



Forbes Public School Newsletter

4th June 2020

Term 2 Week 6



"Maintaining A Tradition of Excellence"



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

It has been a wonderful fortnight of learning, fun, friends and play as school returned to face to face learning!

On Wednesday, the SRC started an online leadership course through the GRIP Leadership Organisation. This opportunity is with thanks to the Forbes Lions Club for their generous support in sponsoring this program. Each Wednesday I will work with the SRC and engage in online learning tasks which have been set by this organisation. The

GRIP Organisation is founded upon the core values of Generosity, Responsibility, Integrity and People.

Students have enjoyed spending time in the classrooms, engaging in hands on learning experiences. Students from 1B are pictured below using bead strings to help them solve subtraction problems.

The team at Forbes Public School would like to take this opportunity to thank our school community for their continued support of the processes and procedures we have had to put into place in response to COVID-19 and general school organisation. A reminder that our school starting time is from 8.30am and we encourage parents to drop students to school from 8.30am onwards.

Please also be reminded that social distancing between adults outside the school gates is still required. We also ask that any child who needs to be picked up after school, is picked up from the appropriate pick up points and not from the bus shelters.

We have been overwhelmed by support and encouragement from our community as we have returned to face to face teaching and learning! Kind gestures such as wonderful comments passed on by parents, to the wonderful cake delivered to the school and the delicious lunch provided for staff last week by the P&C, have really set a positive vibe through our school. The team at Forbes Public really enjoy working with, and feel grateful to be part of, such a vibrant and supportive community.

Ms Staples - Principal



Friday, 5th June 2020

To celebrate National Reconciliation Week we are inviting students to wear our Aboriginal and Torres Strait Islander colours **yellow, black, red, blue and green** to school.

National reconciliation week is a time for all Australians to learn about our shared histories, cultures and achievements as well as an opportunity to contribute to achieving reconciliation in Australia.

Commendation Awards

The following students will receive a
Principal's Pen or Pencil

1A	5/6D
Charlie Acheson	Mia Wilson
Leo Dwyer	Adelaide Langham
2G	Zac Bush
Max Pointon	Maddox Bruem
Jamal Alghamdi	Will Hamilton
Eddie White	Chloe Little
2WH	Tilly Townsend
Indigo Radburn	Harjot Mand
Tilly De Mamiel	Louie Hodder
Isabella Spice	5/6G
Emily Greig	Lily Bolam
Josie Townsend	Dylan Bray
Leo Legg	Zara Bruem
Jaz Bruem	Jye Bush
Anderson McMahon	Ellie Pointon
Kaiden Sydenham	Thomas Livermore
3K	Myah Clark
Lockie Baker	Emily Speer
Dylan Coady	Phoebee McGrath
Lucy Bush	Iris Walker
Jasper Enslow	5/6W
Axel Hill	Bella Henry
Edie Price	Alex Reid
Chelsea Rankmore	April Bermingham
3/4A	Madison Burbage
Alice Currey	Ella Rosser
Milly Ridley	Abbey Fuge
Hannah Boyton	Faith Paahi
Laine Jackson	Zoe Fraser
Elsie Walker	Laura Chudleigh
	Tara Higgins

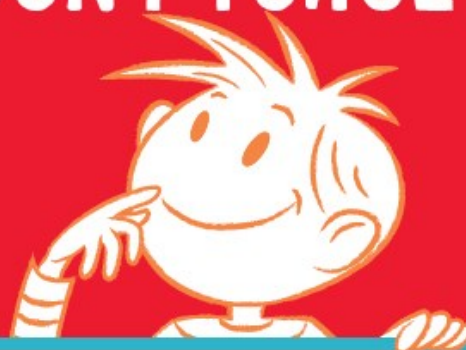
Jacket Orders close Monday, 8th June

Jackets will be sold on a pre-order basis only via Flexischools. Cost is \$45.

(You still need to go to lunch orders in the app and select school supplies to find the jackets).



DON'T FORGET!



SCHOLASTIC
Book Club

orders are due:

MONDAY
15TH JUNE 2020

Please give them to your classroom
teacher

Book Club LOOP

The EASIEST way for parents to order and pay for Book Club!



Parents: Are you registered for LOOP?

LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!

SCHOLASTIC



www.forbesautosportsclub.com

20TH June 2020

We are opening our tracks up for those

Who would like to have a Go!

Come and Try / Fun Day.

From Age 4 and Up.

Dirt Track & Motocross Tracks Open

No Licence Required.

www.forbesautosportsclub.com

to Register your Interest.

CHOOSE HEALTHY SNACK OPTIONS

Healthy snacks in between main meals help kids meet their daily nutritional needs. Make sure the lunch box is filled with healthy fruit and veg snacks, as well as providing these at home on the weekends and in school holidays!



MAKE WATER YOUR 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. Make sure children have access to a water bottle at all times to ensure they stay hydrated and focused!



TURN OFF THE SCREEN AND GET ACTIVE EACH DAY

For children 6-12 years, no more than 2 hours per day of screen time is recommended. Spending too much time using or watching small screens can mean being less active and choosing unhealthy snacks....turn it off and get active after school!



FOR FURTHER INFORMATION VISIT:

Live Life Well @ School <https://www.health.nsw.gov.au/heal/primaryschools>

Healthy School Canteens <https://healthyschoolcanteens.nsw.gov.au>

Healthy Lunch Box ideas <https://healthylunchbox.com.au>

EAT MORE FRUIT & VEG

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! Also make sure that fruit and veggies are easy to access at home!



GET INVOLVED IN ACTIVE TRAVEL



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

CHOOSE EVERYDAY OPTIONS AT THE CANTEEN

The NSW Healthy School Canteen Strategy means that school canteens will be making healthy changes. If your school has a healthy canteen make sure you choose the "everyday" food and drink items filled with fruit 'n veg.



Live Life Well @ School

THIS RESOURCE WAS DEVELOPED BY WESTERN NSW LOCAL HEALTH DISTRICT



ACTIVE TRAVEL

Benefits of active travel

- 👟👟 Increases physical activity
- 👟👟 Improves concentration
- 👟👟 Increased time to talk to your children and find out about their day
- 👟👟 Learn important road safety skills
- 👟👟 It's *free*!!

Active travel doesn't just have to be during the week - Try it on the weekend as well!!



Types of Active travel

- 👟👟 Walking/ running
- 👟👟 Bike riding
- 👟👟 Scooter
- 👟👟 Skateboarding