Breast/Free**

- |                     |                |
|---------------------|----------------|
| 1. Stirling Francis | 2. Jesse Flick |
|---------------------|----------------|

**Girls Senior Medley 200m—Butterfly/Back/Breast/Free**

- |                 |                 |                   |
|-----------------|-----------------|-------------------|
| 1. Jemma Hodder | 2. Tess Worland | 3. Summer Hurford |
|-----------------|-----------------|-------------------|

**Overall Champions**

<b>Junior Girl</b>	Rosie Hurford
<b>Junior Boy</b>	Jakieal Ware
<b>11 Years Girl</b>	Tess Worland
<b>11 Years Boy</b>	Stirling Francis
<b>Senior Girl</b>	Jemma Hodder
<b>Senior Boy</b>	Malaki Paahi and Jesse Flick

**REPRESENTATIVE OPPORTUNITIES**

The fastest 4 people in Junior and Senior 50m freestyle have made the FPS Relay Teams and the people above who placed first and second in their races have qualified to attend the **Lachlan PSSA Swimming Trials in Condobolin on Friday, 1 March 2019.**

Following these Condobolin trials 1st, 2nd and 3rd placegetters will qualify to attend the **Western PSSA Swimming Trials in Dubbo on Thursday, 14 March 2019.**

Following these Dubbo trials 1st, 2nd and 3rd placegetters will qualify to attend the **State PSSA Swimming Titles in Sydney on Thursday, Friday 11—12 April 2019.**















# 7 Top Tips for Healthy Families

## 1. GET ACTIVE EACH DAY

Regular physical activity is an important part of getting healthy and staying healthy. Do something active everyday!



## 3. EAT MORE FRUIT AND VEGETABLES

Eat a variety of fruit and vegetables to make up 2 serves of fruit and 5 serves of veggies each day. Participating in **Crunch n Sip** or in a fruit break at school is a great way to do this!



## 5. EAT FEWER SNACKS AND CHOOSE HEALTHIER ALTERNATIVES

Healthy snacks in between main meals help kids meet their daily nutritional needs. Make sure the lunch box is filled with healthy fruit n veg snacks.



## 2. CHOOSE WATER AS A DRINK

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and kilojoules found in fruit juice drinks, soft drinks and sports drinks.



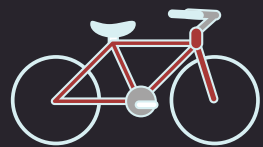
## 4. TURN OFF THE SMALL SCREENS AND GET ACTIVE

Spending too much time using or watching small screens can mean being less active and choosing unhealthy snacks while you watch TV....turn it off and get active after school!



## 6. ACTIVE TRAVEL

Walk, scoot or ride to school! Families who live a long distance from school can 'Park and Walk or Ride'. And remember active travel is for the weekends too!



### FOR FURTHER INFORMATION VISIT:

Healthy Kids website

<https://www.healthykids.nsw.gov.au>

Healthy School Canteens

<https://healthyschoolcanteens.nsw.gov.au>

Healthy Lunch Box ideas

<https://healthylunchbox.com.au>

## 7. CHOOSE EVERYDAY FOOD AT THE SCHOOL CANTEEN

If your school has a healthy canteen make sure you choose **everyday** food and drink items filled with fruit 'n veg.





# 123 Magic for Dads

## Effective Discipline for children 2-12

### Who's in Charge at Your House?

It's not easy being a parent. You want kids who listen and children you can enjoy. You want to raise happy and competent youngsters, but you don't have a lot of free time to read discipline and parenting books. The 1-2-3 Magic program addresses the difficult task of child discipline with humour, keen insight and proven experience in three straightforward steps.

#### In 1-2-3 Magic, dads will learn:

**Step 1:** Controlling Obnoxious Behaviour

**Step 2:** Encouraging Good Behaviour

**Step 3:** Strengthening Your Relationship

**When:** Tuesday 26<sup>th</sup> February and Monday 11<sup>th</sup> March 2019

**Where:** Forbes CatholicCare Office – 134 Lachlan Street

**Time:** 6pm until 8.30pm

**Cost:** Free with supper provided

The course is presented in 2 x 2.5-hour sessions including a short supper break provided (DVD format with handouts, practical tips and discussion topics). Follow-up support is available through CatholicCare's Men and Family Relationships Team.

**Limited spaces available** – Book your seat now to avoid disappointment by calling **CatholicCare on 68501777**.

**For more information:**  
**Michael Browne @ CatholicCare Wilcannia-Forbes**

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