



Issue No 13 2019

29 August 2019

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Megan Staples  
Principal

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# Forbes Public School Newsletter

*"Maintaining A Tradition of Excellence"*



Opportunities continue for our students this term as they engage in PSSA sporting events such as League Tag, Athletics representation and Todd Woodbridge Cup Tennis.

Our Primary Debating Team enjoyed another challenging round against Manildra and our Learning Centre students enjoyed their fortnightly trip to the Riding for Disabled Centre in Young.

Thank you to those who were able to join us for the father's day BBQ and stall this morning. It was wonderful to share this great event with our community.

Students in Kindergarten enjoyed the opportunity to walk to Victoria Park last Friday to participate in the Reading Down Town event, they had a wonderful time engaging with other schools and community organisations and joining in the many activities.

Our students are working hard, preparing items to enter in the Forbes Show next week. I am looking forward to seeing the wonderful work on display from our students!

Have a great fortnight!  
Meg Staples - Principal



Ms Staples reading to our Super Heroes during Reading Down Town!

## Congratulations to our High Achievers



Summer Hurford and Marley Kollias each received Forbes Public School's highest award, the Honour Award, at our Whole School Assembly on Friday, 16 August.

These students must be commended as this award is the culmination of many years of application and continued participation.

Congratulations also to Matilda Stitt and Bella Male who each received a Blue and Gold Banner. These awards were given to represent their outstanding commitment to learning.

Matilda, Bella, their parents and their teachers will enjoy a special afternoon tea hosted by Ms Staples.



## Student Awards

The following students have filled their Awards Sheet and will receive a Principal's Pen or Pencil.

<b>KW</b>	<b>3H</b>
Kaitlyn Rankmore	Annabelle Dwyer
Kaiden Townsend	Ruth Whitty
Ivy Skinner	<b>4M</b>
Lucy Rout	Shelbea Kennaugh
Nellie Collits	<b>5I</b>
Lauren Coffee	Abbey Browne
<b>1B</b>	Emily Speer
Indy Maynard	Stephanie Vonthien
Maggie Dooley	Adelaide Langham
<b>1L</b>	Matilda Stitt
Tom Fuge	Stirling Francis
Lucy Fairley	Chloe Little
<b>2A</b>	Daiine Gavin
Elijah Sallaway	Iris Walker
<b>2G</b>	<b>5/6G</b>
Harvey McCleary	Julia Sullivan
Maddie Payne	Reece Matheson
Harry Aerts	Jason McCann
<b>3A</b>	Louie Hodder
Thomas Vonthien	Lachlan Kearney-Pallister
Logan McMahon	<b>6D</b>
Hannah Boyton	Malaki Paahi
Mia Bryant	<b>2/6C</b>
Lani Breheny	Wolfgang Maltby

## Debating News

On Thursday, 22 August our Year 6 debating girls competed against the team from Manildra.

The topic was that "Swimming lessons should be free". The Forbes Public School girls were confident and won the debate.

Well done, girls.

## Whole School Assembly

Our next whole school assembly will be held on Friday, 13 September.

This assembly will be hosted by 2A and everyone is invited to attend.

## Celebrate SASS Recognition Week

This week is School Administrative and Support (SAS) Staff Recognition Week, a time to acknowledge and thank the often unsung heroes in our public schools.

Our SAS staff play an important role in the school community. They are often the first people you see when you enter a school and are essential to maintaining positive relationships with students, parents and the community.

SAS staff work in school offices, in classrooms and libraries and maintaining and caring for school grounds and buildings. They are often the ones to tend to students when they are unwell and they ensure the efficient management of school financial and administration functions.

We thank all our SAS staff for the valuable work they perform and their contribution to supporting great teaching and learning outcomes in our school.



1B surprising Mr Markwort for SASS Week

## The NED Show

NED (Never give up, Encourage others, Do your best) was very popular with the students and staff.

The presenter Doug provided the students with a fun-packed show using storytelling, humour and amazing yo-yo tricks to tell the story of how Ned found his mindset. A big lesson we all learned from Ned is that if you believe you can't do something, you need to change your mindset to 'I can't do this... yet!'

Students are enjoying using their yo-yos in the safe yo-yo zones to practise their own tricks! We made \$2,254 in yo-yo sales and the school receives 10% of this amount in NED growth mindset products.

Thank you to families and the community for supporting this show, thus allowing Ned to visit other schools in its unique pay-it-forward style.





### Learning Centre visit Woolworths

Our LC students participated in a fun and free Woolworths Discovery Tour this week as part of their cooking program.

The Discovery Tour gave them the chance to go behind the scenes of Woolworths and see how food gets delivered and where it is stored. The goal of the tour is to inspire kids to eat more fruit and veg.

Every student received an activity bag and free fruit to try. Our students had a fantastic time taking part in this unique learning opportunity.

A huge thankyou to Woolworths Forbes for their time.



### 2G Assembly Report

2G had a fabulous time preparing for their assembly in Week 4.

They worked diligently to learn the dance moves and create a fun performance.

They enjoyed dressing up as clowns, tigers, dancers, acrobats, ringmasters, lions, elephants, leopards and the strongman for 2G's 'Greatest Show' in town!

### We're off to Dubbo!



Good luck to the 27 FPS Athletes who will represent the Lachlan PSSA Athletics Team at the Western Team Trials on Friday, 13 September at Bardon Oval Dubbo.

The first 3 placegetters from this go to the State Titles at Sydney Olympic Park on Wednesday and Thursday November 6 and 7, 2019.

Absent from photo Thomas Vonthien.

### Great effort in Rugby League

On Friday, 16 August our Rugby League team made the journey to Goulburn to face Leeton Public School, the winners of the Riverina Region, and earn their spot in the State semi-finals.

Leeton proved a tough opposition with the score changing between the two sides constantly throughout the game.

With our boys needing to score in the final minute to clinch victory, the Leeton defence proved too strong and Leeton ran out winners 18 – 16 in an extremely entertaining fixture.

A huge congratulations must go out to all the boys who put their time and effort into achieving such a fantastic result for their school. Our school along with the Forbes community are extremely proud of your efforts.



# Assembly Awards

The following awards were presented at the school assembly held on Friday, 16 August 2019

6D	- Kayori Tainor	- Consistent application towards all tasks
	Samuel Motley	- Improved spelling results
5/6G	- Karl Emery	- Being a great teacher helper
	Julia Sullivan	- Working hard during Literacy
5I	- Iris Walker	- Commitment in Spelling activities
	Emily Speer	- Gaining the confidence to speak up in English discussions
3/6C	- Jack Coleman	- Trying hard in all areas
4M	- Laura Chudleigh	- A positive attitude to all learning areas
	Brock Maynard	- Always displaying our PBL values
4K	- Zoe Fraser	- Working hard in Writing
	Maddox Bruem	- An impressive improvement in his bookwork
3H	- Huntah McKenzie	- Fantastic reading
	Rosie Hurford	- Application to Spelling
3A	- Ava Rosser	- Showing kindness to others
	Drake Steele	- Displaying our PBL values
2G	- Chelsea Rankmore	- Fantastic effort and beautifully presented work
	Harry Aerts	- Improved effort towards his learning
1L	- Eddie White	- Working hard in Maths
	Lachlan Henry	- Great improvement in Spelling
1B	- Anderson McMahan	- Impressive Mathematical thinking
	Maggie Dooley	- Consistent application in all areas
KW	- Jack Bull	- Using expression when reading
	Kaitlyn Rankmore	- Being an active listener and improved class involvement
KN	- Bedelia Williams	- Always giving her best
	Kallie Trainor	- Pointing to each word as she reads

## Radio Report

On Tuesday, 20 August students from Stage 3 were involved in preparing and running the 2LVR radio program for an hour (5pm-6pm on 97.9).

Jade McKeown, Aaliyah Pethua, Julia Sullivan and Tilly Townsend volunteered to host the show. They designed everything from selecting what news events to cover to even choosing what music would be played.

They reported on topics such as; the Lachlan Athletics carnival, Stage 2 and Stage 1 excursions, Naidoc Week, the Small Schools Combined Art Show Case, Education Week and many things happening across the school. The children managed to interview a variety of students and teachers across the school and all spoke very well.

All four students did a wonderful job of hosting the program and they really enjoyed their time at 2LVR Valley FM. A huge thanks must go out to Cindy Mulligan for organising such a great experience and the radio hosts who continue to provide such a great program. Another mention of thanks must also go to Mr Clarke for organising our music every term.



The background of the poster is a vibrant blue sky with soft white clouds. At the top right, a yellow and orange butterfly is in flight. A branch with white cherry blossoms and green leaves extends from the left side. In the center, the word 'Spring' is written in large, colorful letters: 'S' is green, 'p' is pink, 'r' is yellow, 'i' is orange, 'n' is light blue, and 'g' is purple. Below 'Spring', the word 'Fair' is written in a pink, cursive-style font. A pink and blue butterfly is flying near the 'Fair' text. At the bottom, a field of green grass is filled with yellow daisies and pink flowers. A yellow and orange butterfly is on the right, and a pink and blue butterfly is on the left. The text is arranged in horizontal bars: a light blue bar for 'SAVE THE DATE FOR', a pink bar for 'FORBES PUBLIC SCHOOL'S', a yellow bar for '15th NOVEMBER 2019', an orange bar for 'FORBES PUBLIC SCHOOL', a purple bar for 'FROM 5 - 8 PM', and a pink bar for 'JOIN US FOR LOADS OF FUN'.

**SAVE THE DATE FOR**  
**FORBES PUBLIC SCHOOL'S**

# Spring Fair

**15th NOVEMBER 2019**

**FORBES PUBLIC SCHOOL**

**FROM 5 - 8 PM**

**JOIN US FOR LOADS OF FUN**



## Infants Sports Skills

### Fundamental Movement Program

This term in Infants Sports Skills we are doing a Fundamental Movement Program. Students will be working on specific skills in class and receiving fortnightly certificates celebrating what they have achieved. The first 2 are Balance and Locomotor Skills.

Parents can help at home too. Please see attached the Parent's Pages which explain the importance of the skills, examples of what we have been doing in Sports Skills Class and activities to practice at home to reinforce the learning.

Congratulations to all Infants students.



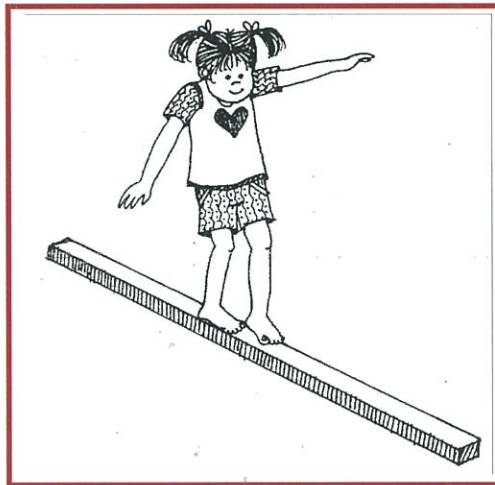


## Balance-The Basis of all Movement

Balance is the foundation upon which all physical skills are built. Children experience balance first by controlling and "balancing" their head. The balance mechanism comes into play in a baby who tries to sit up without falling over. Standing balance and walking with balance is evident by a proficient stride. Then there is balancing on one foot and also the ability to balance an object with a body part. Good balance practice comes into play when, oddly enough, a child is off balance and internal balance mechanisms are stimulated and the body works hard to regain its balance.

A wide base of support is helpful for good balance. Football players do this in their stance and babies learning to walk do this with their feet wide apart, sub-consciously applying this principle.

So, even if high rope walking isn't planned for your future for your child, balance abilities lay the foundation for graceful execution of daily skills.



### We've Been Having Fun!

Here's just a few of the children's favorites to give you an idea of what fun we've been having.

1. Crossing the brook. That's right. Careful walking on a balance beam eliminates messy situations. Talented mates can cross, forwards, sideways and backwards too. Can you?
2. Walking tall. Walk forward with a bean bag balancing on your head. Models do this for practice, I'm told.
3. Stilt walking. Walking on cans with ropes attached make kid size stilts for practicing balance challenges.

### Fun Games to Practice at Home

Here's some fun games to practice at home with your child.

1. Hopscotch- Set up a game of hopscotch with chalk on the sidewalk. Join in the fun with your child.
2. Balance Walking- See who can walk the farthest balancing a book, a ruler or a yardstick on their head. Make it a family contest.
3. Rocking Horse- Stand with hands on hips and feet astride. Lean forward, keeping knees straight. Lift heels from the floor. Rock backward, lifting toes from the floor.
4. On All Fours- Assume a hands and knees position on the floor. Challenge each other to : a. raise one hand in the air; b. raise one leg in the air; c. raise your left arm and right leg in the air.
5. Swan Stand- Stand on one foot and balance.

Visit our website at:  
[www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com)  
For more ideas and information.

## Don't Sit. Get Fit !



## Locomotor Skills

### Why It's Important

Locomotor skills are the foundation of large muscle movements and the cornerstone of gross motor coordination. There are eight basic locomotor movements which include: walk, run, leap, hop, jump, gallop, skip and slide. Research suggests that once a child can walk and run comfortably he/she is ready to learn the other 6 locomotor movements. This research, conducted by the University of Michigan, suggests that ages 2-7 years are critical skill gathering years and further suggests the importance of starting young with learning to move. Another important finding was that children decide what sports activities they are "good" at by the age of 11 years.



### We've Been Having Fun!

1. Animal walks are fun and challenging. We were bears, frogs that jumped and rabbits that hopped.
2. Galloping as cowboys and cowgirls was fun.
3. We practiced various locomotor skills around the big colorful parachute.
4. We played number exchange games using various locomotor movements.
5. We reviewed and practiced skipping, galloping, hopping, jumping, leaping, sliding, running and walking.

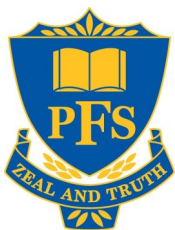
### Fun Games to Practice at Home

Here's some fun games to practice at home with your child.

1. Make it a family outing and walk, skip, or gallop around the block. Hop, jump, and slide can also add some variety.
2. Gallop Tag. Played like regular tag, you gallop instead of running.
3. Try race walking tonight. Make it a race to the finish.
4. Jumping contest. See who can broadjump the farthest. Kids should be allowed to run and jump. Parents jump from standing still.
5. Backwards skipping. Have you ever tried to skip backwards? It's possible and FUN. Try it.

Visit our website at:  
[www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com)  
For more ideas and information.

## Don't Sit. Get Fit !



# Forbes Public School

# September 2019

Term 3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Term 3 Week 7</b>	<b>2</b> Prep 4 Big School K—2 Sport Clinic Fruit & Veg Month—Eat a Rainbow a Day	<b>3</b> Prep 4 Big School	<b>4</b> Prep 4 Big School High School Transition	<b>5</b> Stage 3 Touch Football Gala Day— Parkes Riding for the Disabled in Young	<b>6</b> Forbes Show Day Stage 3 Special Sport	<b>7</b>	<b>8</b>
<b>Week 8</b>	<b>9</b> Prep 4 Big School	<b>10</b> Prep 4 Big School Visiting Show	<b>11</b> Prep 4 Big School	<b>12</b> Newsletter	<b>13</b> PSSA Athletics— Dubbo Stage 3 Special Sport	<b>14</b>	<b>15</b>
<b>Week 9</b>	<b>16</b> Prep 4 Big School NAIDOC Week	<b>17</b> Prep 4 Big School In School NAIDOC Activities	<b>18</b> Prep 4 Big School Stage 2 & 3 NAIDOC Town March Whole School Disco Stage 2 Sleep out in Hall	<b>19</b> Years K—2 NAIDOC activities—Forbes Pre School Riding for the Disabled in Young Stage 2 Excursion— Wellington Caves League Tag Gala Day—Canowindra	<b>20</b> Stage 2 Cricket Gala Day Stage 3 Special Sport	<b>21</b>	<b>22</b>
<b>Week 10</b>	<b>23</b> Prep 4 Big School WENBAN Spelling Competition—FPS	<b>24</b> Prep 4 Big School	<b>25</b> Prep 4 Big School	<b>26</b> Newsletter LC End of term cooking excursion— BBQ in the park	<b>27</b> Last Day of Term 3	<b>28</b>	<b>29</b>



Registration for the 2019-2020 Season

Starting Date - Tuesday 15<sup>th</sup> October 2019

Week 1 Term 4

Time - 6pm (every Tuesday night during the school term)

Registration days to pick up your number from the Botanical Gardens

Forbes - Soccer fields

24<sup>th</sup> September 2019

1<sup>st</sup> October 2019

Go to - [www.lansw.com.au](http://www.lansw.com.au)

All registrations must be done online

Remember to -

- Take advantage of Active Kids voucher
  - Centre - Forbes
  - Club - Forbes
- Select your children's age group

Any questions please contact - Chris Coady on 0422087820



# FORBES Toy Library

now at the  
Youth + Community Centre!  
(next to the Heated Pool)

open saturdays during school terms  
9.30am - 11.30am

*Borrow, don't buy! \$40 annual membership for access to hundreds of toys!*



@forbestoylibrary  
forbestoylibrary@gmail.com

Wirrinya Progress & Sports Association Inc.  
proudly present their

# 2019 Picnic Day



**FREE ENTRY**

50/50 raffle draw  
Kids raffle

Billy boil

Novelty events

Foot races

Canteen available (cash only)  
Bring your own chairs & shade

Afternoon tea provided by the  
Wirrinya Community

**Sunday 29th September 2019**  
**The Shed, 3746 Wirrinya Road, Wirrinya**  
**10am for first race at 10:30am**

For more information call Monica on 0429 634 531.



Wirrinya Progress



# Caragabal Sheep Races Saturday 14 September



## Great Family Event

Gates open 11.30am

Caragabal Country Club, Mid Western Highway

Come along and enjoy our 6 race event celebrating rural life and good old fashioned fun. Get involved in the racing action with pre-race sweeps and sheep auctions - terrific prize money on offer. The kids will love the lolly drop (from a plane), jumping castle, giant sandpit and chasing the sheep to the finish line. For the adults there's a full bar (no BYO), canteen, BBQ and delicious spit roast rolls to feed your mob. Local band, Weak Cordial will be playing from 6pm to 10pm. Campers and caravans are welcome. ENTRY: \$10 Adults, \$5 school aged kids.

[www.visitcaragabal.com.au](http://www.visitcaragabal.com.au)

## Sponsors

Thank you to our generous sponsors:

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