



Forbes Public School Newsletter

"Maintaining A Tradition of Excellence"

Issue No 15 2019

27 September 2019

Forbes Public School
Lachlan Street
FORBES NSW 2871

Phone: 02 6852 1934

Fax: 02 6852 2534

Email:

forbes-
p.school@det.nsw.edu
.au

Website:

[www.forbes-
p.schools.nsw.edu.au](http://www.forbes-p.schools.nsw.edu.au)

Megan Staples
Principal

Inside this issue:

Principal's Awards	2
Wenban Spelling	2
Debating	3
Touch Football Gala	3
Assembly Awards	4
League Tag	4
Show Entry Ribbons	5
Western Athletics	6
Eat a Rainbow	7
NAIDOC Week	8-9
Fundamental Movement Program	10
Hand-Eye Coordination	11
Jumping & Sequencing	12



Last fortnight proved to be a whirlwind of opportunities for our students as they engaged in NAIDOC week activities and attended school excursions. Stage 2 had a great time with a sleep over in the Hall and enjoyed their excursion to the Wellington Caves!

Special sport continued for our Stage 3 students who enjoyed participating in golf, squash and lawn bowls. Students also represented our school in league tag and cricket.

We were thrilled to host the Wenban Spelling competition on Monday between our school, Forbes North, and St Laurence's. The spelling capabilities of each school team was remarkable, with St Laurence's coming away with a 4 point win over our Forbes Public team.

Students in the Learning Centre were excited to receive a visit from Bunnings who came to lend a helping hand, planting new plants for the LC courtyard.

Our Prep for Big School finished with lots of eager little learners who enjoyed engaging in 'big school' activities! We really enjoyed having them spend time with us and look forward to welcoming them back to our Kinder Start program which begins next term.

I am sure you will all join me in congratulating Ms Trish Henderson, who has just been appointed Assistant Principal, replacing Mrs Nicole Livermore. Ms Henderson is excited to have been appointed to this position and is looking forward to continuing at Forbes Public, supporting our school and community in this role.

I look forward to welcoming you all back to what I am sure will be a wonderful Term 4, and hope you all enjoy the school break.

School resumes for all students on Monday, 14 October 2019

Kindergarten Information Expo

Tuesday, 22 October 2019

9:30am - 10:30am

RH Lytton OAM Memorial Hall

Morning tea will be provided

This is for all parents and carers of children starting Kindergarten in 2020.

Blue & Gold Banners

Congratulations to Nick Zannes and Lachy Alley who each received a Blue and Gold Banner at our last assembly. These awards were given to represent their outstanding commitment to learning.

Nick and Lachy along with Hannah Boyton and Shelbea Kennaugh also received a Special Achievement award.



The following students have filled their rewards sheet and will be awarded a Principal's Pen or Pencil.

KN	Jono Webb
Ellie Leonard	Kallum Brown
Grace Fuge	3A
Delta Steele	Mani Tapine
Arlie Gunn	Zander Carberry
James Gamble	3H
Daivik Patel	Toby Smart
1B	Huntah McKenzie
Anderson McMahon	Emily van der Struik
Kailey Moxey	Hudson Gunn
Jock Townsend	Jack White
Ocean Petuha-Vuetasau	Rosie Hurford
Kaiden Sydenham	Alfie Quirk
Abigail Bembrick	4M
Leo Legg	Danielle Jones
Isaac Angilley	April Bermingham
1L	5I
Max Pointon	Matilda Stitt
Eddie White	Ella Rosser
Callum Van Der Weiden	Bella Henry
Jaz Bruem	5/6G
Evie Amor	Harry Stewart
2A	KC Austral
Lockie Baker	Briley Carberry
Willa Turner	William Hamilton
Edie Price	Chaise Weaver
Grace Fairley	6D
Leah Colvin	Summer Hurford
2G	Bella Male
Jaylyn Davis	Alex Lemon

Expressions of Interest for Relief Cleaners

We are currently seeking expressions of interest for relief cleaners at our school.

Hours 5am - 9am 2pm - 5.30pm

If you think this would interest you please contact Louise Dixon at Joss Facility Management on 0400 533 670.

Wenban Spelling Competition

On Monday, 23 September Forbes Public School hosted the annual Wenban inter-school spelling competition.

Every year since 1987 the 3 primary schools in Forbes have competed for the award of the Melvean Wenban Shield. This award was presented by Robert E Wenban in memory of his mother.

The Spell Master for the day was Mrs Lynn Ellis who provided the 50 words to spell for the competition. Each school had to submit 50 words to Mrs Ellis and she chose the words from that list.

Competing for each school were:

Forbes North Public School – Delilah Karaitiana, Marnie Blake and Zoe Bilsborough

St Laurence's – Ru Li Little, Maddi Nunn and Ava Mundy

Forbes Public School – Reece Kollias, Alex Lemon and Matthew Higgins

Congratulations to St Laurence's who won the 2019 competition with 90 points and Forbes Public School a close second with 86 points.



L—R - Alex Lemon, Reece Kollias, Matthew Higgins

Applying for Year 7 entry to Selective High Schools in 2021

Key Dates

8 October 2019: Application website opens

10 pm, 11 November 2019 : Application website closes: You must apply before this deadline.

27 February 2020: Test authority advice sent to all applicants.

12 March 2020: Selective High School placement test.

4 July 2020: Placement outcome information sent overnight.

For more information go to:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Debating

On Wednesday, 25 September the Year 5 Debating Team consisting of Stephanie Vonthien, Tilly Townsend, Madison Burbage and Matilda Stitt competed in the Zone E Final for the Western District Debating Competition.

They did an unbelievable job building a case that 'Therapy Dogs should not be in all schools'.

Unfortunately the opposition, Molong Public School debated better on the day and convinced the adjudicators that all schools should have a therapy dog.

The Year 5 Team have learnt invaluable skills this year and will be ready to go again next year.

Thank you to all staff who generously gave up their time to train the team.



L—R - Steph, Tilly, Matilda, Madison

2A Assembly Report

2A displayed great enthusiasm preparing for their assembly in Week 8.

They worked enthusiastically to research and display their information about some of the animals that they saw on the Stage 1 excursion to Dubbo Zoo.

They enjoyed discovering how to create a Powerpoint presentation to display their research and they were eager to share what they had learnt with everyone.



Touch Football Gala Day

On Thursday, 15 September, Stage 3 students participated in a Touch Football gala day which was run by the NSW Touch Football Association in Parkes.

Our school played against other primary schools from around the region. It was a huge day with our teams playing 4 to 5 games throughout the day. All teams played to the best of their ability and showed great sportsmanship. All students had a fun day and their behaviour is to be commended.

We must thank our valuable parents who attended and assisted with teams on the day. A special mention also goes to Forbes Ex Services Club for donating ten new 'Steeden' footballs which the teams were able to use throughout the day.

They were very much appreciated.



Thanks for buying
books from

 SCHOLASTIC

Book Club

they help build our
classroom resources



We made \$347.51 in Scholastic
reward dollars.

Assembly Awards

The following awards were presented at the school assembly held on Friday, 13 September.

6D	- Aaliyah Petuha-Qalib	- Consistently working well in all areas
	Reece Kollias	- Great sportsmanship in all sporting areas
5/6G	- Lily Bolam	- Excellent Show Art
	Jye Bush	- An improved attitude towards writing
5I	- Noah Bryant	- His commitment in Maths groups
	Arahya Hill	- Trying her best in Spelling activities
3/6C	- Sarah Emery	- Great Show Art
4M	- Shelbea Kennaugh	- A fantastic attitude towards all learning
	Liam Kearney-Pallister	- Being a kind, caring and helpful class member
4K	- Tara Higgins	- Always following our PBL values
	Dylan Bray	- Working hard in English
3H	- Eli Gharib	- Initiative and application in constructing informative texts
	Toby Smart	- Excellent application in completing home assigned tasks
3A	- Zeel Patel	- Effort in all leaning areas
	Mani Tapine	- Always following the schools PBL values
2G	- Harvey McCleary	- Consistent application towards school work
	Milly Ridley	- Always displaying our school PBL values
2A	- Sophie Henry	- Excellent work in our assembly item
	Liam Stevenson	- Challenging himself during assembly practice
1L	- Hamish Whitty	- Always following our PBL values
	Lexi Millerd	- Fantastic achievement in Spelling
1B	- Isaac Angilley	- A fabulous information report on lions
	Emily Greig	- An impressive project on Mobula Sting Ray
KW	- Julian Butler	- A great effort in Show Art
	Grace Cooper	- Using sounds when writing
KN	- Daivik Patel	- Fantastic effort with Home Reading
	Lily Ball	- Always adding detail to her work

League Tag

On Thursday, 19 September the Forbes Public School Girls' League Tag teams played in a gala day event in Canowindra.

It was a beautiful day with the sun shining. Both the year 5 and year 6 teams were very excited to be playing. Over the course of the day the teams played 4 round games each, winning 6 out of the 8 games. The competition was tough but all the girls worked well as a team, scoring some amazing tries and defending outstandingly. Special mentions to Summer Hurford and Hydee Fairley for their unbelievable tagging efforts.

A huge thank you to all the parents and carers who drove players over, helped coach, run subs and support the teams. All the girls played extremely well and their skills improved over the day. It was a pleasure to take such a responsible group away and they all represented our school outstandingly.

Well done, Girls!



Forbes Show Entries

Congratulations to all the students who had entries in the Forbes Show. The following children received places and ribbons for their work.

Kindergarten

Leo Dwyer	Drawing	1st
Julian Butler	Drawing	2nd
Arlie Gunn	Drawing	3rd
Eila Duggan	Painting	1st
Lily Ball	Mixed Media	1st
Lucas Chen	Mixed Media	3rd
Delta Steele	Digital Art	1st
Grace Fuge	Digital Art	2nd
Layla Phillips	Digital Art	3rd

Year 1

Tilli-Ann Hector	Drawing	1st
Abigail Bembrick	Drawing	2nd
Kaiden Sydenham	Painting	2nd
Bethany Baxter	Mixed Media	1st
Emily Greig	Mixed Media	2nd
Josie Townsend	Mixed Media	3rd

Year 2

Lucy Bush	Drawing	1st
Abby Rout	Painting	3rd
Sophie Henry	Digital Art	1st
Kallum Brown	Digital Art	2nd
Alice Currey	Digital Art	3rd

Year 3

Keira Flynn	Drawing	3rd
Ruth Whitty	Painting	2nd
Ruth Whitty	Mixed Media	1st

Year 4

Abbey Fuge	Drawing	1st
Emily Crouch	Drawing	2nd
Tara Higgins	Painting	1st
Abbey Fuge	Painting	3rd
Aidee Thomas	Mixed Media	1st
Laura Chudleigh	Mixed Media	2nd
Zara Bruem	Mixed Media	3rd
Zara Bruem	Digital Art	2nd
Alex Reid	Digital Art	3rd

Year 5

Ruby Marsden	Drawing	1st
Amela Behan	Drawing	2nd
Louie Hodder	Drawing	3rd
Louie Hodder	Painting	1st
Amelia Behan	Painting	3rd
Iris Walker	Mixed Media	3rd

Year 6

Marley Kollias	Drawing	1st
Billy Duggan	Drawing	3rd
Jesse Flick	Painting	1st
Jemma Hodder	Painting	3rd
Summer Hurford	Mixed Media	2nd

Special Ed

Jamaraki Ware	Kinder	1st
Bradan Mugridge	Year 5	1st
Sarah Emery	Year 3	1st
Xander Maltby	Year 4	2nd
Lockie Adams	Year 4	2nd
Sophia Angrave	Year 2	2nd
Laynie McDaniel	Year 3	2nd
Jack Coleman	Year 3	3rd
Claudia Carstairs	Year 1	3rd



Western PSSA Athletics Team Trials

On Friday, 13 September twenty-seven FPS Athletes represented the Lachlan PSSA Team at Bardon Oval Dubbo. The first 3 placegetters qualified to go to the State Titles at Sydney Olympic Park on Wednesday and Thursday November 6 and 7, 2019.

Mrs Stitt was working at the finish line this year and she was blown away with how skilful the FPS athletes were. In 2018 and 2019 FPS used **\$6000** of Federally funded money (Sporting Schools Grants) to teach all students, Kindergarten through Year 6, all aspects of Athletics – shot put, discus, long jump, high jump, sprints, starts, long distance and relays, during Sports Skills and Friday Sport. A professional accredited Athletics Coach Ernie Sluitor travelled from Dubbo both years to train students and staff.

We are proud to announce that **this investment is already starting to pay off.**

This year **twenty seven of the thirty two FPS students who tried out for the Lachlan team were successful** and eight of the twenty seven who tried out for the Western Team were successful (would most likely have been 9 but Reece Kollias didn't attend due to illness). **1/3 of FPS students in the Lachlan Team made State – wow!**

Congratulations to all the FPS athletes who competed at Dubbo. All the Wednesday training sessions paid off with lots of Personal Best results.

Thank you to all the staff and parents who volunteered every Wednesday for 9 weeks. Especially Wendy Chudleigh and Sarah Duggan – your athletes really appreciated your coaching and their results showed.

Congratulations to the following students for qualifying for state.

Laura Chudleigh 1st Long Jump

Laura broke the Western record. She jumped 3.97m breaking the old record by 19cm. Well done Laura!

Ruby Coote 2nd 100 metres

Louie Hodder 2nd Long Jump

Reece Matheson 3rd Discus

Audrey Walker 3rd 1500 metres

Harry Stewart 3rd 100 metres

Junior Girls 4 x 100m Relay 3rd

Ruby Coote, Laura Chudleigh, Ellie Pointon and Indigo Francis



Laura Chudleigh



Audrey Walker



Reece Matheson



Ruby Coote



Harry Stewart



Louie Hodder



Indigo Francis, Ruby Coote, Laura Chudleigh, Ellie Pointon

Eat a rainbow Everyday

Forbes Public School has been involved in the Australian Fruit and Veg Month which is being held in 2019 over the month of September.

All month, teachers have been encouraging students to eat colourful fruits and veg each day to get the necessary vitamins and minerals necessary to thrive. Students have been learning that eating a balanced colourful diet helps them feel good, concentrate and perform well at school, in sport and at home. They have also learnt that being physically active each day improves cardiovascular health and wards off lifestyle diseases such as diabetes and heart disease.

Students have been bringing in different coloured fruit and veg for Crunch 'N Sip such as radish and carrot. The Tucker Box Canteen has supported "Eat A Rainbow Every Day" through the Sydney Market's 'Eat Fresh and Win' Initiative. Where students accumulate stickers by choosing healthy fruit and veg and then receive prizes.

On Wednesday, 11 September the whole school was in our unique FPS **"Try a Rainbow Today"**. The event was proudly sponsored by The Forbes Public School P & C, Bernardi's Super Store and The Forbes Shire Council. Bernardi's kindly donated the colourful fruit and veg as part of their ongoing support for local schools and local health. The P & C prepared the delicious fruit kebabs and veggie boats as well as exotic interesting textured fruits like custard apples, dates, paw paw and grapefruit.

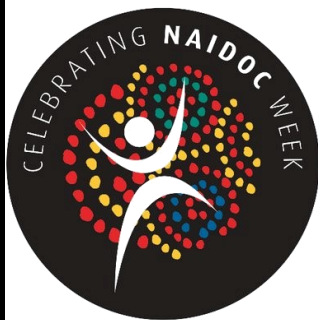
All students tried the food while listening to a presentation from Katherine Forbes a Dietitian with NSW Health.

5I have also been involved in many different activities this term based around the 'Eat a Rainbow' for Fruit and Veg month. As a class they decided to list different fruits and vegetables that are not common or normally eaten for Crunch 'N' Sip time in class. If the students brought in different fruits and vegetables they would receive one sticker on the maze chart. When they reached the end goal by placing the stickers on the maze we would make fruit slushies. 5I were lucky enough to try watermelon and passionfruit and strawberries and blueberries. Yummy!

5I also completed activities including a guess what the fruit or vegetable is by its features, looked at the Australian Guide to Healthy Eating and discussed its meaning and played some fun online games around healthy eating and staying active. What a full on month. I hope 5I enjoyed trying new fruits and vegetables this month with Miss Ingold.



FORBES PUBLIC SCHOOL CELEBRATES NAIDOC WEEK!



WOW! What a week! In week 9, Forbes Public School celebrated NAIDOC week over a number of days.

Monday – Miss Hodge, Mr Butler, Mr Cutrupi and Mrs Sheil walked to the Wiradjuri dreaming centre with students from year 4, 5 and 6 who identify as Indigenous, and attended the opening ceremony for NAIDOC week. We were amazed by the wonderful dancing and smoking ceremony that took place. Following these exciting events, students were able to try kangaroo and emu sausages before engaging in lots of fun activities such as weaving, making bracelets, and learning the traditional Aboriginal dances.

Tuesday – Our K - 4 students engaged in 'at school' NAIDOC activities such as craft and cooking while Stage 3 students attended Forbes High School for a smoking ceremony and NAIDOC assembly before taste testing traditional Aboriginal meats.

Wednesday – Students in Years 3-6, with their teachers, attended the Forbes Shire Council NAIDOC Day down town. Students marched the main street of Forbes before meeting at Victoria Park, along with other schools and community members, where the winners of the Indigenous Person of the Year awards were announced. Following the presentation, students were given a 'Passport' where they walked around to a number of community stations throughout the park, and were treated to a huge amount of fun activities such as face painting, free books, traditional Aboriginal Games & rain stick making, as well as watching a wonderful cook off between local community members before enjoying a BBQ lunch.

Wednesday night in the hall came alive, with students enjoying a NAIDOC Disco, where they were encouraged to wear something red, yellow or black.

Thursday – What a fantastic day K - 2 had at the pre-school, coming together with all the other schools in Forbes to celebrate NAIDOC Day. We had a busy schedule learning how to hunt, dance, create and celebrate the Aboriginal Culture with a host of different activities. To top off the day everyone enjoyed a sausage sandwich and a piece of cake. Thank you to the Pre-School and to the students from Forbes High who helped us all day.

Friday – While Stage 2 were enjoying a Cricket Gala Day at the Botanical Gardens, the rest of the school participated in a morning of traditional Aboriginal Games ran by our wonderful Year 6 students. Following the games, they were treated to a sausage sandwich and open playground.

All in all, it was a fantastic week for our school celebrating NAIDOC week. A big thank you to Mr Butler who helped coordinate the week.

Miss Hodge – NAIDOC coordinator





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. This fortnight we have worked on Hand-Eye and Jumping & Sequencing 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.





Hand-Eye Coordination

Why It's Important

Good hand-eye coordination is an underlying skill required for most sports situations. Young children are generally afraid of a ball so a nerf ball or beach ball works well when developing this skill.

Volleyball, basketball, tennis, golf, football, softball, and handball are just a few sports in which the development of hand-eye skills are critical to later sports success.

Academic skills also rely heavily on this skill. Cutting, drawing, tracing, and coloring will require that the hand and eye work in a coordinated fashion.



We've Been Having Fun!

1. We threw our beanbags overhand through colored hoops. We reviewed colors.
2. We threw fleece balls to our friends. They were soft and easy to catch.
3. We pretended we were real basketball players and tried our best to dribble under control.
4. We played pinball by rolling a ball through the legs of our friends standing in straddle position.
5. We played with the beanbags and practiced throwing them into the air and clapping and catching.

Fun Games to Practice at Home

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

1. Bowling- Use blocks and have our child practice rolling a ball to hit them. Large balls are great for ego builders. If your child wants more of a challenge, use a smaller ball like a tennis ball.
2. Marble toss into a circle- Go out onto the grass and use a rope to mark out an area to use as a target. Teach your child the lost art of playing marbles.
3. Play ring toss.
4. Bean Bag Hot Potatoe- Use a bean bag and have adults and children in a circle. Toss the bean bag around the circle rapidly but with control.
5. Dribbling. Practice the drop and catch sequence with your child. Have him/her show you how.

Visit our website at:
www.peacefulplaygrounds.com
For more ideas and information.

Don't Sit. Get Fit !



Jumping and Sequencing

Why It's Important

Jumping is an excellent activity for coordination and conditioning all parts of the body. It requires good coordination as well as rhythm and timing. Rope skipping is a very popular activity for practicing jumping.

Sequencing skills are most important in the development of young children. Until a child can sequence, there is nothing upon which to organize events. Many academic skills depend upon this important skill.

Math sequencing begins when a child is taught to count to ten. He/she must learn that two always follows one and three follows two, etc.

Sequencing is an important part of following directions.



We've Been Having Fun!

1. Skipping rope and jumping rope are advanced skills in jumping and sequencing.
2. We practiced jumping over a rope laid out on the ground.
3. We pretended we were frogs and jumped over a brook (two ropes laid out in a parallel fashion).
4. We sequenced jumping skills by following directionality commands (jump forward 2 squares and sideways one square).
5. We jumped over boxes, around hoops and across two ropes laid out on the ground.
6. We skipped to the first cone, galloped to the second cone and walked backwards to the third cone.

Fun Games to Practice at Home

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

1. Leap Frog. Bend at the waist and squat down low with your head tucked to your chest. Ask your child to jump over you using her hands to help when jumping.
2. Jump Rope. Teach your child some of the jump rope rhymes that were popular when you were a child.
3. Jumping and hopping in patterns. (Jump forward with two feet three times and sideways 2 jumps.)
4. Hopscotch. Set up a game of hopscotch with chalk on the sidewalk. Design an untraditional hopscotch court. Join in the fun!
5. Jump rope and say the months in order. Jump rope and say the alphabet saying a letter with each jump.

Visit our website at:
www.peacefulplaygrounds.com
 For more ideas and information.

Don't Sit. Get Fit !



Forbes Public School Calendar

October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5	6
		School Holidays					
	7	8	9	10	11	12	13
Term 4 Week 1	14 Students return for Term 4	15	16	17 Stage 2 & 3 Leadership Day Riding for the Disabled in Young	18 Stage 3 Swimming	19	20
Week 2	21	22 Kinder Orientation 9.30am—10.30am in the Hall	23 Visiting Band 10am	24 Newsletter	25 Stage 3 Swimming Assembly - 1B	26	27
Week 3	28	29 Kinder Start	30 High School Transition	31 Riding for the Disabled in Young	1 November Stage 3 Swimming Kinder Excursion— Wilson's Farm		



The Tucker Box

Sandwiches

Vegemite / Honey / Jam	\$2.00
Cheese	\$2.50
Ham/Chicken.....	\$3.00
Ham/Chicken + Salad.....	\$5.00
OR extras add \$0.50	
Carrot, beetroot, lettuce, tomato, cucumber, cheese	
Sauce Tomato, BBQ, Mayo	add \$0.30
Wraps	add \$1.00
Rolls	add \$1.00
Toasted	add \$0.50

Salad Tubs

Salad	\$5.00
Chicken / Ham & Salad	\$6.00
Tuna Salad	\$6.00



Forbes Public School Canteen Menu Term 4 2019

Hot Food

Spaghetti Bolognese	\$4.00
Fried Rice GF	\$4.00
Macaroni & Cheese	\$4.00
Chicken Burger (lettuce & mayo)	\$5.00
Chicken Sticks (6)	\$4.00
Pizza	\$3.00
Meat Pie	\$4.00
Sausage Roll	\$3.00
Chicken Stick Wrap	\$5.50
Lasagne	\$4.00
Cheese Burger	\$5.00

Drinks

Juice Poppa	\$2.00
Apple, Apple & Blackcurrent, Orange	
Bottled Water	\$1.00
Cool Crush	\$2.00
Blueberry/Strawberry/Apple & Blackcurrent/Orange & Mango	
Flavoured milk – choc/strawberry	\$2.50

Frozen treats – Lunch only

Quelch Ice Block – apple/apple & blackcurrent/raspberry/strawberry....	\$0.50
Twisted Yogurt GF – Choc/strawberry	\$2.00
Ice Mony Triangle (65ml)	\$1.00
Red berry/blue raspberry/Lemon ice	

Snacks

Jelly Cup	\$0.50
Custard	\$0.50
Mixed Fruit Cup	\$1.50
Watermelon cup	\$1.50
Orange Cup	\$1.50
Mousse	\$0.50
Piece of Fresh Fruit – apple/orange/pear/kiwi/banana	\$1.00
Popcorn sweet & salty GF Red	\$0.50
Rock Deli sea salt chips	\$2.00
Yoghurt cup with fruit	\$3.00
Veggie cup	\$2.00
Monster snacks	\$0.20
Cheerio's, Milo, Nutrigrain	

Snacks - Recess only

Noodle Cup	\$1.00
Raisin Toast	\$1.00
1/4 of toasty.....	\$1.00
Ham & Cheese/Chicken & Cheese	
Pikelet	\$0.50
Corn cob	\$0.50
Cheese melt	\$1.00
Pasta cup	\$0.50

NOT ALL SNACKS AVAILABLE EVERYDAY

*Please add 20c if a lunch bag is required

**Cutlery is supplied with meals or as an extra add 10c

The canteen is run by the P&C and is open WEDNESDAY & FRIDAY ONLY

All volunteers are welcome - If you can help please phone the school on 6852 1934.

FORBES PUBLIC SCHOOL'S

Spring fair

GAMES
ARCADE

RAFFLES
&
AUCTIONS

DUNKING
MACHINE

CAKE
STALL

PLANT &
BOOK
STALL

CHOCOLATE
WHEEL

STUDENT
ART
GALLERY

SNOW
CONES
&
POPCORN

FACE PAINT
&
HAIRSPRAY

COFFEE VAN
&
BBQ

DONUTS
FAIRY FLOSS
ICE-CREAM

JOIN US FROM 5-8PM

FRIDAY NOVEMBER 15TH 2019

Made with PosterMyWall.com

FUN FOR KIDS TOUR 2019

HAY
MON 30/09/19 - 12PM - 7PM
MULTI-SPORT ACTIVITIES (Hay Sports Oval - Field #2)
DANCE PARTY (Community Hall)
ACTIVITIES
12.00PM - 5.00PM (MULTI-SPORT ACTIVITIES)
5.00PM - 6.00PM (FREE BBQ DINNER)
6.00PM - 7.00PM (DANCE PARTY)

HILLSTON
TUES 01/10/19 - 12PM - 7PM
MULTI-SPORT ACTIVITIES (Hillston Sports Oval - Keels Street)
DANCE PARTY (Ex-Servicemen and Citizens Club - High Street)
ACTIVITIES
12.00PM - 5.00PM (MULTI-SPORT ACTIVITIES)
5.00PM - 6.00PM (FREE BBQ DINNER)
6.00PM - 7.00PM (DANCE PARTY)

LAKE CARGELLIGO
WEDS 02/10/19 - 12PM - 7PM
LAKE CARGELLIGO SAIL AND POWER BOAT CLUB
ACTIVITIES
12.00PM - 5.00PM (MULTI-SPORT ACTIVITIES)
5.00PM - 6.00PM (FREE BBQ DINNER)
6.00PM - 7.00PM (DANCE PARTY)

CONDOBOLIN
THURS 03/10/19 - 12PM - 7PM
CONDOBOLIN SHOWGROUND
ACTIVITIES
12.00PM - 5.00PM (MULTI-SPORT ACTIVITIES)
5.00PM - 6.00PM (FREE BBQ DINNER)
6.00PM - 7.00PM (DANCE PARTY)

FORBES
FRI 04/10/19 - 12PM - 7PM
FORBES YOUTH CENTRE
ACTIVITIES
12.00PM - 5.00PM (MULTI-SPORT ACTIVITIES)
5.00PM - 6.00PM (FREE BBQ DINNER)
6.00PM - 7.00PM (DANCE PARTY)

FREE!

FUN!



FORBES FINS SWIMMING CLUB INC REGISTRATION 2019 / 2020

We welcome all interested swimmers to join the Forbes FINS for the coming Summer Season. Starting October 14, 2019.

Current members can re-register online from 20th Sep, 2019

We offer 5 Squads catering for all levels of Ability - Beginners to Competitive Swimmers.

We have 9 Qualified and Accredited SATCS Coaches

We deliver a 20 WEEK Programme with all Squad Sessions planned to establish, improve and compete in Freestyle, Backstroke, Breaststroke and Butterfly. We also provide the opportunity to take part in Club Trial Nights where you can test your skill in a fun community environment.

We look forward to you joining the FINS family and building your confidence & capability in the water.

All enquiries to forbesfins@gmail.com or please phone 0417 805 678.



Join a Forbes FINS
Squad

Apply your Active
Kids Voucher

Improve Your Water
Confidence

Train with one of 9
Accredited Coaches

Join us on Facebook



Sign Up Information
Sessions

The Forbes Pool

Fri 11th Oct & Sun
13th Oct

12.00pm to 2:00pm

BOGAN GATE⁺

Village Fair



Sunday 29 September
9.30am-3pm

Bogan Gate Memorial Hall

Be out there at Bogan Gate for their
inaugural Village Fair!

You'll find vintage machinery and vehicles + markets
+ food + famous Devonshire Tea + kids activities
+ fashion parade

Money raised will go to Bogan Gate community groups.

Proudly supported by Parkes Shire Council.

 Bogan Gate Village Fair

Lachlan Valley Fishing Club
Gone Fishing Day
2019

Carp-athon

Sunday 20th October

9am-12pm

come on down with your fishing
rod for a fun few hours of fishing
with prizes on offer.

sign-up back of
Forbes Bowling Club

Contact- Gavin 0418986553



Made with PosterMyWall.com

Forbes Amateur Swimming Club

Registration 2019 - 2020

Thursday 10th October 2019

5pm - 7pm

FASC Clubhouse

Forbes Olympic Pool

FASC Welcomes all interested swimmers for the 2019-2020 season.

Current members can re-register online from 23rd September 2019.

We cater for all levels of swimmer from beginners to advanced as well as social swimmers at our Thursday Club Nights.

Squad training is available to all with qualified coaches catering to the needs of the individual swimmer.

Fees for 2019 — 2020

Swimmer - 8 & Under \$70

- 9 & Over \$85

Non Swimmer - \$30



www.forbes.swimming.org.au

Or find us on Facebook

General Enquiries

forbesswimming@gmail.com

Registration enquiries 0427 575 132

Squad enquiries 0447 336 877



CLEAN
TEQ
SUNRISE

Clean TeQ Sunrise School Holiday BBQ

Thursday
10 October
Lions Park
Forbes
12pm-2pm

Free BBQ

Meet the
Clean TeQ
Sunrise team



See the world of waterbugs
and other exciting activities
with Lake Cowal
Conservation Centre