



Forbes Public School Newsletter

27th June 2023

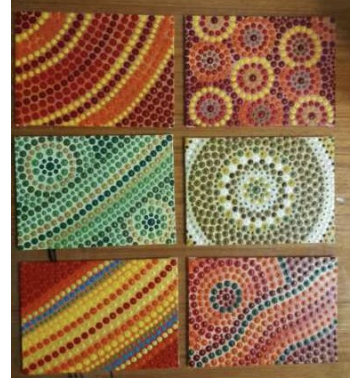
Term 2 Week 10



"Maintaining A Tradition of Excellence"

Healing Dots Workshops with Indigenous Elder Cheree Stokes

Thanks to a grant from FRRR (Foundation for Rural and Regional Renewal), Indigenous artist Cheree Stokes ran a whole-school Healing Dots Workshop. Each child painted raised dots on palm-sized boards. These sensory pads will remain in the classrooms for years to come to support students to soothe and calm themselves by rubbing their fingers over the dots. You can view these Healing Dots at our exhibition on Thursday, 29 June, as part of our Community NAIDOC celebration.



Our Journey Story



Before the flood, we commissioned Indigenous artist Cheree Stokes to depict our Forbes Public School journey story using symbols and words provided by us.

The tree was a common theme and continues to symbolise our school's ability to do hard things.

We survived the flood, the lead-up, the devastation and the aftermath because of our strong roots. These roots symbolise the hard work done by the previous staff; these roots run deep into a century of Forbes Public School values, local connections and traditions and are reinforced by a commitment to PBL and Stronger Smarter.

A whole-school teams-based approach has empowered staff and students to be leaders and take responsibility for our own well-being and the well-being of the land. The fact that we had 3 full kindergarten classes with enough faith in us to send their children here after we became non-operational at the end of last year is a testament to the high-quality community relationships we fostered throughout Covid, where we thrived amongst challenges.

The solid trunk symbolises our resiliency. After the flood, we felt betrayed by the land and elements, so to rebuild this connection, we called in 3 Wiradjuri Elders and each class worked together to create a bush tucker garden in the form of a huge platypus. The sharing of dreamtime stories, digging, planting and creating healed our trauma and restored our connection to country.

The branches and leaves symbolise reaching out into the town. On Thursday, we are hosting a community NAIDOC day to celebrate what Forbes has achieved post-flood. We will gather to sing, dance, play, paint and share food supported by Wiradjuri elders and 16 Indigenous service providers. On this day, we will acknowledge our symbiotic connection to country - for all it takes and for all it gives and we will acknowledge that we have returned to a state of balance.

Community Conservation Corner

Over the last 2 weeks, Elders Rob Sloane and Peter White have been working with the whole school to develop a bush tucker garden in our Community Conservation Corner. Sauce, the Elder, who created our safe, respectful and responsible animal totems, returned to paint the platypus on the ground to be cut out and filled with gravel and rocks.

Students planted native trees, succulents and edible plants. They loved building a humpy and a camp to play in and practise Aboriginal lore. Special thanks to Boys to the Bush, Daniel from Snap Plumbing, Tony from Tony McManus Tree Service, Outback Soils, the P and C and all the community contributors. We thank Central West Local Land Services for their generous grant.



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

KG

Imogen Smith
Bronte Sheldrick
Lilly Schrader
Chelsea Webb
Toby Bush
Franklin Demosthenous
Mac Parry
Levi Nicholson
Isla Rath
Leo Goodsell
Elizah Redfern
Archer Sherritt
Maggie Walker
Lailani McGlashan
Emmi Hodge
Freddie Scott
Nate Dumbrell

KJ

Esther Skinner
Matilda West
Scarlett Dunn
Sophie Churchill
Ava Hogan
Abby Teale
Paige Taylor

1A

Sam Webb
Ava Sinclair
Jack Ball
Porter Collits
Molly De Mamiel
Matilda Rees
Harrison McMahon
Isabel Teale
Lainee Currey

2B

Sophie Scott
Nixon Scott
Ellena Samuels

3/4BK

Lachlan Manson
Jamaraki Ware
Bimmy Demosthenous
Seth McDonald
Lily Ball
Sylvie Coates
Lucy Webb
Ruby Lidster
Harry Rosser
Huxley Beard

3/4D

Emma Currey
Jack Bull

3/4M

Penny Gordon
Jakaylia Ware

3/4P

Kalie Trainor
Julian Butler
Ellie Leonard
Gracie Robbins
Bonnie Northey

5/6B

Emily Greig
Isabella Spice

5/6M

Sophie Nightingale
Jack Douglass
Evie Amor
Edie Price
Will Northey
Jock Townsend

2/6C

Harry Aerts
Jonah Butler
Saxon Haynes

2/6S

Riley Martin

CWA Public Speaking

On Monday 19th June, Tilly Madge and Alia Zuliani travelled to Narromine for the Inter Group CWA Public Speaking Competition.

Alia presented a speech about "What she likes to collect" and Tilly presented a speech on "The Magic Hat".

We would like to congratulate both girls on their efforts representing Forbes Public School in this event.

Debating News

Throughout Term 2 a group of Stage 3 students have been taking part in the Premier's Debating Challenge.

The group have completed 3 debates on the topics including "Students should do 30 minutes of chores each day", "Kids should be able to have a second chance at every test they take" and "Students under 12 should be supervised online".

Our debating team put together convincing arguments and spoke clearly and confidently.

Congratulations to the debating team students and good luck in your fourth and final debate.



Kinder Walk Through

On Tuesday, 13th June we held our Kinder Walk Through. It was a great success with many families attending to tour our school grounds, meet our staff and gather important information about transition to school for 2024.

We look forward to welcoming families back for our Prep for Big School program which begins in Week 5 of Term 3.

**School Resumes for students in Term 3
on
Tuesday, 18th July 2023**

Major Awards

Congratulations to these students who were all presented with major awards at our whole school assembly held on Friday, 16th June and Monday, 26th June.



Milly Ridley
Honour Award



Grace Fairley
Honour Award



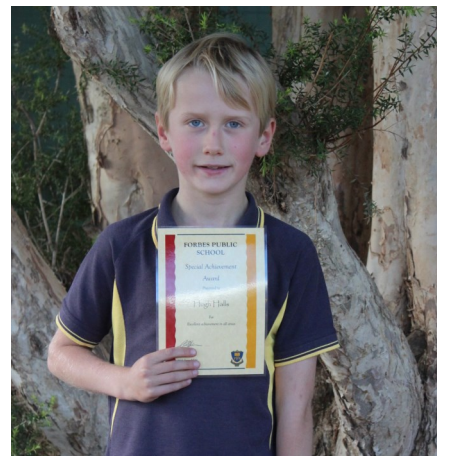
Chelsea Rankmore
Honour Award



Willa Turner
Honour Award



Lexie Hoy
Special Achievement



Hugh Halls
Special Achievement



Eden-Rose Flack
Special Achievement

Western Rugby League Ambassadors

We would like to congratulate Max Pointon and Ezrah Tulaga who recently played in the NSW PSSA 11's Rugby League Championships.

Max and Ezrah received wonderful feedback from their coach who said "They both showed great sportsmanship, team spirit and never say die attitude. They should be congratulated on their efforts and being great ambassadors for your school and our region".



Assembly Awards

The following awards were presented at the school assembly held on Friday, 16th June 2023

KA	-	Jack Hazell	-	Improvement in reading
		Lex Townsend	-	Improvement in spelling and reading
KG	-	Nate Dumbrell	-	Trying hard when sounding out words
		Lailani McGlashan	-	Improved effort when writing
KJ	-	Arlie O'Connor	-	Improved effort in all school activities
		Abby Teale	-	Being actively involved in all our learning experiences
1A	-	Rosie Coates	-	Consistent effort in class
		Finley Butler	-	Improved effort in class
2B	-	Miles Turner	-	Consistent diligent effort in all areas
		Ellena Samuel	-	Improvement in reading
2WH	-	Eliza Wythes	-	Displaying good leadership skills during maths
		Emmett Burbage	-	Always trying his best
3/4BK	-	Sylvie Coates	-	A cheerful attitude and working hard on her spelling
		Georgie West	-	Making an effort and applying herself in all tasks
3/4D	-	Mitchell Apps	-	A positive attitude towards reading
		Violet Millerd	-	Excellent effort and application in writing
3/4M	-	James Gamble	-	Being a respectful and responsible learner
		Delta Steele	-	Working hard in writing
3/4P	-	Gracie Robbins	-	Increased contribution to class discussions
		Abby Lee	-	Always trying her best in all areas
5/6B	-	Abby Rout	-	An outstanding creative narrative
		James Haynes	-	Working hard to complete his work in class
5/6K	-	Jayce Edmondstone	-	Improvement in reading
		Anya Garton	-	Excellent application across all areas
5/6M	-	Archie Hogben	-	Always completing his work neatly
		Chelsea Rankmore	-	Outstanding application and effort in all areas



Forbes
national
tree day

PLANET ARK TOYOTA

Saturday, 29 July 2023
10am - 12pm

FREE



Contact Marg Applebee on
0418 611 053 or
cwllandcare@gmail.com for
further information.

Register
here:



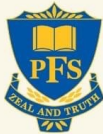
Community NAIDOC Day

Thursday 29th of June

On Thursday, 29th June please join us at 10:00am for a community NAIDOC Day celebration "For Our Elders."

We welcome all community members to join the activities with their children and enjoy free food and drinks provided by the FPS P & C.

We encourage you to stay from 10:00 am until 2:30 pm. It is going to be a wonderful day!



NAIDOC WEEK 2023

YEAR 6 CAKE STALL

Year 6 students will be running a cake stall at the Forbes Public School NAIDOC Community event on Thursday 29th of June.

This stall will be **CASH ONLY**.
Prices will vary between \$2-\$5.

All profits will go towards the Year 6 gift.



NAIDOC WEEK 2023

'FOR OUR ELDERS'

FORBES PUBLIC SCHOOL INVITES YOU TO JOIN US AS WE CELEBRATE NAIDOC WEEK 2023!

JUNE

THURSDAY

29

10AM-2PM

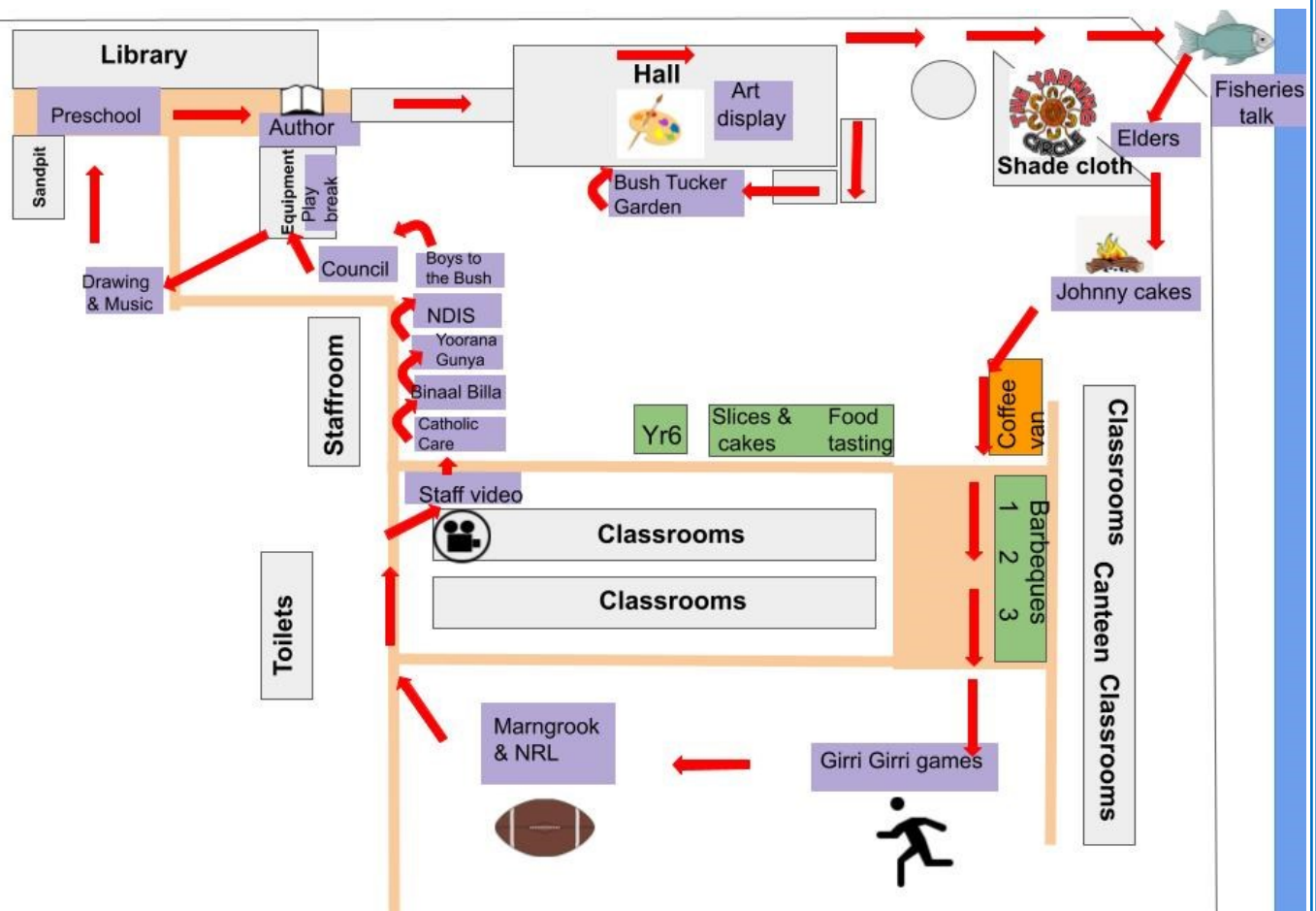
To acknowledge this year's theme, we highly encourage and welcome grandparents of all our students to attend. Morning tea will be supplied for grandparents attending.

HELD AT FORBES PUBLIC SCHOOL



FOR OUR ELDERS

- Opening ceremony
- BBQ lunch & coffee available
- Fun community activities!



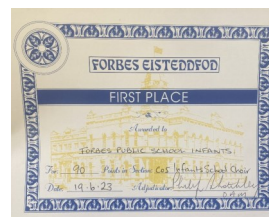
2023 Forbes Eisteddfod

Last week students from Forbes Public School took part in the 2023 Forbes Eisteddfod.



Year 2 students entertained the audience in the Choir section singing "Tommy the Termite" as well as "Everyone Belongs".

Year 2 sang beautifully on the day and were awarded 1st place with wonderful comments from the adjudicators.



Stage 2 students participated in the Choral Speaking section of the Eisteddfod. There were two groups each reciting a poem. Group 1 recited "My Kitten is a Ninja" and Group 2 recited "All My Great Excuses". Congratulations to each of the classes for their efforts with Group 2 taking second place.

Students from Years 3-6 took part in the Public Speaking and or Recitation section. Our students presented well written and entertaining speeches on a variety of topics including "Why pets are important", "What they would like to be when they grow up" and "Leaders".

Well done to all students and congratulations to the following on their placings:

9 Years Public Speaking

Jorja Kemsley 1st
Tilly Madge 2nd

10 Years Public Speaking

Liam Kemsley 1st
Leo Dwyer 3rd

11 Years Recitation

Bethany Eagles 1st
Anya Garton 2nd

11 Years Public Speaking

Lexi Millerd 1st
Emily Greig 2nd
Maggie Dooley 3rd

12 Years Public Speaking

Will Northey 1st
Abby Rout 2nd
Milly Ridley 3rd

12 Years Recitation

Abby Rout 1st

A special mention must go to Liam Kemsley who was awarded Most Promising Speech and Drama performance and the Speech and Drama Encouragement Award 10 Years and Under.



Basketball Knock-out competition

On Wednesday, 21st June the Forbes Public School boys' and girls' basketball teams participated in Round 4 of the PSSA Basketball knock-out against Blayney Public School at the Forbes High School.

The girls' teams were closely matched point for point in the first and second quarters and then Forbes slowly began to break away from Blayney to secure the win. Each player shone in their own way and contributed to the great result. Well done girls team!

The Forbes Public School boys 'hit the ground running' from the start and put some distance between them and Blayney early in the first half. Their determination paid off in the long run as they also won their game. Fantastic effort boys!

Thank you to all parents who came to support their children. Your encouragement really added to the excitement and atmosphere for the students and helped them to play their best.

A special thank you goes out to Melissa West and Steve Betland for refereeing both games and to Sam Rath for scoring on the day. We really appreciate your generosity.



Netball



On Friday, 9th June our Forbes Public School Netball played in a NSWPSA Knockout at the Condobolin SRA grounds. Our talented team did amazing and left the day as the over all winners. This means that they are through to the quarter finals which will be played against Cowra Public School on the 23rd June at the Forbes Netball Courts.

Congratulations to the students involved and all the best for your next game.

Rugby Union

On Tuesday, 13th June the first Rugby Union Team Forbes Public has had in a number of years travelled to Orange to take part in a PSSA 12 a side gala day competition.

Although we had two losses, staff and supporters were impressed with the effort and improvement of all players throughout the course of the morning, particularly as for the majority this was the first time they had played Union and for many the first time they tackled.

Everyone finished covered in mud with big smiles on their faces.

Many thanks to Mr Webb for driving the bus.



Year 6 Transition Afternoon

The transition team would like to invite all year 6 students and their families as well as other students in years 3, 4 & 5 to attend an informal afternoon at Forbes High School.

Members of our Student Representative Council will provide guided tours of our great resources and facilities. There will be an afternoon tea in the library with the chance to meet staff and chat with them and ask any questions you may still have.

Year 7 advisor Mrs Smith is looking forward to seeing all year 6 students and their families.

Who: Any student and family already sending their student into Year 7 at Forbes High School OR any student/family from years 3, 4 and 5 who are undecided and want to have a look around

Where: Forbes High School – Front entrance.

When: Thursday 20th July 2023 (Term 3 – Week 1)

Time: Tours will start at 4:30 pm at regular intervals. Finishing in the library for the meet and greet at 5:30 pm.

Looking for something to do in the School Holidays?

Come and join in the fun at a Tennis Coaching Clinic during the school holidays:

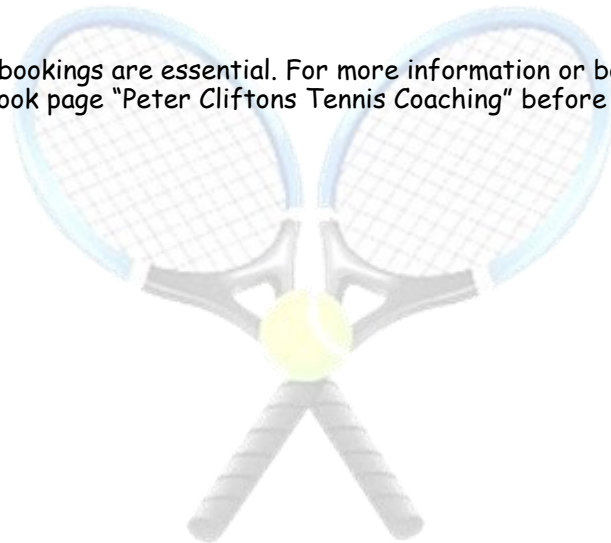
Week 1 - Monday 3rd to Wednesday 5th July.

Week 2 - Wednesday 12th to Friday 14th July.

The starting time is 9.00am and the finishing time 1.00pm.

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. Register for as many days as you like.

Places are limited therefore bookings are essential. For more information or bookings hone Peter on 0403 335 205 or message via my facebook page "Peter Cliftons Tennis Coaching" before Friday 30th June.



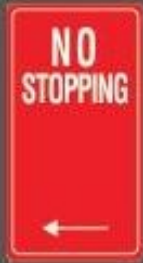


Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

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



NO STOPPING signs

You must not stop in a No Stopping zone at any time.

If times of operation are shown on the sign, the restriction applies only at these times.

Fine exceeds \$362
+ 2 demerit points



BUS ZONE signs

You must not stop within a Bus Zone at any time. If times of operation are shown on the sign, the restriction applies only at that time.

Fine exceeds \$362
+ 2 demerit points



NO PARKING signs

You can stop in this zone for a maximum of **2 minutes** to drop off or pick up passengers or goods.

You must stay within **3 metres** of your vehicle at all times.

These signs may be supplementary signposted with a 'Kiss & Ride' sign.

Fine exceeds \$201
+ 2 demerit points



Double parking

Double parking causes a real safety risk to children and other road users.

Do not double park to pick up, drop off or for any reason.

Fine exceeds \$362
+ 2 demerit points

Other behaviours to avoid:

- Parking in an intersection;
- Parking across driveways;
- Parking too close to corners; and
- Stopping on crossings.



Free family fun with the Parliament of NSW

MONDAY-FRIDAY
3-7 JULY 2023
ONLINE



PROGRAMS FOR CHILDREN UP TO 12 YEARS

Mirri Mirri cultural education session

Monday 3 July, 1-2 pm

Wednesday 5 July, 1-2 pm

Virtual guided visit of the Parliament of NSW

Tuesday 4 July, 9-10 am

Thursday 6 July, 9-10 am

Storytelling session

Friday 7 July, 9-10 am

Storytelling and drawing activity

Visit Australia's oldest Parliament via ZOOM this school holiday for **free** fun educational, activities for children and families.

We have 5 days of fun events planned including storytelling, Aboriginal cultural session and a virtual guided visit through the newly refurbished chambers.



BOOK NOW



BOOKINGS ESSENTIAL

P: (02) 9230 2047

E: communityengagement@parliament.nsw.gov.au

WHERE
ONLINE

MORE INFORMATION

parliament.nsw.gov.au/events

Book
your free
breast
screen
at our
van in
Forbes



Where

Victoria Park (behind the Cenotaph)
Harold Street
Forbes NSW 2871

When

July and August 2023

Book online or call 13 20 50



We recommend women aged 50 - 74 have a mammogram every two years.
Book your free mammogram online at book.breastscreen.nsw.gov.au or call 13 20 50.

Accidental Counsellor



The Lifeline Accidental Counsellor course equips participants with the essential skills and structure to:

Recognise when a person is in crisis.

Respond in an appropriate and compassionate manner.

Refer the person to a suitable service.

Have you ever found yourself supporting a customer, client, friend, family member, colleague or even a stranger who is experiencing distress or a crisis, and you aren't sure what to say? Our **Accidental Counsellor workshop** equips participants with the skills and knowledge to respond appropriately in these situations.

Learning how to 'Recognise, Respond and Refer' helps participants build their confidence to support someone in distress or experiencing a crisis. Participants will learn effective communication skills, ask directly about thoughts of suicide and respond safely, whatever the answer. It defines the role of an "Accidental Counsellor" and includes a self-care module to ensure their own wellbeing.

This Face to face workshop is delivered by Lifeline Trainers.

No pre-existing skills or knowledge are required. (age 16+)

DATE: Thursday 29th June 2023

TIME: 10am to 2pm

VENUE: Canowindra Community Health Centre,
34/42 Ryall street, Canowindra NSW 2804

REGISTER: https://lifelinecentralwest.org.au/event/Rapid7_AC_Canowindra



Health

This training opportunity is available free to participants thanks to the NSW Ministry of Health RAPID Funding