



# Forbes Public School Newsletter

*"Maintaining A Tradition of Excellence"*

Issue No 3 2020

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Megan Staples  
Principal

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Weeks 5 and 6 at Forbes Public School continued to be full of opportunity for our students.

School photos have been taken for another year. The staff hope that they provide families with wonderful memories of schooling at FPS.

Our students have been commended on their sportsmanship and competitiveness at the District Swimming Carnival in Condobolin. Congratulations to those students who competed on the day. We wish the successful placegetters (our squad of 20 swimmers) the best of luck as they travel to Dubbo to compete at the Western Region Swimming Carnival.

Some of our primary students have enjoyed participating in sporting excursions, playing soccer, tennis and AFL, with opportunities to play cricket and netball taking place next week.

While I am delighted that all of our students have settled well into the school routine, our Kinders are confidently getting to know their way around the school. We have had some very polite kindergarten students completing messages to the front office, speaking clearly and waiting in turn. It has also been really pleasing to see our students across the school working together. Great job everyone!

The Forbes College for Seniors are currently working with our stage 3 students every second Friday, playing card and board games with a mathematical focus. The students are really enjoying spending time with our visitors, not only learning key numeracy concepts but enjoying some really great company! We really enjoy welcoming our community into our school.

Have a great fortnight  
Meg Staples - Principal

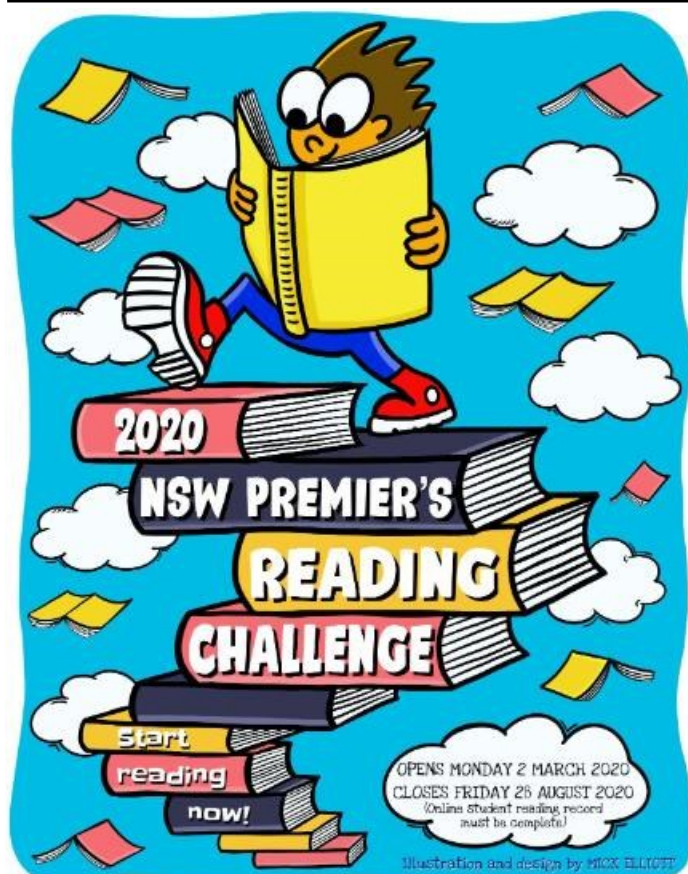
*Thank  
you  
to  
our  
Senior  
Volunteers*



## Principal's Commendations

The following students will be awarded a Principal's Pen or Pencil.

<b>1B</b>	<b>3/4A</b>
Janayah Ryan	Jono Webb
<b>2G</b>	<b>4H</b>
Jock Townsend	Toby Smart
Henry Halls	Rosie Hurford
<b>2WH</b>	<b>5/6D</b>
Hamish Whitty	Tess Worland
Tom Fuge	Tylah Bond
<b>3K</b>	Noah Bryant
Grace Fairley	Tyler Jelbart
Evie Duggan	Jessica Johansson
Archie Hogben	
<b>3/6C</b>	<b>5/6W</b>
Sarah Emery	Abbey Browne
<b>5/6G</b>	Bella Henry
Amelia Behan	Will Boyton



[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)



## P&C News

A huge welcome to all our new families at Forbes Public School and thank you to everyone who has already returned their P&C membership form. It's never too late to become a member and is an easy way to become involved in the school.

This year was the first year we have held our Family BBQ at the beginning of Term 1 and it was a great success. It was wonderful to see so many families enjoying themselves and building friendships in a very relaxed atmosphere. This is an event that we will try to host on a regular basis so if you couldn't make it this time, keep an eye out for future events just like this one.

Our AGM was held last Wednesday, 26 February and it was great to see some new faces along with our regular attendees. All positions on the committee were filled and we are looking forward to a fun and productive year ahead.

Position holders for 2020 are as follows:

**President:** Adam Currey

**Vice Presidents:** Marianne Fritsch, Trilby Crowley

**Treasurer:** Felicity Worland

**Secretary:** Karina Watson

**Fundraising Coordinator:** Jacqui Greig

**Public Relations Officer:** Amy Millerd

**Clothing Pool Administrator:** Wendy Chudleigh

**Merit Panel Representatives:**

Bruce Watson, Adam Currey, Felicity Worland, Amy Millerd, Marianne Fritsch, Shane Moxey

**Canteen Liaison Coordinator:** Bee Moxey

Our next meeting will be held on Wednesday, 1 April so please put this date in your diary, we would love to see you all there!

Karina Watson

P&C Secretary

[forbespublicschool@pandcaffiliate.org.au](mailto:forbespublicschool@pandcaffiliate.org.au)

Missing school leaves a  
gap in your education

Did you know?

If your child misses as little as eight days in a school term, by the end of primary school they will have missed a year of education.





## Lachlan PSSA Swimming Team Trials Condobolin Swimming Pool

Forbes Public School had great success at the Lachlan PSSA Swimming Team Trials on Friday, 28 February 2020 with 20 out of 26 students making the Lachlan team. That's outstanding!

Many students did personal best times and even those who didn't qualify improved their time and gave 100% effort. We are very proud of every student who attended on Friday. Their behaviour was perfect and they displayed excellent sportsmanship.

The following students will represent the Lachlan PSSA Swimming Team on Friday, 13 March in Dubbo.

Isabella Spice	2 <sup>nd</sup> 50 Free
Max Pointon	1 <sup>st</sup> 50 Free
Willa Turner	1 <sup>st</sup> Relay
Annabelle Dwyer	1 <sup>st</sup> Relay
Rosie Hurford	3 <sup>rd</sup> 50 Free, 2 <sup>nd</sup> 50 Breast, 1 <sup>st</sup> 50 Back, 1 <sup>st</sup> 50 Butterfly, 2 <sup>nd</sup> 200 IM, 1 <sup>st</sup> Relay
Stella Bull	3 <sup>rd</sup> 50 Breast, 1 <sup>st</sup> Relay
Ruby Coote	3 <sup>rd</sup> 50 Butterfly, 1 <sup>st</sup> Relay
Ellie Pointon	1 <sup>st</sup> 50 Free, 1 <sup>st</sup> 50 Breast, 1 <sup>st</sup> 50 Back, 1 <sup>st</sup> 50 Fly
Snow Hodder	2 <sup>nd</sup> 50 Free, 2 <sup>nd</sup> 50 Breast, 1 <sup>st</sup> 50 back, 1 <sup>st</sup> 200 IM, 2 <sup>nd</sup> Relay
Jackson Beaudin	3 <sup>rd</sup> 50 Back, 3 <sup>rd</sup> 50 Fly, 2 <sup>nd</sup> Relay
Will Watson	2 <sup>nd</sup> Relay
Thomas Vonthien	2 <sup>nd</sup> Relay
Maddox Bruem	2 <sup>nd</sup> 100 Free, 2 <sup>nd</sup> 50 Free, 3 <sup>rd</sup> 50 breast, 1 <sup>st</sup> Relay
Reece Matheson	1 <sup>st</sup> 50 Free, 1 <sup>st</sup> 50 Breast, 1 <sup>st</sup> Relay
Stirling Francis	1 <sup>st</sup> 50 Back, 2 <sup>nd</sup> 50 Butterfly, 1 <sup>st</sup> Relay
Jakieal Ware	1 <sup>st</sup> 100 Free, 1 <sup>st</sup> 50 Free, 1 <sup>st</sup> 50 breast, 1 <sup>st</sup> 50 fly, 1 <sup>st</sup> 50 back, 1 <sup>st</sup> 200 IM, 1 <sup>st</sup> Relay
Tess Worland	1 <sup>st</sup> 100 Free, 1 <sup>st</sup> 50 Free, 1 <sup>st</sup> 50 back, 1 <sup>st</sup> 50 fly, 2 <sup>nd</sup> 50 breast, 1 <sup>st</sup> 200 IM, 1 <sup>st</sup> Relay
Louie Hodder	2 <sup>nd</sup> 100 Free, 2 <sup>nd</sup> 50 Free, 1 <sup>st</sup> 50 Breast, 2 <sup>nd</sup> 50 Butterfly, 1 <sup>st</sup> Relay
Steph Vonthien	2 <sup>nd</sup> 200 IM, 1 <sup>st</sup> Relay
Matilda Stitt	1 <sup>st</sup> Relay

Junior Girls Relay – 1<sup>st</sup>  
Junior Boys Relay – 2<sup>nd</sup>  
Senior Girls Relay – 1<sup>st</sup>  
Senior Boys Relay – 1<sup>st</sup>

Congratulations to all 26 FPS swimmers who competed on Friday and good luck to the 20 swimmers representing Lachlan in Dubbo on Friday, 13 March 2020.

Thank you also to Juliet Hodder, Felicity Worland and Nick Turner who have volunteered to coach the team to prepare them for these competitions. Training will be held on Wednesday, 11 March 2020.



*The FPS Swim Team who competed at Condobolin*

### Netball Trials

Netball trials will start next week (Week 7).

All of stage 2 and 3 are welcome to try out. A team will then be selected to play our first game against Small Schools in Term 2, 22 May 2020.

From these trials students will also be selected to trial for the Lachlan PSSA Team which will be held on Wednesday, 29 April in Forbes.

### Lachlan PSSA Cricket Trials

Good luck to Reece Matheson and Stirling Francis who have been selected to trial for the Lachlan PSSA Cricket Team on Friday.

### Western PSSA Rugby Union Trials

Boys who would like to trial for the Western PSSA Rugby Union Team on Wednesday, 18 March in Orange or Thursday, 19 March in Dubbo should see Mr Gaffney or Mrs Stitt for a permission slip.



**Follow us on facebook**

Western School Sports Association

# Assembly Awards

The following awards were presented at the school assembly held on Friday, 21 February 2020

5/6D	-	Shayde Read	-	Wonderful start at FPS
		Tylah Bond	-	Consistently working well in all areas
5/6G	-	Jye Bush	-	A positive start to 2020
		Emily Speer	-	Working well in all areas
5/6W	-	Bella Henry	-	Being kind and generous to her peers
		Ollie Scott	-	Applying himself in all areas
3/6C	-	Sarah Emery	-	A positive attitude in all areas
4H	-	Darby Monro	-	Being helpful and kind toward others
		Thomas Vonthien	-	Always displaying excellent manners
3/4A	-	Shane Moxey	-	Displaying resilience when faced with a challenge
		Alice Currey	-	Working hard in all areas
3K	-	Edie Price	-	Being a kind friend
		Shawn Carpenter	-	A wonderful start at FPS and his fantastic manners
2G	-	Josie Watson	-	Applying herself in all learning areas
		Bruno Bennett	-	Showing determination and improvement in Maths
2WH	-	Mac Morris	-	Applying himself in all areas
		Josie Townsend	-	Improvement in Reading
1A	-	Ivy Skinner	-	Enthusiasm in a all Learning Areas
		Harry Smith	-	Enthusiasm during Mathematics
1B	-	Amelia Ambachtsheer	-	Working hard in Reading Groups
		Zayden Davis	-	Terrific sounding out when reading aloud
K/6F	-	Jamaraki Ware	-	A successful start to mainstream integration
K/6M	-	Claudia Carstairs	-	Enthusiastic participation to begin 2020
		Bianca Colvin	-	A very enthusiastic approach to learning in 2020
2/6C	-	Bailey Perrim	-	Fantastic start to the term



## Radio Program 2LVR Valley FM

Bella Henry, Emma Rippon, Ella Rosser and Abbey Browne were wonderful hosts of the first radio program for 2020.

The girls researched, interviewed, scripted and created a fantastic segment for our local radio station 2LVR.

They spoke about what was going on in our school, interviewed some of our staff and students about their experiences so far this year, and played their favourite songs.

The girls were so confident they did an impromptu segment, which was a credit to them as it was well articulated and off the cuff.

Well done and what a fantastic start to the year!

**97.9 Valley FM**  
COMMUNITY RADIO *Parkees & Forbes*

# Grease and Oil Change

**By Katie Stitt**

I attended the annual “Grease and Oil Change” along with 230 people across two venues, Forbes and Trundle. The event, in its 5<sup>th</sup> year, highlights the importance of talking about mental health. Guest speakers Georgie Dent and Craig Hamilton shared their honest stories of overcoming personal mental health challenges. They encouraged rural residents to identify signs and symptoms and seek help. Their messages struck a chord with me as a teacher. Every day I deal with students and parents who may be suffering from anxiety or depression. As a professional in the teaching industry, I am always looking out for my school community’s wellbeing, but nothing beats direct knowledge.

I’d like parents to know that if you or your child isn’t coping you are not alone, you will not be judged and together we can work through challenges to create solutions. By contacting your child’s school, you enable staff to sensitively support you and your family. For example, sometimes notes need to be returned and money paid, it’s Ok to say, “I’m not travelling well today.” Schools will listen and do what they can to lighten your load. Together we nurture children’s physical, mental and emotional needs. It takes a village to raise a child.

It’s not easy to be honest about mental health. To write a note saying my daughter sprained her ankle seems easier than my daughter cried for half an hour because her socks felt wrong in her shoes, or my son is overwhelmed because his homework didn’t make sense and he’s a perfectionist. Please know that if your child is having difficulty coping, it is in no way, a reflection of you or your parenting, some children are just wired that way. Open lines of communication between home and schools helps everyone feel supported.

Events like the “Grease and Oil Change” break down mental health stigma and foster community awareness. Awareness is powerful when it’s used to create positive change. Personally, I feel inspired to make self-care a priority, communicate openly about self-talk and invisible worries, reach out to anyone suffering from anxiety and depression and be an advocate of mental health so that no one suffers alone.

Forbes can be that community that’s aware, conscious and mindful. That community that’s caring, compassionate and connected. That which affects one of us, affects all of us so the more we support each other the stronger our community becomes.

Thank you to the organisers of the annual “Grease and Oil Change” event, Cherie Stitt and Melissa Brown. Self-confessed, country women from Trundle and Bedgerabong with a passion for mental health. As a result of this community event, numerous projects have been developed and maintained throughout the Central West. For example, following the 2018 event, local man Chris Baker, was inspired to start up a Thursday morning men’s exercise group which is still going strong. This shows grassroots initiatives, like this, can have a positive and lasting impact on our region.

Craig Hamilton ended with a quote, “The most important day of your life is today.” He explained that a change can only be made in the present moment. Everything that has happened in the past remains in the past. The good news is that one day changed becomes one week changed which becomes one year changed which becomes 10 years changed, but today is the only day you make that choice, so it’s the most important day of your life.



# Clean up Day











## Your guide to driving and parking safely near schools

The beginning and end of the school day are busy times for pedestrians and vehicles outside the school. That's why you need to take extra care in 40km/h school zones.

- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park and turn legally around the school.
- Never double park as it puts children at risk.
- Manoeuvres such as U-turns and three-point turns are dangerous.
- Never park in a bus zone or in the school bus bay.
- Make sure your children use the Safety Door (rear footpath side door) to get in and out of the car.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Model safe and considerate behaviour for your child – they will learn from you.

Remember to always give way to pedestrians particularly when entering and leaving driveways. Don't park across the school driveway or the entrance to the school car park. It's always a good idea to use the drop off and pick up area suggested by your school. This will help keep all children as safe as possible during the busiest times of the school day.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)





FORBES ASSOCIATION FOR CHRISTIAN EDUCATION PRESENTS

# *On Broadway*

HITS FROM THE SHOWS

THE ORANGE MALE VOICE CHOIR AND CANTAR IN CONCERT

Saturday 4 April 2020

2.00 pm

Forbes Town Hall

Tickets: Christian Bookshop (Lachlan Street) Isabel's Place (Rankin Street)

123tix.com.au and at the door (includes afternoon tea)

\$30 :: Concession \$25 :: Students \$15

