

# Forest Focus

Term 1 Week 10, 4 April 2024

## Principal's Message

What's happening at school?

- ✓ Check the school calendar on the [school website](#) or the [School Bytes Parent Portal](#)
- ✓ Read the notes via email
- ✓ Read the Forest Focus (every fortnight, even weeks)

Calendar highlights...

Friday 5 April	No PSSA - grounds closed for maintenance Special Awards assembly 2:15pm - parents invited
Monday 8 April	School photos
Tuesday 9 April	Years 3 to 6 Cross Country Carnival 9:15am
Thursday 11 April	Combined Schools Band Evening
Friday 12 April	PSSA Eagletag ANZAC Assembly Term 1 ends 3:10pm

Use the links below to access our school calendar (also accessed through the parent portal)

[Full Screen School Calendar](#)

[iCal file](#)

Whole school communication sent in the last fortnight (not all emails may pertain to your child)

Date sent	Email Subject	Sent to
22/03/2024	Year 6 2024 Students Moving to High School in 2025	Year 6
25/03/2024	Uniform Shop Open Thursday 28 March, closed Friday and for remainder of Term 1	Whole school
28/03/2024	Opportunity Class Applications for Year 5 2025, open Thurs 4 April 2024	Year 4
28/03/2024	PSSA Soccer and Netball Trials, Friday 5 April and Thursday 11 April 2024	Years 3 to 6
28/03/2024	REMINDER: School Photographs, Monday 8 April 2024	Whole school
28/03/2024	REMINDER: World of Maths Incursion, Thursday 4 April 2024	Whole school
28/03/2024	Special Awards Assembly, Friday 5 April 2024	Whole school
04/04/2024	FINAL REMINDER: School Photographs, Monday 8 April 2024	Whole school
04/04/2024	P&C Extraordinary Meeting 7:00pm Monday 8 April 2024	Whole school
04/04/2024	Forest Focus Term 1 Week 10, 4 April 2024	Whole school

## Celebrating Harmony Day - Everyone Belongs



### Cross Country Carnival

Parents are invited to join us on Tuesday 9 April from 9.30am for our Cross Country Carnival. All students in Years 3 to 6 will participate and students in Year 2 who turn 8 this year are eligible to participate. The start and finish area will be on the school oval. Children should wear their house-coloured shirts and school sports shorts or black running shorts.

### Gardening Club

Don't forget to join Mrs Hamilton on a Thursday for gardening club.







### URSTRONG

URSTRONG is a whole school strategy that empowers children with friendship skills to create communities of kindness in schools. Our school will be participating in this exciting program beginning in Term 2. Further information about this program is attached to this newsletter. Parents are encouraged to become familiar with the program and the language we will be using.

**Gail Smith**  
Principal

Friendship strategies for kids

# URSTRONG



**URSTRONG** is a whole-school strategy that empowers kids with friendship skills to create communities of kindness in schools.

Relationships are the heart of social-emotional wellbeing! URSTRONG gives kids skills, language & self-confidence to be better friends and develop healthier relationships. Using a kid-friendly approach, educators & parents learn a simple framework to support and coach kids towards positive relationships.

Explicitly teaching children how to develop healthy friendships and manage conflict in a respectful way is the key to bullying prevention + creating safe, caring learning environments + inspiring kinder, happier children.

The mini URSTRONG Posters cover our core principles. Refer back to them often!



Know what to expect in your friendships!

Can you give an example of all 4 Friendship Facts from your life?



Surround yourself with healthy friendships!

Where are your friendships on the Friend-o-Meter?





Friendship Fires actually make your friendships stronger when you Talk-it-Out!

What happens when you don't put out the Fire?

You teach people how to treat you! You've got this! #urstrong

What's the difference between a Friendship Fire and Mean-on-Purpose?

**STANDING UP FOR YOURSELF**  
You teach people how to treat you!

**HOW TO PUT OUT A FRIENDSHIP FIRE:**  
Find a good time to talk, just the two of you in a calm, serious voice.

1. Define the situation.
2. Explain how it makes you feel.
3. Talk it out, being respectful & honest.

This is a conversation. Aim for Forgive-and-Forget!

**HOW TO DEAL WITH MEAN-ON-PURPOSE:**  
In that moment, it's a strong voice.

1. Say your "Quick Comeback".
2. Walk away.
3. Report it to an adult.

This is NOT a conversation. Channel your inner Friendship Ninja!

URSTRONG \*\*\*  
www.urstrong.com

## KEEP THE CONVERSATION GOING

URSTRONG gives kids + parents + teachers a unique 'language of friendship' to strengthen their connection and open up those lines of communication.

Try these questions to spark a convo at home or school:

- What does trust and respect look like in a friendship?
- Where are your friendships on the Friend-o-meter?
- How can you increase your daily dose of healthy friendships?

Here are some tips to remember in supporting kids:

- Ask direct, specific questions
- Share your experiences
- Role-play
- Encourage them to put out their Friendship Fires & use their Quick Comeback

Be sure to visit [www.urstrong.com](http://www.urstrong.com) to discover a wide variety of videos, activities and articles to support your child's friendship journey.

Want more info about URSTRONG? Please don't hesitate to get in touch by contacting us at [info@urstrong.com](mailto:info@urstrong.com).

Live Life Well @ School



## 5 tips to packing a lunch box

1. Include the 5 food groups — breads, veggies, meat & alternatives, fruit and dairy & alternatives.
2. Add colour with fruit and veggies.
3. Let your child help choose the lunchbox foods
4. Save time by packing leftovers
5. Save money by stocking up on specials



See more at:  
[healthylunchbox.com.au/blog/5-tips-to-take-the-pressure-off-packing-a-lunch-box](http://healthylunchbox.com.au/blog/5-tips-to-take-the-pressure-off-packing-a-lunch-box)



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Young Minds Bright Futures

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