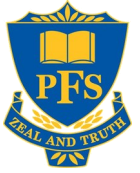




Forbes Public School Newsletter

10th September 2020

Term 3 Week 8



"Maintaining A Tradition of Excellence"

Weeks 7 & 8 have been a highlight of Term 3 with plenty of activity and learning opportunities.

Last week, students completed Father's Day crafts kindly donated by Bunnings Warehouse Forbes which proved to be a fun activity for our students.

The playground was a hive of activity with music playing at recess and lunch and a Primary Basketball Competition. Students and teachers alike spent the week trying to complete the challenge of sinking a basketball shot from the half way mark on the basketball court. Winning teachers, Mr Gaffney and I, won bragging rights, while the winning students were treated to something from our school canteen.

This week, Stage 2 students enjoyed the opportunity to visit the Dreaming Centre to complete a variety of outdoor learning opportunities.

Special award winners and their parents enjoyed the opportunity to meet for afternoon tea with their teachers and I at Isabel's Place. The afternoons were filled with chat and laughter as we enjoyed the chance to celebrate the achievements of these students.

As we head into the final weeks of Term 3, the team at FPS and I want to thank our school community once again for their ongoing support of our COVID-19 processes.

Meg Staples—Principal



Hydee and Steph and one of their parents, along with Mr Gaffney, enjoyed afternoon tea hosted by Ms Staples at Isabel's Place.



Mrs Scott tried her hand at the Primary Basketball Challenge



Tyler, Will, Stirling and one of their parents, along with their teachers, also enjoyed afternoon tea.



Unfortunately she missed



Thank you to Bunnings Warehouse!

Commendation Awards

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

KD	1B
Austin Webb	Lucas Chen
KG	Grace Fuge
Huxley Beard	2WH
Harry Rosser	Amber Clark
Charlee Collits	Anderson McMahon
Cruze Hill	5/6G
1A	Lily Bolam
Ivy Skinner	Jaylee Hodges
Arlie Baker	K/6F
3/6C	Kaedyn Greene
Eli Sallaway	Jonah Butler

Fruit & Veg Month at FPS

How do you know if your family is eating enough fruit and vegetables?

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet.

So how do you know if your family is eating enough fruit and vegetables? The simplest way is to include fruit and vegetables at each meal and snack. The resource included with this newsletter has some simple tips on how to make this happen.

Read the resource and answer the survey questions at:

surveymonkey.com/r/FVM2020ParentSurvey2 to go into the running for a \$20 shopping voucher.

If you require more information on what activities our school is doing for Fruit & Veg Month, please contact your child's teacher.



We're skipping through the term!



Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. Forbes Public School has already raised in excess of \$3200 online.

It's not long until our Jump Off Day on **Thursday, 24th September** so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details www.jumprope.org.au/parents or use the sponsorship form which was sent home last week.

New Online Enrolment System

We are excited to announce we will be rolling out the new Online Enrolment System from Monday, 14 September 2020.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).

Cool Kids Online

Forbes Public Learning and Support Team have been advised there is a fantastic opportunity for country kids to participate in a program called Cool Kids which is an 8 week intensive program targeting students with anxiety. They don't have to have a formal diagnosis.

The program is delivered by parents at home (internet connection required).

This is a unique opportunity but we only have until the end of this week to put forward students for participation in the program. If you think your child may be a good candidate and you are willing to participate in this program please contact Mrs MacGregor (LST coordinator) who will take your details.

Students will need to meet certain criteria to qualify to be eligible for the program so please be aware that registering your interest and giving permission does not equal automatic inclusion.

An information flyer has been included with this newsletter.

Assembly Awards

The following awards were presented at the virtual school assembly held on Friday, 27th August

5/6D	- Chloe Little	- Always displaying our PBL values
	- Audrey Walker	- Outstanding application in Maths
5/6G	- Thomas Livermore	- Working hard with his reading
	- Jaylee Hodges	- Creativity in Visual Arts
5/6W	- Memphis Bevan	- A more consistent effort in class
	- Abbey Fuge	- Great debating
3/6C	- Eli Sallaway	- Consistent effort in all areas
4H	- Jacob Cheney	- Consistently following our school's PBL values
	- Zoe Clark	- Consistently following our school's PBL values
3/4A	- Mani Tapine	- Being a respectful and responsible learner
	- Lani Breheny	- Beautifully presented bookwork
3K	- Jasper Enslow	- Being respectful to staff
	- Grace Fairley	- Having a positive attitude towards learning
2G	- Jock Townsend	- Working hard when writing
	- Bethany Baxter	- Being a responsible and respectful class member
2WH	- Tilly De Mamiel	- Displaying a positive attitude in all areas
	- Locky Veigel	- Applying himself in Reading
1A	- Julian Butler	- Enthusiasm in all learning areas
	- Kaitlyn Rankmore	- Always producing quality class work
1B	- Max Hogben	- Great thinking in number talks
	- Charlotte Coster	- A great start to 1B
KN	- Nate Whitty	- Using detail in Writing
	- Jane Currey	- Showing enthusiasm in her learning
KG	- Cameron Grace	- Improved behaviour
	- Huxley Beard	- A consistent positive attitude towards learning
KD	- Lachlan Manson	- Writing great sentences
	- Gracie Robbins	- Great improvement in Reading

This Week in Year 2

Year 2 had a virtual meeting with Matt Ellis from Cricket NSW and two Sydney Thunder female cricket players.

They told us what it is like to be a professional cricket player and we asked questions about cricket and they told us some fun facts.



2G enjoyed planting bean sprouts for Fruit and Veg month.

They have also been learning about how living things grow and change and are excited to watch their sprouts grow.



Fun at the Dreaming Centre





MACQUARIE
University

Cool Kids Online

INTERNET DELIVERED CHILD AND ADOLESCENT ANXIETY TREATMENT (AGES 7-17 YRS)

Program Tel: 02 9850 6393

E: CKOschools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for school students who have significant anxiety disorders.

WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced therapists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.



WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, exercises, and illustrations – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced therapist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

WHAT DO WE NEED TO DO?

- Eligible families who are referred by a their school counselling team contact Cool Kids team at **02/ 9850-6393** or **CKOschools@mq.edu.au**
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- If the program is suitable, you will receive a call from your allocated therapist who will provide you with a personal login. Four therapy sessions will also be scheduled.
- You and your child will work through the program with support from your therapist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

FIND OUT MORE

Centre for Emotional Health Clinic
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 0693
E: CKOschools@mq.edu.au
W: mq.edu.au/ceh-clinic
CRICOS Provider 00002J



MACQUARIE
University

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

HOW MUCH FRUIT AND VEGETABLES DOES YOUR FAMILY NEED?

We all know fruit and veg are good for you and your family.






BUT HOW MUCH DOES YOUR BODY NEED?

Use this handy guide to find out.



FRUIT

RECOMMENDED NUMBER OF SERVES PER DAY

				
1 SERVE	1½ SERVES	2 SERVES	2 SERVES	2 SERVES
Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)

1 SERVE OF FRUIT =



1

medium fruit

=



2

small fruit

=








1 CUP

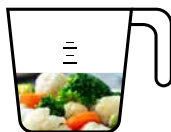
diced or canned fruit
unsweetened

VEGETABLES

RECOMMENDED NUMBER OF SERVES PER DAY

				
2½ SERVES	4½ SERVES	5 SERVES	5 - 5½ SERVES	5 - 6 SERVES
Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)

1 SERVE OF VEGETABLES =



½ CUP

cooked vegetables

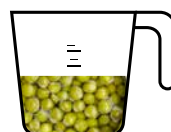
=



1 CUP

salad vegetables

=



½ CUP

canned vegetables

=



1

medium tomato

=



½

medium potato

Help us improve!

Spare a few minutes to answer three questions and you could win a \$20 shopping voucher. Click on the link to the questions [here](#) or find them at surveymonkey.com/r/FVM2020ParentSurvey1

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

IS YOUR FAMILY EATING ENOUGH FRUIT AND VEGETABLES?

The simplest way is to include fruit and veg at each meal and snack.

Read on for some simple tips.

The main idea? Make sure the fruit and veg are out there and easy to eat!



Breakfast

- put out a plate of ready-to-eat fruit for adding to cereal bowls
- make a jug of breakfast [fruit or veggie smoothie](#)
- serve up cooked vegetables (e.g. mushrooms, spinach and tomatoes) and/or baked beans to go with toast



Lunch

- use vegetable-based spreads in sandwiches, wraps and rolls. This could be as simple as using avocado, hummus, roast pumpkin or sweet potato. Or try vegetable spreads based around beetroot, capsicum, or mushy green peas
- try making veg-centric lunches like falafel, cucumber sushi, mini vegetable pizzas or veggie patties
- add a container of chopped veggies, side salad or fruit salad to lunchboxes



Morning Tea/recess

- include fresh fruit and veg, either chopped or whole
- add a small container of canned fruit or canned beans to lunchboxes
- make [vegie fritters](#) using leftovers



Dinner

- set out a plate of chopped veggies on the table as pre-dinner snacks – you'll be amazed at how much your family will eat while they are waiting for dinner. Be prepared to refill the plate...
- modify your regular family recipes to include more vegetables
- after dinner is finished put out the fruit bowl, canned fruit or a fruit salad for a sweet end to the day



Afternoon Tea

- have a plate of ready-to-go fruit and vegetable pieces sitting out at eye line for hungry hands
- make heavy-on-the-veg toasties and jaffles– try cheese, spinach and tomato, baked beans or cheese and mushroom
- get the kids involved in making [fruit wands](#) or, for those hot summer afternoons, serve up a plate of frozen fruit (pineapple, grapes, banana and watermelon all work well)

Do you have some other great ideas for including fruit and vegetables at meals and snacks?

Post them to social media (Facebook, Twitter or Instagram) and include the tags [#planetfruitandveg](#) [#fruitandvegmonth](#) [#healthykids](#).

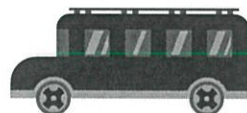
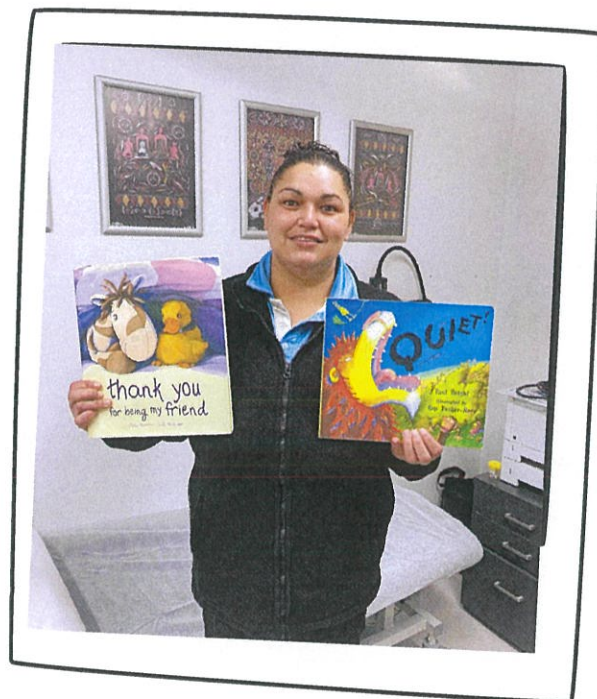
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YOORANA GUNYA MOBILE CHILDREN'S LIBRARY

When: Every Wednesday
Time: 3.30pm - 4.30pm

The books will be stored on the Yoorana Gunya bus and will be going around to houses. The Mobile Children's Library will have the same protocols as a typical library, except its on wheels! Children must sign their book in and out when it is returned.



Research shows reading has amazing health benefits and makes us feel positive

So what is the purpose of the library?

- Encourage children to read
- Encourage children and parents to spend time reading together
- Improve children's literacy and build their vocabulary
- Keep children's brains healthy
- Responsibility of returning the books
- Monthly giveaways for children

Please contact

PATTI WEATHERALL

for more information or to put down
your address on 02 6850 1222