



## Forbes Public School Newsletter

30th July 2024

Term 3 Week 2



*"Maintaining A Tradition of Excellence"*



Welcome back to term three. I hope everyone managed to get some quality down time over the break and have returned ready to tackle another term.

We finished last term on a high after the Infants and Primary Athletics Carnivals. Both events showcased some amazing athletic talent, great sportsmanship and I was so impressed at how all students tried their best. Congratulations to all of the students for their involvement, thanks to families for your support and a HUGE thanks to Mr Hogan and Miss Stewart for organising the days.

A full report of placegetters and a date for the ribbon presentation assembly will be sent out at a later date. Check out the photos included with this newsletter.

We can't wait to hear how the AFL team goes as they compete in the Paul Kelly Cup! The Krispy Kremes that were one of the fundraisers to assist the students in reducing costs for their trip are on their way, arriving Wednesday for distribution.

We are looking forward to our dress up day next Monday where we will have our parade, open classroom and recess picnic as part of Education Week celebrations. Staff are busily organising their dress up in what is always a hotly contested competition for best dressed department!

Have a great fortnight!

Michelle MacGregor

Relieving Principal

# Public Education Week 2024

5-9 August  
Proud to belong

## MONDAY, 5th August 2024

### Book Fair:

8.30am - 3.30pm  
Forbes Public School Transition Room

### Book Fair Parade:

9.30am - Students dress as their favourite book or movie character

### Open Classrooms:

10:00am - 11:00am—come in and view your child's work

### Picnic Recess:

11:00am - 11:30am Join your child/children for recess. A cake stall will be available to purchase morning tea.

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

<b>KA</b>	Matilda Whitty
Thomas Cogswell	Zoe Stephenson
Isabelle Wiegold	<b>3/4F</b>
<b>KJ</b>	Clara Skinner
Zoe Webb	Primrose Walker
Lillyan Baxter	Georgie West
Jayla Holmes	Huxley Beard
Hudson Scott	<b>3/4K</b>
Eve Tattersall	Ash Sinclair
Annie Wythes	Declan Hurford
Islee Currey	Caitlyn Eagles
Elkie Gunn	Charli McGovern
Abby McDonald	Audrey White
Isabelle Norris	Mollie Flick
Cruz Amor	Ruby Ridley
<b>1J</b>	Sylvie Coates
Arlo Skinner	Jane Currey
<b>1S</b>	Hallie Tomkinson
Paige Taylor	Wyatt Hearn
Jordan Fazldeen	Emmett Burbage
Ava Hogan	<b>3/4M</b>
Liddia Mcanulty	Macey Schrader
Scarlett Dunn	Charlie De Mamiel
Lex Townsend	<b>5/6H</b>
Kit Beard	Abi Bembrick
Chelsea Webb	Jack Bull
Dakota Newham	Maggie Dooley
Dash Gaffney	Rose Mayall
Mackenzie Manson	<b>5/6K</b>
<b>2D</b>	Githmi Gamage
Amara Coleman	Josh Whittaker
Sam Webb	Delta Steele
Charlie Halls	Emma Currey
Alecia Wiegold	Eddie White
Arlo Jones	Ivy Skinner
<b>2N</b>	Mitch Apps
Angus Bembrick	Lucy Fairley
Jobe Sallaway	Bethany Baxter
Murphy Harrison	Bella Millard
Chase Mackay	Beau Barnett

<b>2/6C</b>	Alan Rossiter
Erin Walmsley	<b>2/6S</b>
Jett Smith	Kaiden Townsend
Lauren Crotty	Kobee Withers

**Winners are Grinners!**

Well done to our PSSA boys soccer squad who completed 3 wins in the soccer knockout competition. A 4—1 win against Forbes North Public, a 1-0 win against Condobolin Public and a 5 —1 win against Parkes Public sealed the deal.

Congratulations to Leo Dwyer who scored the 'grand final' match ball after being chosen as player of the final match.

The boys go on to round 5 to face Cudgegong Valley Public School.



Well done also to our girls PSSA soccer squad who played with passion and great sportsmanship.

Unfortunately they were knocked out in the first game but did not give up at any point of the day.



Got a bit of time next week? Time to give blood and change lives? 1 in 3 people in Forbes will need blood, and they need people like you to give it. We're rolling into town on 5 to 8 August. Don't forget to pre-book your spot at [Lifeblood.com.au](http://Lifeblood.com.au), on our app or on 13 14 95.





On July 24th, the Bright Future STEM program, organized by the Australian Resources and Energy Employer Association (AREEA), made an exciting visit to Forbes Public School. All Stage 3 students eagerly participated in this free program, designed to spark interest and inspire future careers in STEM through engaging, hands-on activities.

Five inspiring role models from North Parkes Mines shared their career journeys and demonstrated the real-world applications of STEM in their everyday work. The students were captivated by the experiences and knowledge shared, making the event both educational and enjoyable. We had an amazing time and sincerely hope to welcome the Bright Future STEM program back next year!







# BOOK FAIR GARDEN

Catch the reading bug!



Monday, 5th August 2024

8.30am - 3.30pm

The Book Fair will be held in our Transition Room which is the room closest to the Lachlan Street fence.

If you are unable to attend the Book Fair you can take advantage of the pre order forms that have been sent home.



LET'S GROW READERS!

 **SCHOLASTIC**  
**Book Fairs**



Save the date for a free community festival of arts, creativity and wellness. Please put **Saturday August 10** (end of week 3) in your calendar. Come on down to Lions Park for the 2024 Galari River Arts 'Ripple' Festival. Children can make a lantern anytime between 10:00 am and 3:00 pm with Ro Burns ready to marshal

for the spectacular lantern parade at 5:00 pm. The finale features a lantern parade, dragon boats, Kristen Woods Dances, Bedgerabong Marimbas and giant illuminated brolgas and bogong moths. Followed by the amazing Lolo Lovina Band performing under the stars beside a lake-side dance floor.

During the day there will be FREE ENTERTAINMENT like mural painting with Auntie Cheree Stokes, local bands/performances and a puppet show. There will be exciting Rotary Markets and visiting stalls from 9:00 am.

In the theme of the 'Ripple' festival a Wellness Pond will be created in the rotunda. For the following free workshops: 10:00 am - 11:00 am Yoga with Carmen 'The Held Collective.' 11:00 am - 12:00 pm Storytelling with Kitty and Cherie 'Sisters Supporting Sisters.' 12:00 pm-12:45 pm Community Choir with Nerida Cuddy from Canowindra. 1:00 pm - 2:00 pm Sound Healing with Justine 'Shakti Soul Sounds.' 2:00 pm- 3:30 pm Psychic Conversations with Chantel Two Crows. 3:30 - 4:15 Community Choir again.

Wet Weather plan for Forbes Public School to be announced via Facebook: Galari-river-Arts Forbes inc (please follow).

Let's come together in good times to strengthen our bond for the hard times.



# What's Happening

## August 2024

Mon	Tue	Wed	Thu	Fri
			<b>1st</b> Riding for the Disabled—Young	<b>2nd</b> Assembly—3/4G
<b>5th</b> Public Education Week Book Fair 8.30—3.30pm Book Fair Parade 9.30am Open Classrooms 10.00am—11.00am Morning Tea Picnic 11.00am—11.30am	<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b> Debating Round 3 9am—11am
<b>12th</b> Bullying 'No Way' Week  FHS NAIDOC Week Assembly  Auntie Cheree—Whole School Art Workshop  Vision Screening—9am—3pm	<b>13th</b> Vision Screening—9am—3pm	<b>14th</b> Vision Screening—9am—3pm	<b>15th</b> Vision Screening—9am—3pm  Riding for the Disabled—Young	<b>16th</b> Lachlan Athletics—Parkes Assembly—2N
<b>19th</b>	<b>20th</b> Todd Woodbridge Cup Stage 2 Playoffs—Parkes	<b>21st</b>	<b>22nd</b>	<b>23rd</b> Aboriginal Science and Tech—Visiting Show
<b>26th</b>	<b>27th</b> Prep 4 Big School for 2025 Kinder Students	<b>28th</b> Prep 4 Big School for 2025 Kinder Students  Western Rugby Union—Wagga	<b>29th</b> Prep 4 Big School for 2025 Kinder Students  Riding for the Disabled—Young	<b>30th</b> Assembly—2D  Fathers Day Breakfast













# 2024 NAIDOC ASSEMBLY

Opening Traditional ceremony, Traditional dancing  
and singing, showcasing partnering schools  
BBQ lunch / tea & coffee

**MONDAY, 12TH AUGUST**  
**12.30PM | FORBES HIGH SCHOOL HALL**



# BLAK, LOUD AND PROUD





# NEW TO FORBES?

JOIN US FOR OUR BIENNIAL  
**WELCOME TO FORBES** EVENT!

**Thursday 15 August | 5.30pm for 6pm**

Forbes Golf & Sportsman's Hotel

17 Parkes Road, Forbes

Come along and enjoy our hospitality, meet Council staff, community groups and Councillors all in a relaxed atmosphere.

**RSVP: Thursday 8 August 2024**

**[community@forbes.nsw.gov.au](mailto:community@forbes.nsw.gov.au) | phone 6850 2300**



# TOUGH TIMES REQUIRE STRONG ACTION



## IT'S TIME TO COME TOGETHER FORBES IF NOT FOR YOU, FOR SOMEONE ELSE

### SESSION INFORMATION

Phil from the Rural Adversity Mental Health Program (RAMHP) will be presenting a psycho-educational session for adults.

The session will provide support and resources, normalise emotional reactions, promote coping strategies and reduce the long-term psychological impact of anxiety and stress.

The strategies you learn can be easily adapted to your children.  
Mental health

- How to de-escalate intense emotions and stress
- How to manage difficult thoughts and feelings
- How to have the conversation (if you think someone is at risk of suicide)
- Planning improved wellbeing
- Where to find help

### EVENT DETAILS

#### Town Hall Forbes

**Doors open** at 5:30pm

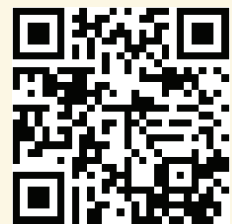
**Session:** 6:00pm - 8:00pm

**Date:** Wednesday 31st July

**Catering provided**

#### RSVP:

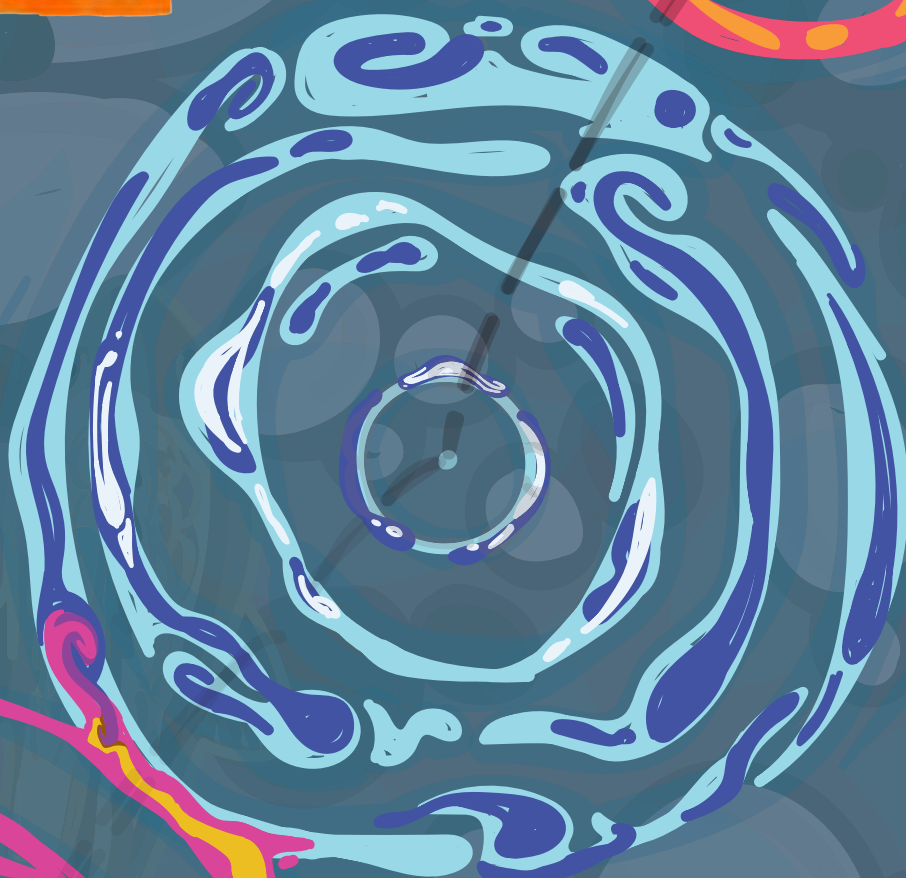
communityrecovery@forbes.nsw.gov.au  
6850 2300



Education

After adverse events, we can feel powerless, exhausted, and out of control. It is proven that by learning ways to manage our feelings and re-frame our thinking, we recover more quickly and increase our capacity to face new challenges.





# RIPPLE

A community festival  
of arts, creativity  
and wellness

Sandywings

**SATURDAY 10 AUGUST 2024 @ LIONS PARK**

MARKETS - 9AM | ENTERTAINMENT - 11AM | LANTERN PARADE - 5PM





# Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



DELIVERED BY



Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.





# Receive up to \$500 from ANZ for your 2025 back to school costs

**Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:**

- ✓ Be 18 years or older
- ✓ Have a current Health Care Card or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

Terms and conditions apply.

  
saverplus.org.au

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Achieve a savings goal for 10 months, and **ANZ will match it up to \$500.**

To be eligible, you need to meet these requirements:



18 years or older



A regular income (you or your partner)



Attend free online financial education workshops



Are studying yourself or have a child at school, or starting next year



Current **Health Care** or **Pensioner Concession Card**



Saverplus.org.au  
1300 610 355

  
saverplus

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.