FOREST FOCUS  Issue No. 1 Week 2 Term 1 2013

Principal’s Message

A very warm welcome to all families, both old and new, to the 2013 school year at Frenchs Forest Public School. We are delighted to have a number of new families joining us across the grades and I know our school community will make them welcome. A warm welcome also to our new teaching staff and Mrs Susan Young (school counsellor).

New parents’ morning tea
Parents new to Frenchs Forest are invited to join us for morning tea on Friday 8 February at 9.15am under the shade cloth outside the office building. Mrs Nardo, our canteen manager will also provide a display of the healthy canteen food we offer the children.

Parent information sessions – Wednesday 20 February
- Kindergarten, 1M, 1R, 2R, 2/3P  5.30-6.30pm
- 3S, 4S, 4/5D, 4/5Y, 5/6M, 5/6W  6.30-7.30pm
The sessions will begin in the school assembly hall and conclude in classrooms. This is a valuable evening when teachers give an overview of the teaching and learning programs for the year.

2013 class organisation
KD  Mrs Elizabeth Davies
KM  Miss Danella Mitchell
KS  Miss Aleen Stepanian
1M  Mrs Jermina McArthur
1R  Miss Victoria Robertson
2R  Mrs Beck Reisenberger
2/3P Mr Matt Philips
3S  Mrs Sara Steiner
4S  Mrs Frances Separovich
4/5Y Miss Philippa Yeats & Miss Jasmine Cliff
4/5D Mrs Sushma Dua
5/6M Mrs Lauren Morton
5/6W Mrs Kathy Wickham

Assistant principals: Mrs Kylie Davidson & Mrs Frances Separovich

Visual Art  Miss Philippa Yeats
Music  Mrs Caroline Cady
Library  Mrs Claire Peters
Learning & Support  Mrs Robyn Cliff
School Counsellor  Mrs Susan Young
ESL Teacher  Mrs Kath Wootten
Class parents

One of the many ways our parents help at school is by taking up a class parent role. This is primarily a social role and one very much valued by our teachers. Mrs Tania Godfrey has again agreed to coordinate our class parents for 2013. If you are interested in this role, please email Tania at tanzandpete@optusnet.com.au.

Assembly

Our first school assembly for 2013 will be on Friday 8 February at 2pm in the hall. Parents and friends are always welcome to join us for assembly. Badges will be handed out for Year 6 Leaders, School Representative Council (SRC) and Class Captains.

Assembly is a time when we acknowledge student achievement through our blue, silver and gold awards, school medals and school pennants. Awards handed in to school by Wednesday morning will be given out on Friday.

Communication at FFPS

Ongoing and timely communication across the school is important. Please do not hesitate to contact your child’s teacher or myself if you have any concerns at all. Thursday is ‘note’ day, so please check your emails for weekly notes and the fortnightly *Forest Focus*. Any notes that require a return slip will go home in hard copy as well as email. The school calendar on the website is updated weekly and has important school dates.

We are looking forward to a busy and happy year!

**Gail Smith**
Principal

**Coming events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 8 February</td>
<td>School canteen open for full service</td>
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<tr>
<td>Friday 8 February</td>
<td>New families morning tea under sail</td>
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<tr>
<td>Monday 11 February</td>
<td>Forest Kids meeting 6.15pm</td>
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<tr>
<td>Wednesday 20 February</td>
<td>Parent information sessions</td>
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<tr>
<td>Monday 25 February</td>
<td>Extra ordinary P&amp;C meeting 7.30pm</td>
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<td>Wednesday 27 February</td>
<td>Class parent meeting 2.30pm in the staffroom</td>
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<tr>
<td>Friday 1 March</td>
<td>P&amp;C picnic at 3.15pm on the oval</td>
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**Dates for your Diary**

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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Easter Hat Parade</td>
<td>28 March 11.45am</td>
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<tr>
<td>Grandparents morning</td>
<td>3 April 10am</td>
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<tr>
<td>Teacher/parent interviews Years 1-2</td>
<td>Monday 9 April 1.30pm-6pm</td>
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<td>Years 3-6</td>
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<td>Years 3-6</td>
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<tr>
<td>ANZAC service</td>
<td>Friday 12 April 2pm</td>
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<tr>
<td>Presentation morning</td>
<td>Thursday 5 December 9.30am</td>
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**Sports News**

Summer sports trials commenced on Friday of week 1 and will continue during weeks 2-3, weather permitting. The teams children may try out for are:

- Eagle Tag – Years 3 & 4 boys and girls (Mrs Wickham and Mrs Steiner)
- Cricket – Years 3, 4, 5 & 6 boys (Mr Philips)
- T Ball – Years 3, 4 & 5 girls (Miss Yeats)
- Softball – Year 6 girls (Miss Yeats)

PSSA teams will be placed on the sports notice board on Monday of week 4 and notes will go home to children on the same day with permission slips and payment required back by the end of the week for all students who make a PSSA team.

The first round of PSSA sport is against Wakehurst at Lionel Watts Oval on Friday 22 February. Our Eagle Tag teams play each week at Beacon Hill Oval.

**Matthew Philips**
Sports Co-ordinator

**Congratulations**

The following FFPS students completed the Weetbix Kids TrYathlon on the weekend - Sunday 3rd February:


They all put in an amazing effort in the 3 legs of the TrYathlon – Swim, Cycle & Run. Their families were so proud of them. Each child was awarded a medal for participating. The ambassador of the day was Brett Lee and Tony Abbott made an appearance.

Here’s the website for info [http://tryathlon.weetbix.com.au/my-location/sydney](http://tryathlon.weetbix.com.au/my-location/sydney) and the distances they completed were:

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<thead>
<tr>
<th>Age</th>
<th>Swim</th>
<th>Cycle</th>
<th>Run</th>
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<tbody>
<tr>
<td>11-15 years</td>
<td>200m</td>
<td>6km</td>
<td>1km</td>
</tr>
<tr>
<td>9-10 years</td>
<td>75m</td>
<td>3km</td>
<td>500m</td>
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<tr>
<td>7-8 years</td>
<td>75m</td>
<td>3km</td>
<td>500m</td>
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**Health News**

It has been reported to the school that one of our students has contracted Impetigo.

The incubation period for this infectious disease is 1-3 days. The symptoms are small red spots which change into blisters that fill with pus and become crusted, usually on the face, hands or scalp.

Children need to be kept at home until treatment starts. You should see your local doctor. The sores should be covered with a watertight dressing. Careful hand washing will prevent the spread of this disease.
**Stewart House Clothing Appeal**

Our chosen school charity, Stewart House, is holding a clothing appeal and we have chosen to take part.

Please donate any pre-loved clothing to this worthy cause.

Bags will be sent home today and, when full, can be brought to a collection spot in the office during the week of 25 February to 1 March.

Thank you for supporting our school charity.

Gail Smith and the SRC

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**P & C News**

The school year is one week in and our school community is already buzzing with activity. Years 1-6 are settling into their new classes and our Kindys are busy with ‘Best Start’. Canteen is open this week, junior and senior bands are in full swing, Uniform Shop has been open twice already, Forest Kids as usual are doing a brilliant job looking after our children at before and after school care and we have already had our first P&C meeting of the year.

Copies of minutes from the P&C meetings can be requested from the P&C secretary at any time through ffpspands@gmail.com. Subcommittees of the P&C meet once a term and are always happy to welcome new members. Most subcommittees have had their first meetings already but dates for the subsequent meetings will be posted in advance for all to attend if they wish. There will be a **Fundraising Committee meeting on Tuesday 12 February in the Staffroom at 7.30pm.** We would encourage you to attend to have your say as the fundraising plan for 2013 will be decided at this meeting and events allocated to each year group. The date and theme for the Fun in the Forest Fair will also be discussed and decided. **Volunteer News** - Volunteers are always very welcome and much needed at school. For any information on how you can help or any questions generally, please contact the convenors or myself through the P&C email address ffpspandc@gmail.com and look out for notes and information from the individual subcommittees.

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**P&C DATES FOR YOUR DIARY THIS FOCUS**

**Monday 11/2/13** – Forest Kids Committee Meeting – 6.15pm at the Centre

**Tuesday 12/2/13** – Fundraising Committee Meeting – 7.30pm in the Staffroom

**Monday 25/2/13** – Extra Ordinary General P&C Meeting – Forest Kids discussion

Please note P&C Welcome picnic date change from 22/2/13 to 1/3/13

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I’m looking forward to meeting our new families at the Welcome morning tea on Friday after drop off and if anyone has any questions or queries about how our P&C operates, please don’t hesitate to contact me.

Mishell Currie
P&C President
0424 958 515
ffpspandc@gmail.com
Welcome to 2013 and a special welcome to all new families to the school.

The canteen reopened on Wednesday 6 February and is open each Monday, Wednesday and Friday during the term at recess and lunchtime. Our canteen offers an over-the-counter service at both recess and lunch and a lunch order service is available at lunchtime.

An updated summer menu will be available on the school website very soon (under ‘Parent Resources’ – Canteen) and a hard copy of the new menu will be sent home to each family in week 3.

A list of special food events and key dates for canteen service during the term are advised in the Forest Focus. Please check this section regularly for updates.

For more information on the canteen, days of operation, how to place orders and how to volunteer, please refer to our Canteen Handbook in the Canteen section within ‘Parents Resources’ on the school website.

**SCHOOL24 Online Lunch Ordering**

*Existing families* – please remember to check your accounts and top-up as needed. Please also update your child’s class details for 2013.

*New families* – we offer an online lunch ordering service “SCHOOL24”. Online orders can be made days or weeks in advance, but no later than 8:15am on the day required.

A general information sheet and registration details are available from the Canteen Section under ‘Parents Resources’ on the school website.

**Volunteers**

Welcome back to all of our wonderful volunteers and thank you once again for putting your hand up to help out during the term. If you would like to volunteer or just find out more about what is involved we would love to hear from you. Just one shift (2 ½ hours) here or there makes a huge difference to our volunteer operated canteen. If you would like more information on volunteering please contact Sandie Docker on sandiedocker@gmail.com.

The Canteen Committee looks forward to another great year of happy and healthy eating at FFPS.

Thank you for your continued support.

Neroli Greenland  
Canteen Coordinator  
Email neroli.g@optusnet.com.au
**Uniform Shop News**

Welcome back! We hope everyone has had a lovely break! Here are the opening hours for the Uniform Shop this term:

- **Wednesday** 30 January 8.30 – 9.15am
- **Friday** 1 February 8.45 – 9.15am
- **Friday** 15 February 8.45 – 9.15am
- **Saturday** 23 February 3.45 – 4.15pm
- **Friday** 1 March 8.45 – 9.15am
- **Friday** 15 March 8.45 – 9.15am
- **Saturday** 23 March 3.45 – 4.15pm
- **Friday** 12 April 8.45 – 9.15am

If you are unable to visit at these times, an order form is available on the FFPS website or from the office. Orders are filled each Friday and delivered to your child’s classroom. Please note payment is by cash or cheque only, payable to FFPS Uniform Shop. We do not have credit card facilities.

If you have any pre-loved clothes in good condition that you would like to donate to the Uniform Shop, we would be delighted to receive them. They can either be left at the office or brought to the Uniform Shop. Donated clothes are always greatly appreciated by many.

For all the new parents, and not so new parents, if you wish to help out in the Uniform Shop please let me know. (I can be contacted via the office.) You would only be required for 30 minutes on a Friday, a few times a term. Younger siblings are always welcome too. Here’s to another great year!

**Kim Beauchamp**  
Uniform Shop Co-ordinator

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**Band News**

**Welcome back for 2013. We are looking forward to a very exciting year at Band.**  
Our training band is off to a flying start. As always they are very enthusiastic and keen as mustard to get playing.

Next week the **Navy Band** will be visiting our school. They will hold a workshop with year 5 & 6 band members followed by a concert for the whole school. This is a fantastic opportunity for our school and we thank Sarah Mercer for making it happen. Our other major event for term 1 is Band Camp, a highlight for all our members. Please keep an eye out for details and notes later this month.

**Parent Duty Roster:** If you haven’t already done so, can you please advise Donna Cooper of your availability to assist with Band supervision (email sent earlier this week). **The Duty Roster will be published in our Newsletter due out early next week.** Your help is greatly appreciated.

Finally we are looking for some **new members to join our committee.** If you are interested in joining the Band Committee please give me a call. If you have any other question regarding band please don’t hesitate to contact me.

**Pam Holland** (9975 9259)  
Band Coordinator 2013
**Fundraising**

**Fundraising Planning Meeting - 7:30pm Tuesday 12 February, FFPS Staff Room**

We would like to invite all interested parents to join us on Tuesday night for our 2013 planning meeting. We will be formulating a fundraising plan for the year and we are open to new ideas. We would love to have representatives from each year, as we will be assigning fundraising events to year groups.

Traditionally, year 3 co-ordinate our major fundraising event for the year - the School Fair. We plan to set the date and secure a co-ordinator. This year, there will be changes to the way the Year 6 Trivia night is planned, as we have lost the wonderful organisational talents of Angela Helsloot. We would encourage Year 6 parents to attend the meeting to have input into the new organisational structure of this event.

We look forward to seeing you! If you would like to be involved in Fundraising this year but are unable to attend on Tuesday night - please e-mail ffspandc@gmail.com.

**Leanne Broadhead**
Fundraising Co-ordinator

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**THE FOREST HIGH SCHOOL**

**GATS (General Achievement) TEST**

**Saturday 16 March 2013**

The Forest High School will be running their GATS Test on Saturday 16 March from 9am to 11.30am in the school hall.

Students wishing to be placed in our Gifted and Talented class for Year 7 2014 must first sit for this test. The Year 7 G&T class for Year 7 2014 will be determined after close examination of the test results and the students’ NAPLAN results from Year 5.

The cost of the test is $20.00 payable on the day. 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**

Students are requested to arrive at The Forest High School by 8.45am for a 9am 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 94515111 and register your name, your child's name, address and phone number and primary school. Please register before Friday 8 March.**
2013 is a significant year for Lifeline as they celebrate 50 years of providing support to Australians in crisis. Last year, their book fairs raised around $120,000. These funds have made a significant contribution to counselling services and community support programs.

The first book fair for 2013 is:

**Venue:** Ted Blackwood Hall, Cnr Jacksons and Boondah Rds, WARRIEWOOD  
**Dates/Times:** Fri 22 February 2 pm – 9 pm  
Sat 23 February 9 am – 5 pm  
Sun 24 February 9 am – 2 pm  

There are great quality books at bargain prices with a superb selection of fiction titles and a diverse variety of non-fiction categories such as Travel, Military, Art & Architecture and Health & Fitness. Book Lovers who spend $50 or more will go into the draw to win one of three vouchers, valued at $50, to be redeemed at any of our book fairs in 2013. Entry by gold coin donation is appreciated.

*Somewhere in Australia there is a new call to Lifeline every minute.* This is why your on-going support is important and valued.
Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Kids Course (3-10 yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (2/2-2/5/3, 7.00-9.30pm)

Triple P (Positive Parenting Program) Course (3-8 yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood 6 wks/1 ½ hrs (10/3-10/4, 7.00-9.30pm)

Communicating with Kids Course (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood 6 wks/2.0hrs (2/3-9/4, 7.00-9.30pm)

Communicating with Teens Course
Aims to increase your understanding of your adolescent's needs & behaviour with skills to relate to them.
Chatswood 6 wks/2.5hrs (13/3-10/4, 7.00-9.30pm)

Toddler Workshops (1-3 yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 3 wks/2.5hrs (4/2-2/3/2, 7.00-9.30pm)

Resilient Kids Workshop
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (15/3, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (6/3, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Older Sibling - New Baby
* Bully Busting
* Dealing with Teen's Back Chat
* Resilient Kids
* Transition to School
* Transition to High School
* Triple P (PPP) Seminar Series
* 1-12 years & Teens
* Ground Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

NSW Government
Northern Sydney Local Health District