

Forest Focus

Term 1 Week 4, 20 February 2020

Principal's Message

What's happening at school?

- ✓ Check the school calendar on the app or website
- ✓ Read the notes via the app or email on a Thursday
- ✓ Read the Forest Focus (every second week)

Remember...

Friday 21 February PSSA begins for selected 3-6 students
Tuesday 25 February P&C fundraiser – “Pancake Day”
Monday 2 March ‘Halogen’ leadership conference – year 6 elected leaders
Wednesday 4 March Year 5 and 6 students go to camp at Milson island
Friday 6 March Year 5 and 6 students return from camp by 3.10pm
Chess lessons begin for enrolled students in 1M classroom

Coming up...

Wednesday 11 March K-2 athletics carnival at school 2.00pm
Tuesday 31 March Open classrooms 8.40am
Special awards assembly 9.15am
Thursday 2 April 3-6 athletics carnival at Narrabeen Sports Centre

Smiling Minds

The NSW Department of Education is funding mindfulness training for NSW primary schools, designed to help students achieve calmness and improved wellbeing, develop skills to regulate their emotions and behaviour, improve attention and concentration and support good learning environments.

Our school has been successful in applying to be part of this initiative. We will work with Smiling Mind to deliver its whole-school mindfulness program in our school, K-6.

Staff ‘champions’ from each participating school receive three days of intensive training with Smiling Mind before the trainers meet with all school staff for a supported two-hour overview and induction before starting the program with the students. The champions act as a contact point between Smiling Mind and their school and a program support for other teachers.

Smiling Mind is a member of the national reference group in the Australian Government funded National Education Initiative. Smiling Mind programs are a recommended resource in the Kids Matter and MindMatters programs which are widely accessed by NSW public schools, and organisations such as Headspace promote Smiling Mind as an effective resource for use with children and young people.

Skoolbag

We are changing the way parents subscribe to groups on Skoolbag. At school we will be enrolling parents into their child's class and extra-curricular groups and forming closed groups. This is for privacy purposes. If there are any issues receiving communication please contact the office.

Interrelate

Save the date: Monday 17 August 2020. Session 1 (years 3 and 4) will run from 6.00pm - 7.00pm. Session 2 (years 5 and 6) will run from 7.15pm-8.15pm. The cost per family will be \$32 for 1 session or \$37 for two sessions. Registration and payment will come home closer to the time.

Gail Smith

Principal

School News

Maths Enrichment

The maths enrichment group at Frenchs Forest aims to challenge high performing students with problem solving and mathematical thinking beyond the regular curriculum. Students in years 4-6 may be selected for the group on the basis of their performance in class, with assessment results and teacher input carefully considered. Students who have been selected will receive a letter home inviting them to participate.

Lessons take place during class time, so selected students are expected to be able to keep up with the regular curriculum. The number of students in the group is capped to ensure the aims of the group can be met, with a smaller teacher-student ratio allowing for more in depth discussions and a higher level of teacher support. The group participates in competitions to challenge and engage them throughout the year, including the Australian Mathematics Competition (AMC), the Computational and Algorithmic Thinking assessment (CAT), and the Australian Problem Solving Mathematical Olympiads (APSMO). Selected students are notified early in Term 1 each year, though where necessary, students may be added or removed from the group to better support their learning in mathematics.

Matthew Philips

Maths Co-ordinator

LRC News

Welcome back to another busy year in the library. During library sessions I will be introducing the students to books that we have recently purchased as well as sharing with them a few of my old favourites. Your child's class teacher will let you know when their class will visit the Library each week. Please remind your child to pack their library bag and any books to return so they can bring home new books each week.

The library will also be open before school on Wednesday mornings from 8.40-9.10am and after school on Thursday afternoons from 3.10-3.30pm to allow parents the opportunity to join their children to browse, borrow and read together. I look forward to seeing many of you enjoying the space together.

We are currently planning an author visit for Term 2 and have lots of other things already booked for the year ahead. Below are a few dates for your diary and more information about each event will be sent closer to the time.

2 March – Premier's Reading Challenge starts
29 July – Book Parade (Theme is Curious Creatures, Wild Minds)
3-7 August – Book Fair
28 August – Premier's Reading Challenge ends
24 September – Grandparents Morning Tea and Donate a Book

Good luck planning those book parade costumes and I look forward to seeing you in the library soon.

NSW Premier's Reading Challenge

Great news! The 2020 NSW Premier's Reading Challenge opens on Monday 2 March. For those families new to the PRC, it is a great way to encourage your children to read widely this year. In order to complete the challenge students are required to read a set number of books and record this on the PRC website. Students who successfully complete the challenge receive a certificate at the end of the year.

Challenge	Number of books you must read	Minimum number of PRC books	Maximum number of Personal Choice books	PRC booklists you can read from
K-2	30	25	5	K-2, 3-4, 5-6
3-4	20	15	5	3-4, 5-6, 7-9
5-6	20	15	5	5-6, 7-9

Students can log on to the challenge through their student portal or via the PRC website. Below are some tips from the PRC but please also have a look through the rules on the website so you can help your child to accurately record the books that they are reading. The challenge closes on 28 August.

Tips for families from the PRC:

- Familiarise yourself with the PRC student website.
- Set a reminder for the Challenge closing date in your calendar.
- Your child's logon details are the same one they use to access computers and the internet at school.
- Assist your child to borrow books from the school or local library. Listen to your child read and talk about the story/ characters/ information.
- Read to or with your child if she/he is participating in the K-2 Challenge.
- Help your child to add books to her/his Student Reading Record **regularly**.
- Contact your child's teacher or the Library Teacher if you have any problems.
- Your child's online Student Reading Record must have the required number of books recorded by the closing date in order to complete the Challenge.

Privacy Information:

When a student enters the Challenge, they become eligible for a certificate. Certificates have the student's name and school printed on them.

In order to participate in the Premier's Reading Challenge, students must have approval to access the internet and have an online account. Students who do not have permission for online access should take part in the Challenge unofficially. Happy Reading!

Nicola Brandt
Teacher/Librarian

Administration News

Term Accounts

The Term 1 Statement of Account will be emailed home today. If you do not receive the account, please contact the office. Thank you.

Linda Lyell

Administrative Manager

P & C News



Fundraising

ffpspandcfundraising@gmail.com

Pancake Day

Thankyou everyone for your enthusiastic response to our upcoming Pancake Day! The feedback has been amazing and we are looking forward to a great little event! Last day for orders is TODAY so get those notes in ASAP if you haven't already.

Obstacool

The next event on the horizon is OBSTACOOOL which will be held on Sunday 22 March from 9am-1pm on our school oval. There will be 3 sessions to choose from for the Obstacle Course, you can have unlimited runs within a 45-minute period. The start times are either 9:30am, 10:30am or 11:30am. Please note the obstacle course is for children aged 5 and up. The course is not suitable for younger children; however we will also have a Bouncy Castle, Kindi Farm and Face Painting for the little ones.

There will also be a variety of stalls to browse through at the Fair – 2nd hand books, cake stall, BBQ, Arbonne, Tupperware, Clothing and Toys to name a few. Community groups such as the Scouts, Warringah Aquatic Centre and MAD Childcare will have stands for you to ask questions. If you are a small business owner or have a side-hustle and would like a stall please let me know and I can definitely fit you in.

Early Bird Tickets are now available – you can return your note with \$20 cash per ticket to the silver letterbox or else you can purchase online via School 24 (for those with log-in). Alternatively, tickets will be sold on the day for \$25. Tell your friends and family, sporting groups, community groups – spread the word and let's make this event a big success for our little school!

These large events can only be run with the help of volunteers – this year we will be allocating each year group to manage one stall on the day (e.g Kindy parents will need to volunteer to supervise the Kindi Farm, Year 1 parents for the Bouncy Castle supervision, etc). Information will be communicated through the Class Parents/year group facebook pages and we really appreciate your assistance in filling up the shifts. It should be easy to do a 30-minute shift while your child is running the course and still have time to wander around and enjoy the fair. We also will need your help to stock the shelves of the Cake Stall – cupcakes, biscuits, slices, pastries!! Get the children involved in the baking and watch their faces light up when someone buys their goodies!

A HUGE thankyou to our major partners: **Ferrovia** for sponsoring the Obstacle Course, **First National** for sponsoring the Kindi Farm, **LJ Hooker** for sponsoring the Bouncy Castle, and **Energize** for sponsoring the Face Painter. We couldn't do this event without your help!



The poster features a vibrant purple and yellow background with white stars and colorful triangles. At the top, five circular photos show children participating in various obstacle course activities: crawling through a tunnel, jumping over a hurdle, climbing a wall, and running through a hoop. The central text 'OBSTACOOOL' is in a large, playful, multi-colored font. Below it, the event details are listed in a clear, bold font. A green starburst graphic highlights the 'Early Bird' ticket price. The bottom section lists the event waves and activities, and the footer contains logos for the sponsors and the school's fundraising committee.

OBSTACOOOL
OBSTACLE COURSES FOR KIDS

22nd March 2020
9.00am ~ 1.00pm

Frenchs Forest Public School
Ann St, Frenchs Forest NSW 2086 (enter Sorlie Rd)

Early Bird \$20
(1.5% CC surcharge plus 30c) via school 24

Prior to the event, tickets will be sold via School24 or you can pay cash into silver letter box. Pre-event tickets are \$20 each. On the day you can pay cash or card and tickets will sell for \$25.

1st wave 9.30am: Open school age
2nd wave 10.30am: Open school age
3rd wave 11.30am: Open school age

Please arrive 15-30min before your wave to warm up and collect your wrist band

Waves last for 45min with unlimited runs during that time

- Kindi-Farm • Bouncy Castle • Games
- BBQ • Cake Stall • Variety of stalls

firstnational REAL ESTATE **ferrovial** **LJ Hooker** **energize** health club 

If you have any questions as always you can email me on ffpspandcfundraising@gmail.com

Pip Bucknell
Fundraising Convenor

Live Life Well @ School

PARK & WALK or RIDE

Try parking a short distance from your school and let the kids either walk or ride a bike under your supervision the rest of the way.



Benefits include:

- Less traffic congestion around your school
- Extra exercise for you and your children
- Socialising with community members and other families
- Learning important road safety skills
- Children who live too far to walk or ride all of the way can still participate in active travel.

Hold the hands of children aged up to 10 when crossing roads!



Health
Northern Sydney
Local Health District

OPEN NIGHT



TUESDAY 3 MARCH 2020 4.00PM – 6.00PM

At Narrabeen Sports High School we care about your child's education as much as you do. We create a well balanced learning environment for all our students. We invite you to experience the vibrancy of our school community at our Open Night.

Open Night highlights:

Guided tours of our schools facilities	Music and Dance performances	Sports Academy Program	Light refreshments provided by our senior Hospitality students
Meet our Teachers and Student Leaders	Faculty teaching and learning displays	Enrolment information available	

Please RSVP to: <http://bit.ly/OpenNight2020> by Friday 28 February 2020

For more information about our Open Night or enrolments, please contact the Narrabeen Sports High School office or visit the website.



NARRABEEN SPORTS HIGH SCHOOL

PRINCIPAL
Ms Rosemary McDowall
BA, Dip Ed, B.Ed



DEPUTY PRINCIPAL
Ms Cathryn Thompson B.Ed
Mr Mathew Finley B.Ed
Mr Peter Santamaria BA, DipEd

THE FOREST HIGH SCHOOL – GATS TEST, OPEN NIGHT & MEET THE PRINCIPAL DATES

The Forest High School will be holding a GATS (General Achievement) Test for local enrolments (in area) on the following date:

Tuesday 17th March from 9.30am to 12.00pm

Testing will take place in the school hall. The make-up test for students will be held on Tuesday 24th March from 4.00pm to 6.30pm in an allocated classroom.

Students wishing to be placed in our Gifted and Talented class for Year 7 2021 must first sit for this test. The Year 7 G&T class for Year 7 2021 will be determined after close examination of the test results and the students' NAPLAN results from Year 5. The cost of the test is \$40.00, payable on the day in cash only. Students are to bring a 2B or B pencil, an eraser and a ruler. No calculators or dictionaries can be used.

The test consists of three parts:

Part 1 – Mathematics – 40 multiple-choice questions

Part 2 – Reading and Language – 40 multiple-choice questions

Part 3 – One writing task – 30 minutes

Students are requested to arrive at The Forest High School by 9.00am for a 9.30am start or by 3.45pm for a 4.00pm start. They are also requested to bring a copy of their NAPLAN results on the day of the test. If you would like your child to sit for this test please ring The Forest High School on 9451 5111 to register. Please register by Friday 6th March.

OPEN NIGHT – Wednesday 4th March 2020 from 5.30pm to 8.00pm

Parents and students are invited to attend The Forest High School Open Night. The evening includes an address from the Principal & School Captains; displays & activities from each faculty; school tours; music, dance & drama performances; teachers & parents will be available to answer questions.

MEET THE PRINCIPAL – dates for 2020

Our informal Meet The Principal sessions give parents and students who are interested in coming to The Forest High School the opportunity to meet with our Principal Ms Rosemary McDowall, have a school tour and ask any questions you may have about The Forest High School and starting high school.

Call the School Office on 9451 5111 to book a place or just come to the School Office at 9am on the day

Monday 24th February – 9am

Monday 30th March – 9am

Monday 11th May – 9am

Monday 17th August – 9am

Monday 16th November – 9am

135 Frenchs Forest Road, Frenchs Forest NSW 2086 Phone: 02 9451 5111 Fax: 02 9975 3293
www.theforest-h.schools.nsw.edu.au



Frenchs Forest Public School

Young Minds Bright Futures

Ann Street Frenchs Forest 2086 **Phone:** 02 9451 6353 **Fax:** 02 9975 3082
Email: frenchsfor-p.school@det.nsw.edu.au **Web:** <http://www.frenchsfor-p.schools.nsw.edu.au>