

# Forest Hill

Principal:  
Cameron Williams



Public School

# Newsletter

Term 4 Week 4, 2020

“In Friendship We Learn”



## WORLD TEACHERS' DAY

World Teachers' Day allows us to shine the spotlight on, celebrate and thank our teachers for the work they do in improving student outcomes and shaping their lives for future success – every year and especially during the tumultuous events of this year. Thank you to the wonderful teachers at FHPS.

*A proud member of the Wagga Wagga Community of Public Schools*

# Forest Hill Public School



■ Principal: Cameron Williams  
■ P (02) 6922 7251  
■ F (02) 6922 7858  
■ Sturt Hwy, Forest Hill NSW 2651  
■ [foresthill-p.school@det.nsw.edu.au](mailto:foresthill-p.school@det.nsw.edu.au)  
■ [www.foresthill-p.schools.nsw.edu.au](http://www.foresthill-p.schools.nsw.edu.au)

“In Friendship We Learn”

■ 2020 ■ Term 4 ■ Week 4

■ Newsletter

## Upcoming Events

|                               |  |
|-------------------------------|--|
| Tue 20th Oct -<br>Tue 8th Dec | Gymnastics<br>Infants & 2/3T           |
| Wed 21st Oct -<br>Wed 9th Dec | Gymnastics<br>Primary                  |
| Sun 8th Nov -<br>Sun 15th Nov | NAIDOC Week                            |
| Mon 9th Nov -<br>Fri 13th Nov | SRC<br>Book Fair                       |
| Thu 12th Nov                  | Book Week<br>Costume Day               |
| Wed 16th Dec                  | Last day of school                     |
| Fri 29th Jan                  | First day of school 2021<br>Year 1 - 6 |

## SOCIAL CLUB

This week our Social Club started with a bang! We have been lucky enough to receive regular donations of fruit from Nev at Forest Hill Foodworks, along with muesli bar donations from Uncle Tobys. Social club provides structured opportunities for students to share a laugh, play a board game, and grab a bite to eat. If you would like to get involved with our Social Club, you can just pop by Mr Jackson's classroom on Tuesday at recess and/or Thursday at lunch time.

## KR

Zackariya D, Immanuel P, Aniyah L, Zaid F

## K/1B

Quinton H, Madeleine C, Harper S, Maggie L

## 1M

Carina M, Summer-Rose G, Dylan D, Andrew B

## 2M

Ryder H, Andy H, Joseph K, Joshua T

## 2/3T

Braxton L, Beau P, Amarliah B, Jacob H

## 3G

Archer S, Archie S, Jaxon R, Hayden L,  
Thomas H

## 4J

Dakoda L, Mason D, Hailey E, Toby B, Jaxon W

## 4/5S

Jacob M, Ruby W, Sarah K, Sasha C, Xavier W

## 5/6K

Riley P, James P, Pippa M, Teneisha A,  
Rhianna P

## 6A

Arabella M, Amelia E, Leiland A, Shelley B,  
Aiden S

## LIBRARY

Tevita F, Taylah-Mahy S

## MRS DUNN

Bailey R

# Forest Hill Public School

## CANTEEN NEWS



Jack T loves flavoured milk especially chocolate milk from the canteen. Which flavour do you love the best?

Do you know what Cooper H loves to buy and eat for recess? Cooper's poster is playing hide and seek in the school. Can you find him?

The canteen is extremely grateful to our fabulous suppliers, Ferndale Distributors, who have donated \$154 to us. Like a lot of businesses, they have struggled during Covid so this donation is extremely generous.

**Good Manners Award** - Jovie K

## BOOK FAIR

The SRC is running a Buy one - Get one free book fair in Week 5.

Unfortunately, due to Covid restrictions only students will be allowed to look at and purchase books from the fair.

It will be cash only for payment and it would be very much appreciated if the correct money is given.

## STAGE 3 BORAMBOLA EXCURSION

Yesterday the Stage 3 students went out to Borambola for a day of activities designed to help develop their team building, resilience and responsibility. We had a fabulous day weather-wise which ensured that the water activities we did were thoroughly enjoyed. However, the undeniable highlight of the day was the final activity - the infamous Mud Run! The enthusiastic manner with which the students threw themselves into the luke-warm and stinky water was a sight to behold. Everyone participated 100% and all managed to laugh at themselves and each other as there just wasn't anyway to avoid looking like a filthy drowned rat. Thank you to Mr Williams, Mrs Armstrong, Mrs Koschel and Miss Roxy for going above and beyond to make sure that Stage 3 students got to experience this great event. We would also like to thank the office ladies for all their efforts in pushing through all the extra work that is required in ensuring an event such as this one was able to take place with such short notice. See the next page for photos.

## MORTIMER SHIELD

Last Thursday, years 5 and 6 students travelled to Paramore Park with Mr Jackson, Mr Simpson and Miss Gooley to participate in the Mortimer Shield rugby league gala day. Both teams spent time after school training and were extremely excited, as the gala day had been postponed a number of times throughout the year. The girls had a successful day winning 4 from 5 games played with Lylah H being named Players' Player. The boys showed tremendous tenacity and resilience throughout the day. Riley B epitomised these characteristics and therefore was named our Players' player.

A big thank you to Alison Jenkins for donating league tag shorts and tags to the girls' team and to all parents for their assistance and flexibility in the lead up to the gala day.



# Forest Hill Public School

## STAGE 3 BORAMBOLA EXCURSION



Buy One, Get One  
**FREE!**  
Book Fair

**WEEK 5**

**Monday 9th November - Friday 13th November**

**Open: Each day 8:50am - 9:10am  
1:00pm - 1:30pm**

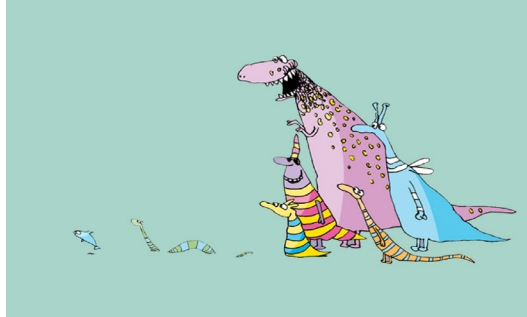
**Cash only - correct money would be appreciated  
This fair is being run by the SRC**





## BOOK WEEK DRESS UP DAY

On Thursday 12th November get ready to dress up and show off your best costume for Book Week. This year's theme is: Curious Creatures, Wild Minds. Let your imagination run wild! Although there will be no parade due to COVID restrictions each class will vote for the best dressed person in their class and they will win a prize.



NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends

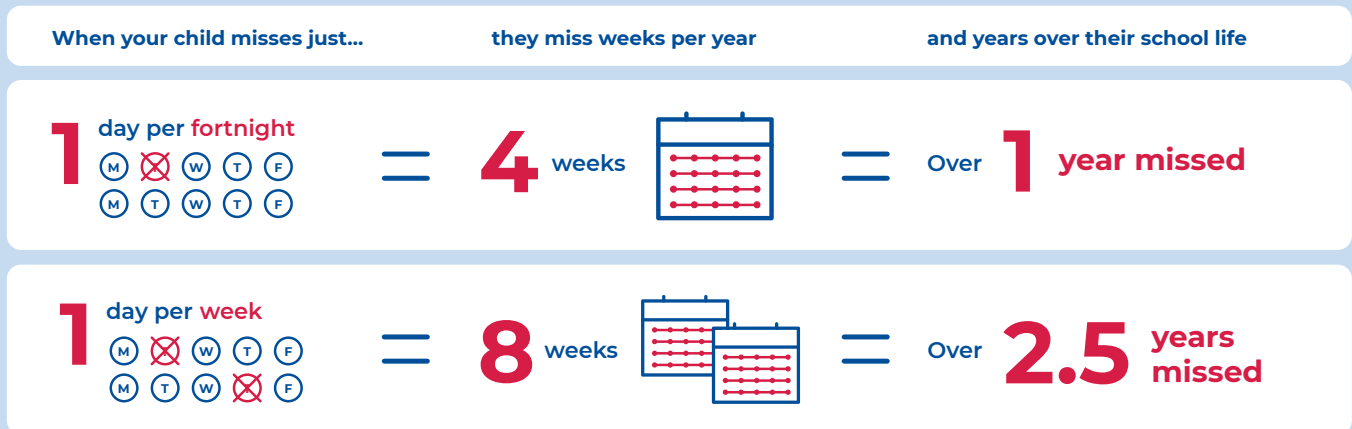


Build skills through fun

education.nsw.gov.au

## Days missed = years lost

A day here and there doesn't seem like much, but...



education.nsw.gov.au

The Everyday Maths Hub is an engaging and dynamic online platform for parents and carers of children in Kindergarten through to Year 10. Aiming to support and encourage family conversations about the relevance and usefulness of mathematics in everyday life – The Everyday Maths Hub is part of the NSW Mathematics Strategy to achieve the Premier’s vision, “for all NSW students to develop the mathematical skills they need to succeed in life.”



Explore the  
**Everyday Maths Hub** >

[education.nsw.gov.au/everyday-maths](https://education.nsw.gov.au/everyday-maths)



## Aurora College

The virtual selective school for rural and remote students

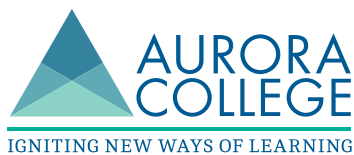
Aurora College is NSW's first virtual selective school, offering a mix of online and residential school classes. The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and learn globally.

**Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW.** Students connect with their teachers and classmates in timetabled lessons through a virtual learning environment.

The college also gives Year 11 and 12 students the opportunity to study subjects not available in their own school. For details please visit our website.

Aurora College offers students expanded career options through innovative partnerships with businesses and with scientific, cultural and tertiary education institutions.

Students in the selective stream are chosen in the same way as students in all other selective classes in NSW government schools.



Applications for entry into Year 7 in 2022:  
Opened 13<sup>th</sup> October 2020  
Close 16<sup>th</sup> November 2020

Visit Selective High Schools website  
<http://bit.ly/shs2019>

For further information about Aurora College, visit our website  
[www.aurora.nsw.edu.au](http://www.aurora.nsw.edu.au) | or phone 1300 287 629







## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



Australian Government  
National Health and  
Medical Research Council









Queensland, Australia

GU Ref No: 2019/146



## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



**Contact**  
your local Saver Plus  
Coordinator

**Phone**  
1300 610 355

**Email**  
WaggaWaggaSP@  
thesmithfamily.com.au

**Online**  
saverplus.org.au

Find us on Facebook 



\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

## Forest Hill Public School P&C

### FHPS P&C Uniform Order Sheet 2020

**UNIFORM SHOP OPENING HOURS:** First Wednesday of each month during school terms (8.30-9.15)

Samples available to try on for correct sizing in the uniform shop

**Students Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Parents/Carer Name:** \_\_\_\_\_ **Contact No.** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Send order home with student:** YES / NO

| ITEM                    | WRITE QUANTITY OF SIZE REQUIRED |     |   |    |    |    |    | PRICE                             | SUB TOTAL<br>(\$) |
|-------------------------|---------------------------------|-----|---|----|----|----|----|-----------------------------------|-------------------|
|                         | 4                               | 6   | 8 | 10 | 12 | 14 | 16 |                                   |                   |
| Polo Shirt Short Sleeve |                                 |     |   |    |    |    |    | \$15.00                           |                   |
| Polo Shirt Long Sleeve  |                                 |     |   |    |    |    |    | \$20.00                           |                   |
| Jumper                  |                                 |     |   |    |    |    |    | \$20.00                           |                   |
| Jacket PRE ORDER ONLY   |                                 |     |   |    |    |    |    | \$40.00                           |                   |
| Shorts                  |                                 |     |   |    |    |    |    | \$15.00                           |                   |
| Track Pants             |                                 |     |   |    |    |    |    | \$20.00                           |                   |
| Skort                   |                                 |     |   |    |    |    |    | \$10.00                           |                   |
| Dress                   |                                 |     |   |    |    |    |    | \$30.00                           |                   |
|                         | S/M                             | M/L |   |    |    |    |    |                                   |                   |
| Bucket Hat              |                                 |     |   |    |    |    |    | \$15.00                           |                   |
|                         |                                 |     |   |    |    |    |    | <b>ORDER TOTAL</b>                |                   |
|                         |                                 |     |   |    |    |    |    | <b>CASH</b>                       |                   |
|                         |                                 |     |   |    |    |    |    | <b>Direct Deposit Receipt No.</b> |                   |

**ORDERING:** Upon completion of this form, please hand it in to the school office staff to pass onto the P&C for processing. Once payment is received, orders will be filled Monday mornings or at the earliest convenience of one of our P&C volunteers.

Orders can be sent home with students or alternately P&C will contact you to arrange pickup

**PAYMENT:** Correct Cash or Direct Deposit

**DIRECT DEPOSIT:** FHPS P&C Uniform Shop HUME Bank BSB **640000** Account No. **111273015**

(Please use Parents/carers surname as payment description.)

**CASH PAYMENT:** Please enclose correct cash in an envelope with your order form and give it to the office staff for P&C to process.

**EXCHANGES:** Exchanges can be made within 14 days of purchase. Items must be unworn (with tags), unwashed and in original packaging.

**FURTHER INFORMATION OR QUESTIONS:** Contact the P&C via messenger at Forest Hill Public School P&C