DATES FOR YOUR DIARY

Term 3 - 2014

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 25 PSS Soccer - Girls
Aug 26 PSSA Soccer - Boys
Aug 27 Newcastle Permanent Mathematics Competition
Aug 28 Ronald McDonald House Ride for Sick Kids
Aug 29 Yr 1 Honeycomb Farm

Week 8
Sep 1 P & C meeting - presentation by Great Lakes College Forster Campus staff
Sep 4 Yr 5 Excursion to Adventureland

Week 9
Sep 10 Kindergarten Orientation
Sep 11 Presentation Assembly
Sep 12 Sportsathon

Week 10
Sep 17 Shine On Matinee and Evening Concerts

Principal’s Report
2015 - 2017 School Plan
Forster PS has commenced the planning process for our next three year plan. This process will allow us to determine the priorities for the school for this period of time. The data and opinions we gather through consultation with teachers, students and the community is important and will form the basis of our new three year plan. We value the input of parents and would appreciate it if you could take some time to complete the survey attached at the back of this newsletter. While the survey is anonymous it will assist us to know the grade(s) of your child(ren).

Completed surveys can be returned to your child’s teacher or the front office.

In addition we will be holding some focus groups in the next few weeks at which parents will be asked more specific questions. Parents will be selected at random to participate in these focus groups. If you would like to be part of one of these groups please contact Mrs Kessey by Tuesday 26 August.

Kindergarten Enrolments for 2015
Forward planning is now underway. If you have a child who will start school next year, or you know someone who does, please obtain an enrolment form from the school office as soon as possible. Kindergarten students need to be 5 years of age on or before the 31st July 2015 to be eligible to enrol in Kindergarten in 2015.

You will need to present the following documentation:
- A completed enrolment form
- A birth certificate or current passport
- Proof of residency (council rates notice etc.)
- Immunisation certificate

Please do not hesitate to make an appointment if you require further support.

Student Safety
The safety of our students is a priority for staff and parents. Please make sure that you hold your child’s hand to cross all roads as they are coming to school.
P & C Meeting
The next P & C meeting will be held on Monday 1 September. At this meeting Mrs Judy Hall, Principal of Great Lakes College Forster campus will be talking to parents about the transition to high school for our Year 6 students. At this meeting they will discuss:
- monitoring of learning and behaviour;
- uniform
- welfare programs and
- class structure.

Year 6 parents will receive a note prior to this meeting and will be asked to confirm their intention to attend.

Staff Leave
Ms Jenkins will commence her maternity leave next week. We wish her well with the impending birth of her baby and look forward to sharing her happy news. Mrs Alison Bertwistle will teach K22 for the remainder of 2014. Mrs Bertwistle is an extremely competent teacher with a great deal of experience in the K-2 area of the school. Mrs Bertwistle has been spending some time with Ms Jenkins and K22 in recent weeks, getting to know the children and is very aware of the teaching and learning program for the class.

FORSTER PUBLIC SCHOOL
SPORTS-A-THON

On Friday, 12th September, 2014, we will be conducting our annual Sports-a-thon. This is planned as a fun, whole school activity day for ALL children. This will be our major fundraising event for the year.

Signing of the Sponsorship/Pledge note this year will advise us that your child has permission to be included in the Sports-a-thon activities.

The permission/pledge note on the back of the Sponsorship Note which follows needs to be completed and returned to the school. This year, as always, we are asking ALL parents to pledge your support for this major fund raising activity and

PLEASE SEND PLEDGED MONIES TO SCHOOL IN ADVANCE

Your child will not be included in this fun fund raising event without the signed permission note being returned. Encourage your child's school spirit and ensure that everything is returned.

Please help us by
- Sending in Permission/Pledge note signed so that your child can participate
- Sending pledged monies to school in advance before 12th September

ON THE SPORTSATHON DAY
Children should wear their school uniforms and comfortable walking or sports shoes. Hats and sunscreen should be worn. A light backpack could be brought and possibly shared between friends to carry drinks, lunch and morning or afternoon tea. Parents are very welcome to join their children for the day or at any stage during the day.

Resilience - Part 2
This week we are continuing our articles on resilience and will deal with two parenting tips.

The school years present children with countless challenges, setbacks, failures, and general difficulties. Resilient children withstand the pressures that school provides more effectively than children who are not resilient. Resilience is being able to ‘bounce back’ from difficult times, setbacks, and other significant challenges. It includes being able to deal effectively with pressure, and get through tough times with good outcomes. Parents play a substantial role in the development of resilience in their children.

The following two tips (6 more to follow) outline the most effective things you can do to raise resilient kids.

Parenting tip #1: Listen with your heart:
Listening is one of the most important ways that we can build resilience. Rather than operating on ‘auto-parent’ we will help our children know they are important by giving them our undivided attention. Children feel validated and worthy when we listen to them. While children are upset, sensitive listening provides emotional first aid. Listening with your heart allows you to be empathic, take your
child's perspective, or see the world through his or her eyes.

Parenting tip #2: See the world through your child's eyes:
Imagine you had a difficult day. It wasn't a catastrophic day, but some of your plans failed to materialise into reality. You failed to effectively navigate some relationship challenges with someone close. When you explained things to your spouse the response you received was, "Oh well, I guess you'll just have to try harder again tomorrow."

While this response may be correct, it is unlikely to help you feel any better. If you don't feel better, you're unlikely to 'bounce-back' with as much bounce! Likewise, giving advice when children are upset just makes them feel frustrated, or foolish. When they tell you they feel sad, saying "Cheer up, you'll be ok. There's no reason to feel like that" will undermine their feelings, make them question their worth, and create a feeling that they are not normal inside them.

Instead, reflect their emotions and avoid advice or lectures.

"I can see it's been a tough day for you today."

"Wow, that must have made you feel really disappointed."

When they know you understand them, ask them how they think you can help. Let them strategise the most effective way to overcome their challenges and support them in their decisions or guide them toward appropriate actions.

The full article can be accessed:

Principal’s / Deputy Principals’ Report
Rick Clissold Prinicipal
Narelle Kessey Deputy Principal
David Graham Deputy Principal (relieving)

WRITERS CORNER

“If it sounds like writing, I re-write it”

Descriptive writing by Penny 6/3
Just after mid-morning at the picturesque pebble covered beach, as the water lapped gently at the rocks and towered over the tall boulder that lines the beach, people walk silently past up into the peaceful quilt of trees covering the jagged cliffs. The wind quietly breezed past as the waves slowly calmed the agitated voice in my head, the birds squawked and the crickets chirped. As I recognised these now familiar noises I internally smiled. I could not remember ever feeling these things, the water calmed me while the sun made me feel slightly drowsy and the sight of the warm water made me long to be submerged in its depths.

The sun was warming my skin but the gentle breeze then cooling me. I could feel the sea spray dotting my clothing. The rocks were warm and smooth as I ran my hands over them. As I slowly stood and walked away I turned one last time and ran back to my sacred spot on the rocks and grabbed a tiny rock, my only reminder of my quiet place.

Descriptive writing by Jaime 6/4
Lost On A Tropical Island
Dear Mum,
I am lost on a tropical island with 6/4. The sky is blue as blue can be and the water is crystal clear. As I walk the sand crawls between my toes. I mean as much as I am fine with staying, a part of me wants to go home. I feel as though the wind is roaring at me to come home. Don't get me wrong, we get to eat things like coconuts and berries and sometimes if we're lucky bananas, but as I sit on the sand I imagine I am home in my nice comfy bed. We all built beds out of sticks and leaves and other items, and they are not comfy at all. When we go to bed no-one can actually sleep because we can hear Mrs Drew sobbing out loud that she wants to go home. Anyway, I hope you got this letter. If you have, please come soon. I miss you, I want to come home.

From your favourite child Jaime.

Support Unit
AWD Carnival Woodberry
The Athletes with Disabilities carnival is on this Friday. We wish all competitors the best of luck!

Interns from Newcastle University
The Support Unit have 2 students from Newcastle University at present. Brittanie Gutherson is placed on 3-6/5 and Emily Wilde is placed on 5-6/26. We welcome both Interns and hope they enjoy a rewarding, rich and challenging practicum.
Aboriginal Numeracy Day
Destiny and Clair from 3-6/5 attended the Aboriginal Numeracy day at Tuncurry. This is a great opportunity to learn new skills and interact with other students.

Support Unit Camp
Some of our students from Year 3 to Year 6 will be going to Happy Hallidays at Blackhead for our Support Unit camp at the beginning of Term 4. One of the aims for this camp is to develop independent living skills, so now is a good time to prepare your child in caring for themselves and their belongings. Gradually withdraw your help from activities like showering, dressing and food preparation to help your child get ready for camp. Organising a few sleep-overs at their grandparents' may also help in getting to sleep in a strange environment.

Karen Austin
Assistant Principal Support

Early Stage 1 & Stage 1
Reading and Writing in Kindergarten
Kindergarten students are enjoying a unit of work on “Fairy Tales”. Reading and writing skills are developing. Well done Kinders! At the end of this term we will be having a fairy tale character dress up day.

Education Week
Education Week saw all Kindergarten students perform on stage along with their mice which they made in class.

School Swimming Scheme for Year 2
The School Swimming Scheme for Year 2 students will be held early in Term 4. The cost for entrance to the pool will be $3 a day, unless you have a membership card.

The Scheme will run for 10 consecutive days of swimming lessons in Weeks 2 & 3 beginning on 13th October until the 24th October. The total cost for the 10 days is $30.
More information will be sent home towards the end of Term 3.

Billabong Koala and Wildlife Park-Year 2
The excursion to the 'Billabong and Wildlife Park' at Port Macquarie was a FANTASTIC day! The children were able to feed and touch the friendly animals. They were excited to see the new Crocodile Show where Shrek the Croc after a very lazy spell, decided to leap out of the water to eat a piece of chicken on a stick! They patted the lovely dingo and giggled whilst they watched the two funny monkeys. We all learnt a lot about our wonderful Australian animals and their habitats! The teachers would like to congratulate all the children on their beautiful behaviour.

Gymnastics lesson for K-2
Last Wednesday student in K-2 had the opportunity to participate in a structured gymnastics lesson lead by a qualified gymnastics coach, Kate Kinnear. This was a part of the ‘PD/Health and PE’ Curriculum and the students enjoyed participating. The focus was on specific gymnastics skills to develop the student’s core strength, flexibility, and enhanced spatial awareness. Importantly though, the students had FUN!
Kindergarten Orientation
The orientation for parents, carers and students starting Kindergarten in 2015 will be held in the MPC Wednesday 10th September commencing a little after 9:00am.

In keeping with the established tradition we request that parents and carers with children in Kindergarten this year provide a plate of food for morning tea. A note will come out closer to the time to remind everyone and to explain where and when food can be left.

Thank you.

Book Week Celebrations
Throughout the week the students have been celebrating ‘Book Week’ where classes focus on authors and illustrators and highlight the importance of reading. On Wednesday, the students dressed up as their favourite book character. Students enjoyed reading and listening to stories bought in by the students. It was a fun week and the students especially enjoyed dressing up on Wednesday!

Long Service Leave
Mrs Holm will be on Long Service Leave from 21st August until 4th of September. Mrs Phillip will enjoy teaching K24 in her absence. Miss Deverell will relieve as Early Stage 1 Stage Leader during this time.

Mrs Katrina Pettet will be on Long Service Leave for the last 3 weeks in Term 3 (1 September - 19 September). Miss Symons will enjoy teaching 2/30 in her absence and Miss Riley will be relieving Stage Leader for Stage 1.

Sports-a-thon
We are all looking forward to participating in Forster Public School’s sports-a-thon this year on September the 12th.

Penny Holm (Rel) / Katrina Pettet
Assistant Principals

Stage 2
Premier’s Spelling Bee-Stage 2 representatives
Many children across Stage 2 have been taking part in their class Spelling Bees in order to determine their class representative for our Stage Finals. Stage 2 representatives will be Ruby West 4/15 and Camden Ceccato 3/32. These students will represent our school at the Regional Finals. We have a lot of very clever spellers in Grades 3 and 4 and it is great that they have had the opportunity to show- case their spelling knowledge.

Stage 2 Spelling Bee representatives
Camden and Ruby

School Hats and Equipment
A reminder that it is a requirement that ALL children wear school hats at school each day. Also children are expected to come to school each day equipped with necessary stationery, for example; pens, pencils, rulers, rubbers, coloured pencil etc. A lot of valuable learning time is wasted and lessons can be disrupted when children have to spend time looking for equipment.

Anne Evans
Assistant Principal

Stage 3
Newcastle Permanent Maths Competition
Many of the children in Grades 5 and 6 will be sitting the Newcastle Permanent Mathematics Competition next Wednesday the 27 August. A note will be going home over the next few days. The cost of the competition is 50 cents per student.

Canberra Camp 2015
A couple of weeks ago we put out an expression of interest for a camp to Canberra in 2015 to coincide with our units of work on Democracy and State and Federal Government. To date 73 Year 4 families have returned their expressions of interest. 72 families have indicated that they will support the excursion. 33 Year 5 families have returned the expression of interest and 32 of these families have indicated they will support the excursion. We encourage all of our Year 4 and 5 families to get
their expressions of interests back in to classroom teachers as soon as possible.

**Year 6 Cake Stall**
The Year 6 cake stall will be next Tuesday the 26 of August. The cake stall is a fund raiser for our Year 6 gift to the school. We ask that all year 6 students bring in cakes, sweets and toffees. They can be made or bought.

**Premier’s Spelling Bee**
Stage 3 students have taken part in the Premier’s Spelling Bee. We had our stage ‘Spell Off’ and will now be sending two of our students to represent us at the district Premier’s Spelling Bee. I would like to congratulate the following children for being their class winners. 6/1 – Skye and Bailey, 6/4 – Nettie and Jack, 6/3 – Aalia and Liam, 5/7 – Rachel and Isla, 5/8 – Django and Brooke and 5/6 10 – Beau and Rudy. A BIG CONGRATULATIONS to Rudy and Nettie for being our stage winners. We have no doubt that they are going to be wonderful ambassadors for Forster Public School and do some terrific spelling for us.

![Stage 3 Spelling Bee representatives Rudy and Nettie](image)

**Year 5 excursion to Adventure Land**
Notes have gone out for the Year 5 excursion to Adventure Land. The children are very excited and we look forward to hearing all about it.

**High School Transition**
The high school transition process has begun. The Year 7 coordinators from Great Lakes College Tuncurry campus have come to visit to meet with the Year 6 students that will be attending their campus next year. There will be an orientation day later in November. Year 7 coordinators from the Great Lakes College, Forster Campus, will be visiting us to meet with the children attending their campus on the 3rd, 4th and 5th of November. Orientation day to Forster campus will also be later in November.

**Mathematics Enrichment Program**
We’d like to congratulate the following students from Mrs Drew’s Mathematics Enrichment Program for participating in the Australian Mathematics Trust Mathematics Challenge. The following students received a Credit - Isla from 5/8 and Django from 5/8 and Rudy from 5/6 10 received a Proficiency.

**Year 6 College Enrolment Papers**
A gentle reminder to parents of Year 6 students to submit their College Enrolment Papers to their designated high school as soon as possible.

**Reading Focus**
This term in reading we are focusing on the comprehension strategy of ‘Monitoring’. This is when learners stop and think about the text and know what to do when meaning is disrupted. Questions you can ask your children whilst reading to support them with their monitoring are "Is this making sense?" "Should you slow down/ speed up?" "Do you need to re-read this part?" "What does this word mean?". This supports your children to read for meaning.

Once again the term is passing by so quickly. We told our Grade 6 students today that they have 75 days of primary school to go. It is all very exciting.

**Fran Dupen**
Assistant Principal

**Aboriginal Numeracy Competition (ANC) in the Great Lakes Learning Community**
The ANC is a numeracy-based programme which has been designed to bridge the gap between Indigenous and Non-indigenous students. This is done by running an interschool mathematics competition where students can develop and display their mathematical skills.

This competition began in 2010 through the efforts of Mr Ross Dummett (then Head Teacher Mathematics, Sarah Redfern High School) who saw a need to bridge the numeracy gap between Indigenous and Non-indigenous students at Sarah Redfern at Minto. It has grown steadily since 2010.
and now involves 10 high schools around Campbelltown in the south-west of Sydney.

The competition occurs 2 times each year, with the schools involved taking turns to host the event.

During the course of the event, teams of students rotate around a number of different stations where they are expected to perform a number of different mathematical skills. These range from simple timetable activities to logic puzzles and even complex number skills. Points are awarded to the teams for each activity depending on their relative performances. The scores at each activity are combined to give each team a total and prizes are awarded to teams and individuals based on these results.

Local Schools involved in our area are:
Forster Public School
Tuncurry Public School
Pacific Palms Public School
Bungwahl Public School
Nabiac Public School
Hallidays Point Public School
Great Lakes College Forster Campus
Great Lakes College Tuncurry Campus

Khan and Jasmine received Best and Fairest awards for participation

Sport
Forster Public School were narrowly defeated by Taree West in Round 3 PSSA Boys Touch Knockout Competition.

Buderus 7's
The boys travelled to Taree to play for the coveted Danny Buderus Trophy. The boys played 4 games against Buladelah, Gloucester, Taree West and St Joseph's in the Finals. They came away with a hard fought win! The boys now travel to Sydney to play in the Finals of the Legends Shield. Forster is in a pool with Gunnedah, Campsie, Orange and North Narrabeen.

Zone Athletics Carnival
Last Friday Mrs Lees and I took 46 students to South Street Oval, Tuncurry for the Zone Athletics Carnival. The children participated in heats and finals in both field and track events. 19 students have been successful in selection to represent the Manning in the Hunter Athletics Carnival on Friday 29th August.

The relay teams; Jnr Girls, Snr boys and Snr girls all blitzed the field with perfect baton changes and will represent Forster Public at Hunter next week. The day was made more successful both on and off the track due to the wonderful behaviour of the students and the support of the parents.
Senior Boys Relay Team

Cricket
Cricket season is starting up again. The boys will play Wingham next week at Nabiac. The winning team will go on as the Manning Champion to play in Newcastle. We wish the boys every success.

Soccer
Both the boys and girls teams will play against their Newcastle opponents next week. The boys will play Anna Bay at Anna Bay on Monday. The girls will play Seaham at Seaham on Tuesday. Both teams have played extremely well this season and head down to Newcastle as the Champions of our section of the PSSA draw.

Congratulations to Kyra and Rosie who have been selected in the NSW Soccer squad. They are currently training in both Port Macquarie and Taree twice a week for an upcoming game. We wish them every success.

Paula Drew
Sport Organiser

JUNIOR TOUCH COMPETITION
Online registration is now open on the touch website.

All players must register and pay online. If you have any problems you can go to Leading Edge Forster and Rob Cooper will assist you.
Online rego will close Friday 22 August. Any registrations after this date will go to filling vacancies in teams.
The online rego consists of two parts. One for people with a team.
They will register their team and then be given a team code for the rest of their team to register. And an individual online rego for players not in teams.
Cost is $45 plus a $1.76 processing fee.
Comp will start Tuesday 9 September.
The Comp will cease for the 2 weeks of school holidays & Melbourne cup
Comp will finish 25 November with BBQ and presentation.
Cost will be $45 which includes a t shirt.

TAKE HOME A BIG BROTHER OR BIG SISTER!
Let’s get organised early!
Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2015 for their 5 or 10 month programs. Our international students from France, Germany, Italy, Austria Japan, the U.S.A and Canada will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Call your local coordinator today on: 0429406126 to request some student profiles, and capture the spirit of family and friendship!

BLUELIGHT DISCO
Fri 5.9.14 @ 6.30PM
TUNCURRY BEACH BOWLING CLUB
TIME: 6.30 PM - 8 PM
COST: $5

AGES: PRIMARY STUDENTS YEARS 3 -6
PRIZES AVAILABLE, FUN GAMES
CANTEEN AVAILABLE

All Blue Light events are drug and alcohol free and supervised by Police Officers
Forster PS has commenced the planning process for our next three year plan. This process will allow us to determine the priorities for the school for this period of time. The data and opinions we gather through consultation with teachers, students and the community is important and will form the basis of our new three year plan. We value the input of parents and appreciate the time you take to complete this survey. Please return the survey to school by Friday 29 August. While the survey is anonymous, we would like to know the grade(s) of your child(ren). Thank you for your contributions.

1. Tell us the things you think we do well in the school.

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2. Tell us some areas you think we could improve in

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3. Is there any other information you would like to share with us.

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Grades for my child(ren);

Please return completed surveys to your child’s teacher or the front office by Friday 25 August.

Thank you for completing this survey.