DATES FOR YOUR DIARY

Term 3 - 2014

Week 3
Jul 31 Choir and Band Stocklands
Aug 1 Boys Soccer Gala Day

Week 4
Aug 6 GLLC Combined Academic Assembly Years 3 - 6 (award recipients only to attend)
7 a side Rugby League Gala Day
K-2 Gymnastics

Week 5
Aug 12 UNSW Mathematics Competition
Aug 14 Movie Night - "Frozen"
Aug 15 Zone Athletics Carnival

Week 6
Aug 19 Stage 2 Spelling Bee "Spell Off"
Aug 20 Aboriginal Numeracy Competition - Tuncurry PS
Aug 22 Touch Football Gala Day
Yr 2 Billabong Excursion

Week 7
Aug 27 Newcastle Permanent Mathematics Competition
Aug 28 Ronald McDonald House Ride for Sick Kids
Aug 29 Yr 1 Honeycomb Farm

Week 9
Sep 10 Kindergarten Orientation
Sep 12 Sportsathon

Week 10
Sep 17 Shine On Matinee and Evening Concerts

During this time Mrs Kessey will be relieving as Principal. Ms Dupen will be relieving as Deputy Principal. Mrs Connolly will be teaching 6/3 while Ms Dupen is assuming higher duties. Mrs Drew will be relieving as Stage 3 team leader.

Education Week - Open Day 2014

Lighting the way to a better future

Open Day was held Monday 28th July with classroom visits, a picnic morning tea and a concert.
We would like to thank all parents and carers who were able to attend. Your presence in the school helps to build an ongoing communication which can only improve positive connections with our school and community.

The concert had a wide variety of performances with the program including our school bands and choir along with performances from classes across the school. We would like to thank Mr Simon Lee, Mrs Steph Clough and Mrs Lisa Murphy who assist our bands throughout the year.

The Junior Band had their first performance at our open day concert and we hope this is the beginning of a journey to greater musical competence and enjoyment.

Aboriginal Learning and Engagement Project Grant

The Great Lakes Community of Schools, with the endorsement of the AECG, was successful in applying for a grant to develop a digital resource about Worimi Country. This resource will be available for all schools to access to develop the understanding and cultural awareness of our students. We are seeking assistance from members of our Aboriginal community to participate in gathering and sharing information, sharing photos and stories to develop this resource. This is a wonderful opportunity to preserve the history and
culture of the Worimi people for our students and community and to showcase the many achievements of local community members. If you have anything you would be willing to share, or you would like to be involved in collating material for this resource please see Mrs Kessey, Jye Simon or Thomas Dooker.

Riding and Walking to School Safely
A member of the public has rung to express her concern about the manner in which our children are crossing at the Lake St and Hadley St intersection. They are crossing on their bikes and she has witnessed some near misses. It would be much safer for them to cross over down from the actual intersection. It would be appreciated if parents could speak to their children about this and remind them of Road Safety when riding and walking to school.

Building Resilience
Resilience is a 21st Century parenting concept. Some kids are resilient by nature - their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets: independence, problem-solving, optimism and social connection. From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

**Source Material** – Parenting Ideas; Michael Grose

**Rick Clissold**  Principal  
**Narelle Kessey**  Deputy Principal  
**David Graham**  Deputy Principal (relieving)

**Support Unit**
**AWD Carnival Woodberry**
Up to 37 students from the Support Unit have qualified to participate in the regional carnival at Woodberry Athletics Centre in Newcastle. This will be held on Friday 22nd August. To help with the organisation of transport please return your preference note as soon as possible.

We wish all the competitors all the best on the day and hope they are being inspired by the athletic events we are currently seeing at the Commonwealth Games. Last year, some of our students qualified for the national level.

**Karen Austin**  Assistant Principal Support

**Early Stage 1 & Stage 1**
**Year 1 Excursion**
An excursion has been organised for Year 1 students to visit the Honeycomb Farm at Nabiac. The farm features a wide variety of farm animals including goats, chickens, horses and cows. It will be on Friday, 29th August, 2014.

**Year 2 Excursion**
An excursion has been organised for Year 2 students to visit the Billabong Koala and Wildlife Park near Port Macquarie. The Park features a wide variety of Australian and exotic animals, reptiles and birds. It will be on Friday, 22nd August, 2014.

Permission notes with more details about these excursions will be sent home with your child in the near future.

Gymnastics lesson for K-2
On Wednesday, 6th August, every student from K-2 will have the opportunity to participate in a structured gymnastics lesson, conducted by Kate Kinnear who is a qualified gymnastics coach. The focus is on specific gymnastics skills to develop the student’s core strength, flexibility, and enhancing spatial awareness but most importantly - FUN!

Using Good Manners
Manners at school

🌟 Saying good morning/afternoon.
🌟 Asking if you can borrow something, not just taking it.
🌟 Returning things that you have borrowed.
🌟 Waiting your turn before you speak.
🌟 Saying ‘excuse me,’ rather than pushing past someone.
🌟 Holding the door open for the person coming in, especially if they are carrying something.
🌟 Respecting your own and other people’s property, especially school property.
🌟 Saying ‘please’ and ‘thank you’.

Labels
Please print NAME and CLASS on all belongings / uniforms to ensure that the owner can be found promptly.

Thank you helpers!
All the teachers would like to say thank you for the continued support of parents and helpers who volunteer their time in the classroom. Your kindness and generosity is greatly appreciated!

Penny Holm (Rel) / Katrina Pettet
Assistant Principals

Stage 2
A Walk Back Through Time
Forster Public School 4/15 students recently enjoyed a local walk back through time and appreciated many new and historical sites on their way.

Harry, Caleb, Laci and Akina at the old Punt Landing Historical Site near the bridge.

Problem Solving in Mathematics
Forster Public School students are learning problem solving strategies for Mathematics. Levi Flower, who is part of the Maths Enrichment Group enthused, ‘I love Mathematics and it is just great to solve problems and to learn how to attack a problem if you are unsure of the answer.’ Students are encouraged to look for the important words in a question and to write them down. They are also taught to look for a pattern, have a go, use a table or chart or to use a drawing. Other strategies include working backwards, trying an easier problem, making a model or thinking logically.

Thomas and Tom using cards to make the biggest number possible.

Kitchen/ Garden Program
Stage 2 are fortunate to have the Kitchen Program during Terms 3 and 4 (Semester 2).
This is an amazing educational opportunity for your child. Students are able to read recipes, prepare food and cook and taste products from the garden. Please support this program by helping in the kitchen. If you are able to help, please contact your child’s teacher or the front office. Also please be prompt in paying the $40 levy for the Kitchen/Garden as soon as possible, as these programs are expensive to maintain. The levy can be paid by instalments. Many families have already paid the levy last Semester when Stage 2 students were involved in the Garden Program.

Anne Evans  
Assistant Principal

Stage 3  
Adventure Land  
This term all of our Grade 5 students will be attending a day excursion to Adventure Land (the old Ton of Fun along the Lakes way). Notes will be coming out about this excursion very soon.

Newcastle Permanent Mathematics Competition  
Many of the Grade 5 and 6 students will be sitting the Newcastle Permanent Mathematics Competition on Wednesday the 27th of August. This gives children the opportunity to test their skills and knowledge against other Grade 5 and 6 students all around NSW. The cost of this competition to each student is 50 cents.

Australian Mathematics Trust Mathematics Competition  
All of the Grade 5 and 6 students in the Mathematics Enrichment Group will be doing the Australian Mathematics Trust Mathematics Competition on Monday the 11th of August. This is an extremely high order Mathematics competition that will test the children’s problematic knowledge and high order problem solving skills. It gives the children the opportunity to compete with other Grade 5 and 6 students all around Australia.

Premier’s Spelling Bee  
Stage 3 classes will soon conduct their class spelling bees in order to find their class winner for our Stage 3 ‘Spell Off’. We will have our Stage 3 winners by Friday the 22nd of August. Children were sent home a letter with the internet link to the words they need to practise. Our two winners from our stage final will represent Forster Public School at the district level. We look forward to all of our children having a go and having some fun with their spelling.

Year 6 Cake Stall  
Year 6 students will be holding a cake stall on Tuesday the 26th of August. We ask the parents of year 6 students to send in baked or bought cakes, toffees and biscuits on the day. The year 6 students then sell these goods to the rest of the school at recess and lunch in order to raise money for the Year 6 gift to the school. Hope you are all enjoying the lovely winter days.

Fran Dupen  
Assistant Principal

Kitchen Garden News  
The children in Stage 2 and 3 are now in their next rotation of the Kitchen Garden Program. Stage 3 will now be in the garden growing up a storm for Stage 2 classes who’s turn it is in the Kitchen. It was with great sadness that we farewelled our Garden Specialist Michelle Carey last term. She is starting the next chapter in her life down south, closer to her family, teaching at a local school. And so also starts a new chapter in the Kitchen Garden Program with our new Garden Specialist Cindy Sampson. Cindy is bringing her love of horticulture and working with children together in her new role. We are excited to welcome her on board and look forward to gardening with her in weeks to come. Already she is in the gardening groove and is asking parents to bring in newspapers, styrene boxes, icy pole sticks and baby food jars as well as to save any small empty plant pots. These can be left inside the main garden or with your child’s teacher. Garden classes for Stage 3 will begin in week 3.

Kitchen Classes already underway with a very excited Stage 2 who this fortnight are learning about safety and knife handling in their first class. Because for a lot these children this is their first class in the kitchen we are covering the basics such as essential knife handling skills, reading recipes, washing up and setting a table to sit down and share their food creations with their peers. The Crunchy Noodle Salad full of carrots, cabbage, celery, and shallots they created at the end of their first lesson was a winner! Next lesson they will be into the usual routine of the five groups preparing and sharing five different recipes! With a crop of beetroots, rhubarb, chokos and turnips ready to go in the garden (thanks Michelle and Stage 2 last term) there will be lots of interesting recipes to make.
Stage 3 in the Kitchen last term created some wonderful preserves with the abundance of produce that we had on hand. The Choko Pickles, Green Paw Paw Chutney, Lemon Curd and Rosemary Salt are now available for sale at Farmers Patch in Lake St (opposite corner to the school). All funds raised will go straight back into the Kitchen Garden Program to allow this wonderful program to keep going. A big thank you to the new owners Melissa and Adrian to allow us to do this.

Michelle at her farewell morning tea last term with the amazing “Garden” Cake made by Theresa Elsing.

**Sport**

*Forster Public School Equestrian Team Report*

Did you know that if you can competently ride your own horse at the walk, trot and canter, you can represent your school in horse riding inter-school horse sport days.

Jazz in class 2/30 attended the Taree Horse Sport Day on the last day of Term 2. She and her pony, Princess, had a great day and finished with the following results in Jazz’s 8 year old age group:

- 3rd Hack
- 1st Pleasure Hack
- 1st Working Hunter
- 4th Pair of Riders
- 3rd Rider
- 2nd Barrel Race
- 1st Keyhole Race
- 2nd bend Race
- 4th Scudda Ho
- 1st Ball Race

Jazz was also awarded the 8 Year old Champion.

If you would like to attend interschool horse sport days, please phone Amanda on 0407 213399.

Jazz receiving her 8 Year Champion Award

This week’s sports wrap up highlights the successful nature of many of our sporting teams. We have Regional grand finalists in League, Football, Tennis and Cricket. Teachers and students dedicated to train during their lunches and parents who support their children and teachers/coaches. To those involved we say Thank you.

**Football**

Term 3 kicked off with a football game against Tuncurry. This was a re-match from late last term where both sides couldn’t be separated. A quick goal in the first 10 minutes to our boys spurred them on. Tuncurry were very persistent and peppered our goalie several times. Another goal with 5 minutes to go sealed the victory and paved the way for Forster to move onto the next round against Tinonee.

Mr Maidment and the girls soccer team

Both the girls and boys teams travelled to Tinonee on Thursday and played in less than favourable conditions. As the wind whipped across the pitch our Forster teams played their best and came away with victories.

Winning the game against Tinonee means that both the girls and boys teams are the Manning District Champions. The next game will be played against the
Newcastle District Champions at Lake Street Oval (date to be advised).

Rugby League
The boys went to Sydney to play in the Primary all-schools knockout with the hope to be competitive against some top competition from the Sydney region. Mrs Buderus, Mr Maher and a team of parents escorted the boys to Sydney to participate in these matches. The experience of staying at the YMCA, Homebush in dorms with their mates may be one of the highlights of this trip for some. It's poignant to thank the teachers and parents for their dedication to the players. Without this dedication these events just wouldn't happen. From all accounts the boys played well and had a great time.

Touch Football
Boys and Girls Touch Football teams played at Tuncurry this week in a game against Old Bar Public School. They have trained hard with Mrs Evans and Ms Austin during their lunches and we wish them every success. The boys bounced in after lunch after a good win against Old Bar and the girls also defeated Hallidays Point.

Cricket
The Grand Final of the Manning Region will be held on August 28 at Lake Street Oval. The boys have played games against Tuncurry, Old Bar and Gloucester. We now take on Wingham. It will be a tight game and we will be starting our training in preparation. We wish the boys every success.

Zone Athletics Carnival
The Zone Athletics Carnival is to be held on 15th August at South Street Oval, Tuncurry. I am still waiting on several notes and money from the children. If your child is not attending please let me know ASAP as I can replace them with the next place getter. If you can transport your child on the day to the carnival you should have indicated this on the permission note. Please also note that the medical form is a very important document. In case of emergency it gives quick access to data for immediate treatment for your child.

Fundamental Movement Skills
Year 2 has been participating in a Fundamental Movement Skills program with Ashley from Cricket NSW. The children have been refining skills in catching and throwing, hitting and running. From all accounts the children are enjoying themselves. Year 1 will be participating in this program in a few weeks.

6/4 began a program of assisting our Kindergarten friends in learning Fundamental Movement Skills. Our focus was throwing, catching and balancing. I'm not sure who had more fun the big or little kids! This program will continue for the remainder of the term.

Kindergarten students developing fundamental movement skills with assistance from 6/4.

Paula Drew
Sport Organiser