



# Forbes Public School Newsletter

*"Maintaining A Tradition of Excellence"*

Issue No 17 2018

8 November 2018

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Dafydd Thomas  
Principal

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Our term is starting to fill up quickly with many learning experiences and opportunities for the students.

Dates to please note on your calendar are 11 December for the Year 6 Farewell and 13 December for our annual presentation night in the Forbes High School Hall.

Our Kinder Start Program began last week. The children were very eager to come to big school and participate in activities in the Kindergarten rooms. There were lots of smiles from the children and parents alike. This program enables students entering Kindergarten in 2019 to be prepared and ready to start the school year.

Our annual P&C Market Day is nearly here. There is only one week to go until this fabulous event and over 68 stalls are already booked in. This will be a great day for everyone on Saturday, 17 November. The Market Day stalls will cover our oval with people coming from all over. There will also be some great food and music by local artists.

I have had the opportunity to visit all the classrooms this week and it has been a pleasure see our students happy and engaged in their learning.

## Congratulations to our High Achievers



Congratulations to Hugh Chudleigh and Michael Behan who recently received Forbes Public School's highest Award, the Honour Award at our School Assembly on Friday, 2 November.

Hugh and Michael must be commended as this award is the culmination of many years of application and continued participation.

Marley Kollias, Jade McKeown and Jemma Hodder were the recipients of the Blue and Gold Banner. To celebrate this achievement Mr Thomas will host an afternoon tea for Marley, Jade and Jemma along with their parents and teachers.



  
**Forbes Public School**  
**Lakeside Market**  
**17 November 2018**  
**9am - 1pm**  
**GOLD COIN ENTRY**  
**Over 60 Stalls**  


## Important Dates for your Diary

11 December	-	Year 6 Farewell
13 December	-	Presentation Evening FHS Hall - 6:30pm
17 December	-	FPS Talent Quest Parent Helper Breakfast
18 December	-	Class Parties

## Whole School Assembly

Friday, 23 November  
Everyone is welcome to attend.

## Student Awards

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

<b>KG</b>	<b>3H</b>
Evie Amor	Liam Fraser
Jock Townsend	<b>4J</b>
<b>KN</b>	Tilly Townsend
Hamish Whitty	Lily Bolam
Lucy Fairley	Emma Rippon
Tilly De Mamiel	Ben Boyd
<b>1L</b>	<b>5G</b>
Leo Gharib	Harry Staines
Alice Currey	Reece Kollias
Jaylyn Davis	<b>5/6D</b>
Chelsea Rankmore	Bella Bond
<b>2A</b>	Anna Byrne
Hannah Boyton	<b>6R</b>
Eli Gharib	Jessica Nightingale
Rubie Hall	Katie Crouch
William Watson	Scarlett Francis
<b>2CH</b>	Grace Barbary
Indigo Francis	Andie Hodder
Laynie McDaniel	Isla Worland
<b>3A</b>	<b>K/6M</b>
Aidee Thomas	Claudia Carstairs

## Wiradjuri Camp

On Monday, 5 and Tuesday, 6 November, six students from FPS attended a two day workshop on Wiradjuri Culture at Lake Burrendong.

Kayori Trainor, Ebonnie Hopley, Cohen Stavleu, Chaise Weaver, Josh Reid and Jesse Flick participated in a variety of workshops to learn more about their culture.

The children studied language, artefacts, music, dance and listened to multiple elders throughout the Wiradjuri area. They made some great friendships with children from other schools and gained a lot of knowledge about respect and culture.

A huge thanks must go to the AECG in the Wiradjuri area for hosting this event and FHS for allowing us to travel with them on the bus.



## Debating

On Tuesday, 30 October Scarlett Francis, Andie Hodder, Katie Crouch and Isla Worland travelled to Dubbo South Primary school for the last round of debating in our zone.

The topic was that, "A second language should be taught in all primary schools across Australia"

Our team was the negative side and we stated our case that there is too little time to fit more into our curriculum and we already learn 6 languages throughout our schooling daily. Things such as, Wiradjuri language, AUSLAN, text, emoticon and coding are used in schools every day and we have been exposed to these forms of communication.

All girls spoke remarkably well and we ended up defeating Dubbo South and continuing our next round against Tottenham this Friday with the topic being "Australia is a healthy nation". Once again FPS being the negative side.

A big thank you to Mrs Hodder for helping manage the team and for transportation.

Good luck girls



## Forbes Public School

### 2018 Talent Quest

The Talent Quest is fast approaching and it's time to start planning your act. Auditions are being held during Week 4, 5 and 6. If your child has signed up for the auditions could you please assist them in getting the necessary items together for their audition (such as music, props or equipment).

Thank you for your continued support.

Please contact Mrs Boyton or Miss Jones at school if you have any questions.



## Stage 2 Excursion – Bathurst Goldfields

During Week 3 of Term 4 the students from Years 3 and 4 participated in an overnight excursion to the Bathurst Goldfields.

Students packed an overnight bag (some packed a bag for a week) and we headed off by bus with high hopes of striking it lucky and finding gold!

Students participated and viewed all aspects of life on the gold fields. From learning how to be a blacksmith, how other cultures worked and lived on the goldfields, where people slept, stayed and worked, the houses they eventually lived in and games they played.

We toured replica mines, used replica mining equipment, found out about famous gold discoveries and the roles of men, women and children in the community back then. Students enjoyed the chance to find their fortune and pan for gold! Some were lucky enough to come home with some in their pocket, others not so lucky. But hey, that was life on the Goldfields.

Students experienced building mud bricks, erecting tents and cooking damper on an open fire! It was messy and delicious hard work!

On the Monday night students were treated to a bush dance and campfire songs and poems.

We hope that everyone enjoyed their time away and learnt a lot from the experience.

Thank you to all the staff for their hard work on the excursion and giving up their time.

Mr Ben Cutrupi – Excursion Coordinator

## State PSSA Athletics Titles

Congratulations to Laura Chudleigh who was selected in the PSSA Western Team in the Junior Long Jump.

Laura travelled to Sydney Olympic Complex on Thursday, 1 November to compete in the 2019 State PSSA Athletics Titles. This competition consists of all students in Public, Private and Independent Schools across the whole of NSW.

Laura competed in the Junior Girls Long Jump (8, 9, 10 years). There were only 2 nine year olds and no 8 year olds in the event and Laura did a personal best jump of 3 metres 57 centimetres and placed 15<sup>th</sup> out of 37 competitors.

Outstanding effort Laura! The Forbes Community is very proud of all your hard work at training, involvement in Little As and improvements throughout the season.



## 2018 Todd Woodbridge Cup

On Thursday, 13 September Max Coote, Maddox Breum, Tyler Jelbart, Thomas Livermore, Zara Breum, Amelia Behan and Holly Stavleu competed in the Stage 2 Zone Tennis Finals for the 2018 Todd Woodbridge Cup in Parkes. The teams consisted of 4 boys and 4 girls and Forbes Public School competed against Peak Hill, Trundle, Tullamore, Tottenham, Condobolin, Bedgerabong, Manildra, Eugowra, Forbes and Parkes as well as local Catholic and Independent Schools.

The Todd Woodbridge Cup is a red ball competition, using low compression balls on a modified tennis court. Students play both doubles and mixed doubles matches.

From this day, 1 Public School, 1 Catholic School and 1 Independent School Team went on to represent the Parkes Zone at the Regional Finals played at Canowindra on Tuesday, 23 October. From these Regional Finals in Canowindra, 3 schools (1 Public, 1 Catholic, 1 Independent) will represent Western Region and play in the State Finals to be held at Sydney International Tennis Centre in November.

Unfortunately our team did not progress to the Regional Finals but they worked really well as a team and improved throughout the day. They placed 3<sup>rd</sup>. They represented our school perfectly.

Thank you to Mrs Jack, Mrs Behan, Mrs Nutley, Mr and Mrs Bruem, Mrs Stavleu and Mr Coote for all their support on the day. The day would not be possible without you.



## Remembrance Day Service

Our School Captains and Vice Captains have been invited to assist in the wreath laying ceremony for the Remembrance Day Service to be held on Sunday, 11 November at 11am.

Our participation in this service will provide a meaningful and memorable experience.





## Assembly Awards

**The following awards were presented at the school assembly held on Friday, 2 November**

6R	-	Sonny Bevan	-	Excellent work in Maths
		Scarlett Francis	-	All round effort in all areas at FPS
5/6D	-	Harry Stewart	-	Excellent work in Maths
		Billy Taylor	-	An excellent start at FPS
5G	-	Bella Male	-	Wonderful reading
		Sam Schrader	-	A positive start to Term 4
4J	-	Lily Bolam	-	Consistently displaying PBL values
		Marcus Colvin	-	Consistent effort in all areas
4R	-	Ashton Nielsen	-	A huge improvement in Writing
		Bella Henry	-	A wonderful start at Forbes Public School
3H	-	Maddox Bruem	-	Mature and focused participation on the excursion
		Liam Fraser	-	Mature and focused participation on the excursion
3A	-	Abbey Fuge	-	Working hard across all areas
		Brodie Brown	-	Improvement during Reading groups
3/6C	-	Noah Morley	-	Terrific effort in Reading
2CH	-	Huntah McKenzie	-	A great start to Term 4
		Alfie Quirk	-	A great start to Term 4
2A	-	Wade Goldsmith	-	An enthusiastic start to Term 4
		Rubie Hall	-	Having an enthusiastic approach to learning
1L	-	Scott Reid	-	Great reading in class
		Alice Currey	-	Producing quality artworks
1B	-	Jono Webb	-	A big improvement in Reading
		Sophie Henry	-	A wonderful start at Forbes Public School
KN	-	James Mackay	-	Being a kind and considerate class member
		Maggie Dooley	-	Fluent and expressive reading
KG	-	Colbie Ashcroft	-	Dedication to learning her assembly lines
		Bruno Bennett	-	Being a good friend to others
K/6F	-	Grace McKeown	-	A positive attitude to all tasks

## Stage 2 and 3 Leadership Day

On the second Friday of Term 4, Stage 2 and Stage 3 students participated in their final Leadership Day for 2018.

We were very privileged to be joined by some past students of Forbes Public School who spoke to students about their experiences at school and beyond. The panel guests were asked a series of set questions and then students were given the opportunity to ask their own questions of the panel members.

Many of the insights shared with us by the panel were identified by students as aligning with the sessions that students participated in during the rest of the day. Term 4 sessions focussed on communication, relaxation, team building, attitude to challenges and appreciating diversity.

A very big thank you must go to Olivia Inwood (FPS Year 6 2007), Darcie Morrison (FPS Year 6 2007), Chris Butler (FPS Year 6 2005), Ethan Gaffney (FPS Year 6 2005), Kristen Woods (FPS Year 6 2001), Braden Sullivan (FPS Year 6 1997) for giving up their time to talk to us on the day.



Thank you also to Mrs Safija Bristina and the Forbes High School students who joined us for the guest speaker session. Finally, Forbes Public School was also delighted to be joined by Mr Charles Dwyer (former Principal, FHS, and now Director, Educational Leadership for the Mitchell Network) who spoke to us about his role within the DEC and shared his reflections of his experiences in leadership.





# Bathurst



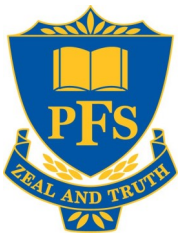




# Goldfields







# Forbes Public School

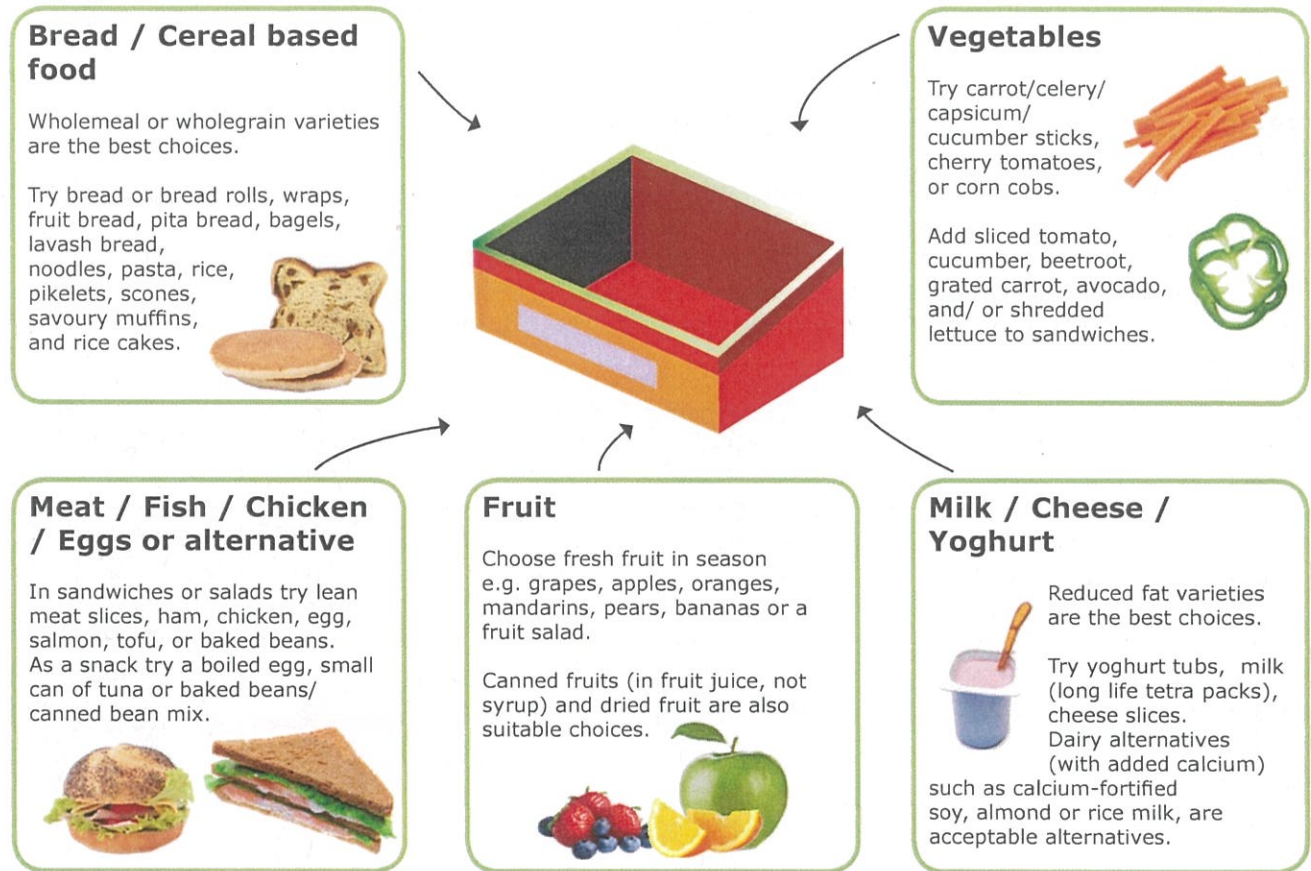
# November 2018

Term 4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3				<b>1</b> Craft on Thursday	<b>2</b> Special Sport Assembly - KG Special Ed High School Transition	<b>3</b>	<b>4</b>
Week 4	<b>5</b> Wiradjuri Camp	<b>6</b> Kinder Start 9am—12pm Wiradjuri Camp	<b>7</b> P & C Meeting Special Ed High School Transition	<b>8</b> Dream Cricket Newsletter	<b>9</b> Special Sport	<b>10</b>	<b>11</b>
Week 5	<b>12</b>	<b>13</b> Kinder Start 9am—12pm Radio Program	<b>14</b>	<b>15</b> Craft on Thursday Riding for the Disabled	<b>16</b> Special Sport	<b>17</b> <b>FPS Market Day on School Oval</b>	<b>18</b>
Week 6	<b>19</b>	<b>20</b> Kinder Start 9am—12pm Riding for the Disabled Christmas Party	<b>21</b>	<b>22</b> Newsletter	<b>23</b> Special Sport Assembly - KN Special Ed Transition Junior Sport T Ball	<b>24</b>	<b>25</b>
Week 7	<b>26</b> <b>Swim School</b> Yr 4 Girls SRC Speeches	<b>27</b> <b>Swim School</b> Kinder Start 9am—12pm Yr 4 Boys SRC Speeches LEEP at FHS	<b>28</b> <b>Swim School</b> Combined Scripture Service	<b>29</b> <b>Swim School</b> Craft on Thursday LEEP at FHS	<b>30</b> <b>Swim School</b> Special Ed Transition Junior Sport T Ball		

# Healthy School Lunches

Healthy food at school is important for your child to learn, concentrate, and for their growth and physical activity. Packing a healthy lunchbox will help children develop life-long healthy eating habits. You may need to vary the amount of food you pack, depending on your child's age and appetite.

**A healthy lunchbox includes food and drinks from these five food groups:**



**Keep lunches cold** to prevent food from spoiling with:

- an insulated lunch bag, or
- frozen ice bricks, water or milk (long life tetra packs)



**Water**  
Water is the best thirst quencher. Pack a bottle of tap water everyday.

## Lunchbox ideas for school

	Day One	Day Two	Day Three
<b>Crunch &amp; Sip break</b>	Snack pack fruit salad (in natural juice) Water	Fresh fruit Water	Cherry tomatoes Carrot sticks Water
<b>Recess</b>	Crackers, vegetable sticks & cheese cubes Water	Fruit scone or raisin bread Water	Pikelets Yoghurt tub Water
<b>Lunch</b>	Egg & lettuce roll Water	Chicken & salad sandwich Milk (long life tetra packs)	Ham & salad wrap Fresh fruit Water



## Nutrition Guidelines for pre-packaged snack foods

Some packaged foods are not a healthy choice, as they

- lack the healthy nutrients we need and
- are high in kilojoules, saturated "bad" fat, sugar and salt.

For a 'better' choice of pre-packaged snack foods (e.g. biscuits and cereal bars), use the snack guidelines below. Only include these snacks once or twice per week (at the most) in lunchboxes. For everyday snacks, see the lunchbox ideas over the page.

*\*These are the same guidelines used to determine which snack foods can be sold in school canteens*

### How to use the Snack Guidelines

- Use the 'sweet snacks' OR 'savory snacks' guidelines below, based on the type of snack you are checking.
- Check the Nutrition Information Panel 'per serve' column on the packaging of the snack to determine whether the snack food meets the guidelines.
- A better snack food choice meets **all three** of the guidelines (see below).

Type of Snack	Energy	Saturated Fat	Fibre	Sodium
Sweet Snacks e.g. muesli bars, fruit bars, sweet biscuits	Less than 600kJ/serve	Less than 3g/serve	More than 1g/serve	
Savory Snacks e.g. savory biscuits, popcorn, rice based snacks	Less than 600kJ/serve	Less than 3g/serve		Less than 200mg/serve

Example Cereal Snack Bar - Use the Sweet Snacks Guidelines

Nutrition Information Panel		
Servings per pack: 1		
Serving size: 37g (1 bar)		
	Per serve	Per 100g
Energy	517kJ	1396kJ
Protein	1.2g	3.2g
Fat	1.1g	3.0g
Total		
Saturated	0.4g	1.2g
Carbohydrate		
Total	26.4g	71.4g
Sugars	14.3g	38.6g
Sodium	48mg	130mg
Fibre	1.2g	3.2g

Snacks must have **less than 600kJ/serve**

Snacks must have **less than 3g saturated fat/serve**

Savory snacks must have **less than 200mg sodium/serve**

Use the per serve column

Sweet snacks must have **more than 1g fibre/serve**





*Please join us for the*

# ROTARY IPOMOEA 8TH CHRISTMAS TREE FESTIVAL

<b>OPENING</b>	Friday 30th November .....	6.30pm
<b>VIEWING</b>	Friday 30th November .....	5pm
	Saturday 1st December ....	9am to 5pm
	Sunday 2nd December .....	9am to 3pm
<b>VENUE</b>	Forbes Town Hall	
<b>CONTACT</b>	Sue-anne Nixon .....	6851 5197
	Helen Pitt .....	0427 201 445

*Enter a tree for your school, club,  
business or family!*





# Learn to swim program

## JANUARY 2019

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- ◆ Teaches water awareness, stroke development and endurance
  - ◆ Fun and safe environment
  - ◆ Eight or nine consecutive week days
  - ◆ Children aged 18 months to 12 years
  - ◆ Qualified instructors
  - ◆ \$74 for school aged children and \$52 for pre-schoolers (excludes pool entry)
- 



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