

Forbes Public School Newsletter

"Maintaining A Tradition of Excellence"

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Megan Staples
Principal

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It was an exciting opportunity on Wednesday to listen to some fun healthy food facts and eat a rainbow, trying different coloured healthy food! The students had lots of fun, and enjoyed trying some foods they hadn't tried before.

Students from the Learning Centre enjoyed their fortnightly visit to the Riding for the Disabled Centre in Young again this last fortnight. The students are doing a great job engaging with the horses, and have improved in leaps and bounds.

Another visiting performance proved to be a hit with students during the week, as they learnt all about science with Ruth and Tim at the Scien-tastic show.

Prep for Big School continues to be a huge hit with our littlest learners as they experience classroom activities and fun play, preparing for their transition into Kindergarten. This program will continue to run until the end of term.

We are looking forward to participating in NAIDOC week activities next week. Our students will visit and take part in activities across the Forbes Shire and School Communities.

Have a great fortnight,

Meg Staples

Coming Up.....

NAIDOC ACTIVITIES ALL WEEK 9

- | | |
|--------------------------------|--|
| Friday, 13 September | - Lachlan PSSA Athletics Trials in Dubbo
Whole School Assembly hosted by 2A |
| Wednesday, 18 September | - Whole School Disco 5pm—6:30pm
Stage 2 Sleepover in Hall |
| Thursday, 19 September | - Stage 2 Excursion to Wellington
Girls' League Tag at Canowindra |
| Friday, 20 September | - Stage 2 Cricket Gala Day Botanical Gardens |
| Monday, 23 September | - Wenban Spelling in FPS Hall |
| Friday, 27 September | - Last Day of Term 3 |



SORRY...
We Apologize For The Inconvenience, the Canteen will be
**TEMPORARILY
CLOSED WEEK 9**

CLOSED WED 18TH, THURS 19TH, FRI 20TH SEPT
Re-opening Wed 25th September (Week 10)

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

KN	5I
Leo Dwyer	Myah Clark
Emma Currey	Emma Rippon
Lucas Chen	Tyler Jelbart
Eila Duggan	Faith Paahi
Anakin Zammit-Woods	5/6G
KW	Karl Emery
Seth McDonald	Jye Bush
1B	Lily Bolam
Van Parry	Will Boyton
Jack Douglass	Seth Butler
1L	Tilly Townsend
Maxy Mulley	6D
Henry Halls	Harry Staines
2A	Marley Kollias
Liam Stevenson	Jade McKeown
3A	Bella Bond
Krystal Bray	Billy Duggan
Jack Marsden	Kayori Tainor
Jack Schrader	Aaliyah Petuha
4K	Lachlan Alley
Harjot Mand	3/6C
Audrey Walker	Lockie Adams
Maddox Bruem	Laynie McDaniel
Tara Higgins	



Special Achievement Awards

The following students must be congratulated as they each received a Special Achievement award at our whole school assembly in Week 4.

Mia Bryant	Logan McMahon	Matilda Stitt
Bella Male	Noah Morley	Eli Gharib
Chloe Walker		

Merit Awards

These students received a Merit Award at their morning assembly.

Emily Greig	1B	Maggie Dooley	1B
Elijah Sallaway	2A	Maddie Payne	2G
Harrison Aerts	2G	Indigo Francis	3A
Hannah Boyton	3A	Ruby Coote	3H
Ruth Whitty	3H	Alice Bray	3/6C
Shelbea Kennaugh	4M	Max Coote	5I
Chloe Little	5I	Marcus Colvin	5/6G
Nicholas Zannes	5/6G	Chaise Weaver	5/6G
Julia Sullivan	5/6G	Lachlan K-P	5/6G
Bella Bond	6D		

Scien-tastic

WOW WOW WOW!! What a great performance by 'Scientastic' this week. Our students were lucky enough to have a visit from the wonderful Tim and Ruth at Babble Productions who delivered an incredibly engaging, fun and SCIENTASTIC performance!

Tim thought Science was rather dull and would have much preferred to do magic tricks; that is until Ruth set him and the audience some challenges and showed them how to achieve some really cool outcomes.

Using all sorts of ingredients and materials, she set out to prove that objects don't always do what you expect them to.

Students learnt all about magnets, the states of matter, air and force and even FOG FILLED BUBBLES! How amazing?

The teachers and students were very impressed and enjoyed the fun nature of the performance. The teachers thought it was very age appropriate and topical, while the students were excited that all the experiments could be tried again at home. Thank you to Tim and Ruth for coming and sharing this wonderful show with our students. Everyone loved it!

Left: Ruth & Tim from Babble Productions

2-6C Best in Show

As part of our regular Mathematics program, 2-6C participate in weekly cooking lessons. During Term 3, 2-6C plan and cook items to be entered into the Junior Open sections of the Forbes Show.

2-6C entered a number of different items and we were lucky enough to come away with a number of different prizes.

Painting Jesse Flick and Caine Moore
Highly Commended

Photography

Nature	Jakieal Ware	First Place
Human Interest	Jesse Flick	First Place

Produce

Herbs	Rosemary	Second Place
Fruit	Lemons	First Place

Breads

Damper	Encouragement Award
Scones	Second Place

Preserves

Junior Jams	Blackberry	Second Place
	Mixed Berry	First Place
Chutney	Chilli Chutney	Second Place
	Tomato Chutney	First Place
Pickles	Cucumber Pickle	First Place
Sauces	Chilli Sauce	First Place

Ribbons

Best Jar in Junior Section
Chilli Sauce

Most Successful Exhibitor Preserves Junior
2-6C Forbes Public School

The class worked very hard with their show exhibits and are very proud of their success.

Mr Ben Cutrupi & Mrs Kylie Sheil – 2-6C



IMPORTANT INFORMATION

Canteen Update from the P&C President

As of Term 4, the canteen will only be open on Wednesdays and Fridays. This was a hard decision but due to lack of support for the canteen the P&C deemed it a necessary measure to protect our current financial position. The canteen was never intended to be a profit making enterprise and up until now has been able to support itself on a fairly tight cash flow. Whilst the P&C feels that it is important to keep the canteen open, unless things change, the canteen will become a financial liability and we will need to use the other funds we raise to support it.

Over the past year, we have worked on cutting costs, limiting waste and cooking from scratch. We are now asking our school families to support the canteen when possible in the following ways:

- ♦ Ordering lunch from the canteen regularly
- ♦ Giving children money to purchase over the counter snacks
- ♦ Volunteering to help in the canteen

We aim to keep our prices as low as possible and as mentioned, we are not about making a profit.

We are also looking into an online ordering and payment app as we understand that most people do not use cash anymore and feel that this would make using the canteen easier.

If you have any suggestions or feedback for us as to how we can improve the canteen, please email us at forbespublicschool@pandcaffiliate.org.au.

Let's work together to keep this valuable service in our school.

Shannon Crowley
P&C President

Looking for something to do in the School Holidays!

Come and join in the fun at a Tennis Coaching Clinic during the 2nd week of the school holidays Tuesday, 8 October to Friday, 11 October.

The starting time is 9.00am and the finishing time 3.00pm. The children may choose individual days or a half-day option, which finishes at 12.30pm.

The main aim is for everyone to have fun in a healthy and safe environment while learning how to play tennis.

The clinic is open to all children 5yrs to 15yrs with beginners most welcome.

Bookings are essential as places are limited. Phone Peter on 6851 1993 or 0403 335 205 before Friday, 4 October.

Lachlan PSSA Record Breakers

On Friday, 9 August at the PSSA Lachlan Athletics Team Trials, the following students set or broke records.

Congratulations to the following FPS athletes...

Junior Girls 1500m	Audrey Walker (this was a new event)
Junior Girls Relay	Laura Chudleigh, Ellie Pointon, Ruby Coote & Indigo Francis
Junior Girls High Jump	Tara Higgins
12/13 Years Boys High Jump	Reece Kollias
11 Year Girls Shot Put	Lola Morrison
12/13 Year Boys Shot Put	Matthew Higgins

Certificates will be given out when they arrive in the post.



Friday Special Sport

During Term 3, our Stage 3 students had the opportunity to participate in special sport. They were given a choice to participate in sport or a 5 week session out of school. The children had the option to choose golf, squash, lawn bowls or school sport.

Golf – The students were lucky enough to secure a golf pro to teach them skills of golf. In their last session the children will be having a small version of a game. Thanks must go to Adrian and Ben from Forbes Golf club for all of their help and expertise over the weeks.

Squash – The children are playing doubles each week and gaining some great skills in squash. Thanks must go to Mrs Louise Webb for opening the squash centre each week and teaching us some rules and skills.

Lawn Bowls – The children have been having a great time enjoying bowls each week and we must thank the sporting club for the use of the bowls.

Another Student Makes State



Congratulations to Emma Rippon who has made State for Cricket!

On Monday, 2 September Emma travelled to Dubbo and faced a group of selectors made up of: Glen Pepper Western PSSA Primary Girls Cricket Convenor; Marie Cornish ex-Australian Test Cricketer and 1 day International player and NSW Cricket Selectors Sam Perry and Gayan Loku.

Emma was put through various assessments such as field drills and net sessions to test her bowling, batting and fielding skills and then the possibles versus probables played a game to see how they put their skills into action.

Glen Pepper, the Western PSSA Convenor said, "Emma put in 100% effort. She was always very positive and did her best the whole time. She was everywhere all at once and was constantly trying to stop balls. She also bowled well." Through her hard work she has earned a place on the Western PSSA Girls Cricket Team to play at the State Titles in Raby in Sydney in Week 3 of Term 4 (Monday 28 October - Thursday 31 October, 2019).

Emma, you have made our school proud.

Good luck also to our Stage 2 students (Years 3 and 4) who play at our local Cricket Gala Day at the Botanical Gardens on Friday, 20 September. One day you might be in the Western Cricket Team going to State!

Fun Day at the Zoo With Stage 1

On Friday, 30 August, Stage 1 went on an excursion to the Dubbo Zoo.

Students were up bright and early, leaving school at 7:30am. We travelled to Dubbo on the bus, arriving at the zoo in time for morning tea. The excitement began before we even started touring the zoo, with a peacock joining us on the playground for recess!

Students attended the special classroom at the education centre to learn about lifecycles of different animals. We were able to pat some of the animals that we learnt about, including a possum and a turtle! We then set off on our big walk around the zoo.

Stage 1 saw lots of exciting animals at the zoo. Some their favourites were the meerkats, giraffes, zebras and elephants. We were also lucky enough to have the Siamangs put on a fantastic comedy show for us, pausing for applause at the end of each act. The raucous sounds made by the Siamangs kept us very entertained.

When we stopped for lunch at the picnic area we were joined by some kangaroos (with joeys in their pouches!) which were sitting right near us while we ate. After lunch, we walked through the Australian section of the zoo where we got to see some more kangaroos, as well as emus and koalas.

At the end of the day, we drove around the last section of the zoo track, where we saw lots of interesting Deers in the "wild heard" section.

Overall, Stage 1 had a fantastic time on their excursion and are to be commended on their excellent behaviour. A big thank you also goes out to all the teachers, support staff and bus drivers who accompanied the students.







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 Body and Space and Eye-Foot Coordination 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.





Body and Space Awareness

Why It's Important

The development of body and space awareness is critical to later academic success. Children first learn where the top and bottom of their body is, before they are ready to identify the top and bottom of a page. Likewise, they must first learn to identify the left and right side of their body before they can do so on a piece of paper.

Children must learn directionality terms in relation to themselves before they can understand relationships of objects in space.



We've Been Having Fun!

1. Simon Says. Simon Says is a real favorite for body parts identification. It helps us with good listening skills too.
2. Obstacle Course. We crawled through a hoop, jumped over boxes, we went under a yard stick and around a hoop. We identified shapes and colors in this activity. Learning can be fun!
3. We practiced left and right. We practice activities with both our right and left hands and right and left feet.
4. Using hoops we jumped forward, backwards and sideways. We invented new ways of walking.
5. Body Parts Identification. We identified different body parts.

Fun Games to Practice at Home

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

1. Body Parts and Purpose Game. Ask child to fill in the blank. My eyes are used for _____. My ears are used for _____ etc,
2. Hockey Pockey. Remember that game we all loved. "Put your right hand in, put your right hand out, put your right hand in and shake it all about. You do the Hockey Pockey and turn yourself around. That's what it's all about!" Continue and enjoy.
3. Make people pictures. Have your child lay down on the sidewalk and outline his/her body with chalk. Have child illustrate with clothes and insert body parts.
4. Mirror Images. Face your child and move different body parts slowly so that your child can "copy" each movement. Take turns being the leader.

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

Don't Sit. Get Fit !



Eye-Foot Coordination

Why It's Important

Eye-foot coordination is a skill which is evident in hop scotch, soccer, jumping rope, and kicking activities to name a few.

Hand-eye coordination precedes eye-foot coordination in the developmental process.

Children will develop a dominate foot as well as a dominate hand and eye. Some research suggests that a right handed person should also be right footed. However a child with mixed dominance is not uncommon until after 5 years of age.

Dancers, soccer players, ice hockey players and ice skaters must developed extraordinary skills in the area of eye-foot coordination.



We've Been Having Fun!

1. We pretended we were a bear and crawled around on all fours making our best and scariest bear moves.
2. Coordination walks. Who could have known there are so many ways of walking. Try backwards, forwards, and sideways. We walked on our tip toes and like giants taking big steps.
3. We jumped into hoops in hop scotch fashion. Little kids jump with toe feet. Big kids hop the patterns with one foot.
4. We were circus performers practicing our best tiperope walking for each other.

Fun Games to Practice at Home

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

1. Kick the Can. This old fashion favorite is perfect for eye-foot coordination practice.
2. Modified kickball. Have your child kick the ball and run around bases. Parents should fetch the ball and run bases twice. See who gets to home first.
3. Mother May I. Kids love to lead this and the whole family can play. Vary according to big steps, little steps, forward steps, and walking backwards etc.
4. Hopscotch. Set up a game of hopscotch with chalk on the sidewalk. Join in the fun!
5. Soccer Goal Kicks. Set up two cans to kick between. Practice kicking through the cans without a defender.

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

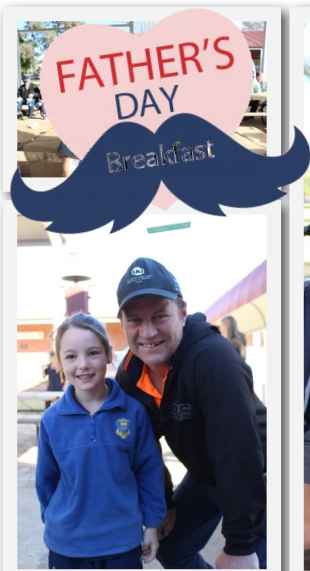
Don't Sit. Get Fit !



FATHER'S DAY
Breakfast









FATHER'S
DAY
Breakfast



Support for enrolling in Early Childhood Services and Development for children Birth to Five years.

Are you looking to send your child to childcare or
to preschool?

Need support and assistance enrolling and going
to look at the centres?

Would you like one on one support with your child
to improve their development?

If you would like support or assistance to help enrol your child in an early childhood program or start a play session with Madi to help your child's development, please contact Madi at Catholic Care. Madi offers a program that will help support you and your child into childcare as well as help support your children's learning development.

Contact Madi at CatholicCare:

68501777

Or Call in Monday, Tuesday or Friday

134 Lachlan Street, Forbes



Aboriginal Families as Teachers Program



CatholicCare
Wilcannia-Forbes

Supporting Aboriginal Families to provide developmentally rich home learning environments for children birth to five years and promote the importance of early childhood education within families and communities