

Forest Focus

Term 1 Week 6, 5 March 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 6 March	Year 5 and 6 students return from camp by 3.10pm Chess lessons begin for enrolled students in 1M classroom
Monday 9 March	Zone swimming (for qualifying students)
Wednesday 11 March	K-2 Athletics carnival 2pm
Monday 16 March	Parent/teacher interview week for years 3-5 P&C meeting 7.30pm
Friday 20 March	Bulling No Way Day
Sunday 22 March	OBSTACOOOL (P&C fundraiser)

Coming up...

Tuesday 31 March	Open classrooms 8.40am Special awards assembly/Performance Band 9.15am
Thursday 2 April	3-6 athletics carnival at Narrabeen Sports Centre

Skoolbag

Please find two new eforms on Skoolbag to assist you with easy notification to school

- Application for extended leave for travel
- Short term medication administration

School Awards

Awards form a part of our PBL (positive behaviour for learning) strategy which sits within our broader wellbeing policy. Children receive awards in recognition of their work ethic and positive behaviour as they strive to be *respectful responsible learners*.

10 PBs (green awards collected in class) may be redeemed for a blue award

4 blue awards may be redeemed for a silver award

3 silver awards may be redeemed for a gold award

2 gold awards may be redeemed for a medal

Green PBs should be handed to the class teacher.

Blue and silver awards should be placed in the basket outside the staffroom by **Friday morning**, to be handed out the following Tuesday at assembly.

Gold awards leading to a medal require a chat with the principal. Children should write a short reflection of themselves as a respectful, responsible learner before their visit to the principal.

Extra-curricular activities

Choir	Years 3-6	Monday recess	Mrs Raad
Japanese Drums	Years 5-6	Monday lunch	Mrs Raad
Guitar group	Years 3-6	Tuesday recess	Mrs Raad
Senior Dance	Years 4-6	Tuesday lunch	Mrs Steiner
Ambassadors	Years 5-6	Wednesday recess	Mrs Davies
Eagle Tag training	Years 3-6	Thursday recess	Mrs Morton and Mrs Broomfield
Junior Dance	Year 3	Thursday lunch	Miss Huwaidi
Chess	Years 1-6	Tuesday, Wednesday lunch	Mr McCarron
Chess lessons (paid)	Years 2-6	Friday lunch	Sydney Chess Academy
Garden club	Years K-6	TBA	

Thank you to the staff who give up their recess or lunchtimes to run these activities for the children to enjoy at school.

Selective High School Placement test

The Selective High School Placement Test will be held on Thursday 12 March 2020 from 9.00am to 1.30pm.

Unless parents have made special arrangements with the High Performing Students Team to attend an individually allocated test centre, candidates from this school have been sent to: The Forest High School, Frenchs Forest Road, Frenchs Forest.

You may wish to go to <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> to find:

- Test centre allocations by public school.
- A map of test centre addresses under the heading 'The test'.
- The bulletin, test information for parents and students. The bulletin contains very important information about the test and should be read carefully.

Gail Smith
Principal

Assembly Award Winners

Term 1 Weeks 4 and 5

SILVER AWARD RECIPIENTS

Chanelle K, Roman H, Mason H, Lola W, Caitlin A, Hugh N, Taryn G

GOLD AWARD RECIPIENTS

Maddison J, Corey F

Administration News

Health Conditions

Could parents please notify the office if their child's health plan has changed and we will develop a new one for you.

Annie Peake
Administrative Officer



Fundraising

ffpspandcfundraising@gmail.com

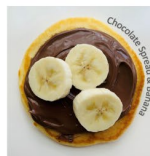
Pancake Day

Well, we certainly kicked off the fundraising calendar with a bang! Pancake Day last Tuesday was a big hit with the kids with 85% of the school population participating in the event, and we raised an amazing **\$550 to put towards our literacy fund**. We had over 600 pancakes to mix, cook, top, pack and deliver before the recess bell and we made it just in time! The brilliant pancake team volunteers were amazingly efficient and we had a lot of fun as well. Thank you to everyone who volunteered and also a big thank you to the school community for getting behind the idea.



Many children came over to say that they were the yummiest pancakes EVER so for those who would like to recreate our pancakes at home this is the recipe (Makes 12):

1 ¼ cups (185g) self-raising flour
1 tbs caster sugar
1 cup (250ml) milk
1 egg
40g butter, melted



Whisk together all ingredients in a bowl until combined. Set aside for 15 minutes to rest. Heat a non-stick frying pan over medium heat. Dollop 2tbs of mix onto the pan for each pancake. Cook until bubbles appear on the surface and the underside is golden brown. Flip over and cook for a further 2 minutes. Repeat with remaining mixture.

Top with your choice of: Maple syrup, chopped strawberries and whipped cream OR Choc spread (we used Sweet William spread but you could substitute Nutella if you are fine with nuts) and slices of banana OR Ricotta, honey and a sprinkle of cinnamon

OBSTACOOOL is our next event, and it is coming up quickly on **Sunday 22 March**. Earlybird tickets for the obstacle course are \$20 each. You can either buy your tickets online through School24, place your cash and note in the silver letterbox or you can purchase tickets on the day for \$25 each. You will need to sign a waiver and collect your wristband on the day, so please arrive 15-30 mins before your start time to get ready and have a look around the fair. Start times are either 9.30am, 10.30am or 11.30am.

This event is open to the public and we encourage you to SHARE our Facebook posts with as many community groups as you can – soccer teams, rugby clubs, dancing groups, mums groups, gym groups, karate classes. Invite all of your friends to come along and support our school!

We are asking for volunteers for the various stalls via the year group Facebook pages, please keep your eye out and put your name down for a shift so we can share the load of this major event. If you can only volunteer once a year make it this event!!! A 30-minute shift should be manageable for most people and will make a huge difference to the organisers. Thankyou!

Pip Bucknell

Fundraising Convenor



The poster is for the OBSTACOOOL event, featuring a colorful design with stars and 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, running on a mat, and jumping over a hurdle. The main title 'OBSTACOOOL' is in large, stylized letters, with 'OBSTACLE COURSES FOR KIDS' underneath. The event date and time are '22nd March 2020' and '9.00am ~ 1.00pm'. The location is 'Frenchs Forest Public School' at 'Ann St, Frenchs Forest NSW 2086 (enter Sorlie Rd)'. A note states 'On the day you can pay cash or card and tickets will sell for \$25.' The event is divided into three waves: '1st wave 9.30am: Open school age', '2nd wave 10.30am: Open school age', and '3rd wave 11.30am: Open school age'. A reminder says 'Please arrive 15-30min before your wave to warm up and collect your wrist band'. The waves last for 45 minutes with unlimited runs during that time. Activities listed include 'Kindi Farm', 'Bouncy Castle', 'Games', 'BBQ', 'Cake Stall', and 'Variety of stalls'. The bottom of the poster features logos for sponsors: firstnational, ferrovial, LJ Hooker, energize, and the Frenchs Forest Public School Fundraising logo.

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)

**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 **ferrovial** **LJ Hooker** **energize** 



Canteen

ffpsandccanteen@gmail.com

Ordering birthday frozos – this can be done online through School24, but please send an email a few days before to ffpsandccanteen@gmail.com notifying us of your order so that Carrie can make sure she has enough.

If you have any technical issues with School24, please contact them directly on (02)8041-1132 – we cannot resolve technical issues. School24 are very helpful. If you cannot order in time as a result of a technical issue, then we can accept a paper bag/envelope at the canteen.

Charlotte Nash

Canteen Convenor



Band

ffpsandcband@gmail.com

Upcoming dates for Band:

Band Committee meeting: Wednesday 11 March at 7.15pm in the Band room. All welcome.

Performances:

Training Band	Intermediate Band	Performance Band	Stage Band
Thursday 9 April (2.30pm) Easter Hat Parade (further details will be sent to band members)	Sunday 29 March (afternoon) Pittwater High School (concert details will be sent to band members)	Tuesday 31 March (9.15am) Special Awards Assembly	Monday 6 April (evening) Forestville PS (concert details will be sent to band members)

Diana Turner

Band Convenor

Live Life Well @ School

HEALTHY LUNCH BOXES

Pack your child a
**HEALTHY
LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat
& alternatives



A Healthy Lunch Box

More ideas:
healthylunchbox.com.au



Health
Northern Sydney
Local Health District



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>