Principal’s Message

Your school, your community
As we move towards the end of Term 1 we have four exciting community events happening!

P&C Disco
We are looking forward to a fun evening of disco dancing this Friday 22 March. Thank you to mums and dads who have organised this event and those helping on the night.

Easter Hat Parade
With Easter fast approaching we are excited about our annual Kindy–Year 2 Easter hat parade through the Forestway Shopping Centre and back at school. Thank you to parents for putting time into helping your children create their Easter hat. Children in Years 3-6 are most welcome to participate in this Easter tradition and will be given an opportunity to parade back at school. Parents are invited to join us at Forestway from 11.45am then stay on for a picnic lunch with the children at 12.55pm.

Grandparents Open Morning
All our special grandparents are invited to join us on Wednesday 3 April to spend some time with their grandchildren at school. Classrooms and the library will be open from 9.30am for visitors and book donations. At 10.15am a small concert will be held in the assembly hall followed by morning tea organised by our lovely class parents. At 11.10am grandparents are invited to join their grandchildren on the oval for recess.

K-6 Cross Country Carnival
Parents are invited to join us for our K-6 cross country carnival on Thursday 4 April. We will begin with the year 2, year 1 and kindy races on the oval at 9.30am and progress through until lunchtime. The canteen will be open from 10.30am for frozen treats and snacks.

Trivia Night
Put the date in your diary (Saturday 18 May), think about your theme and start hitting the encyclopaedias!

Parent Teacher Interviews – Years 1-6
Interviews will be held in week 11 this term. Please see the attached letter for details of days, times and how to book online. Please note that all interviews will be in the school assembly hall and are of 10 minutes duration. If you require a longer time, please see your teacher to arrange this on another occasion. Kindergarten and 4/5Y interviews will be Week 9 Term 2.

A reminder that if your child is unwell, please keep them at home.

Gail Smith
Principal
**Coming events**

- **Friday 22 March**  
  P&C disco – **K-2 5pm-6pm, Years 3-6 6.15pm-7.45pm**
- **Saturday 23 March**  
  Uniform Shop open 3.45pm – 4.15pm
- **Monday 25 March**  
  Year 6 National Young Leaders Day
- **Thursday 28 March**  
  School Tour 9.30am  
  Easter Hat Parade 11.45am
- **Friday 29 March**  
  Easter Holiday (no school)
- **Monday 1 April**  
  Easter Holiday (no school)
- **Tuesday 2 April**  
  P&C meeting 7.30pm in the staffroom
- **Wednesday 3 April**  
  Grandparents morning 9.30am
- **Thursday 4 April**  
  K-2 cross country
- **6-7 April**  
  Band Camp
- **9-11 April**  
  Parent teacher interviews in the hall
- **Friday 12 April**  
  ANZAC service 2pm in the hall
- **Friday 12 April**  
  Last Day of Term 1
- **Wednesday 1 May**  
  Students return for Term 2
- **Wednesday 1 May**  
  Year 5 and 6 Camp
- **Saturday 18 May**  
  P&C Trivia Night

**Congratulations to our Assembly Award Winners in Term 1, Week 6**

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<thead>
<tr>
<th>CLASS</th>
<th>BLUE AWARD RECIPIENTS</th>
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<tbody>
<tr>
<td>KD</td>
<td>Meisha D, Sebastian H</td>
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<tr>
<td>KM</td>
<td>Alec B, Keira S</td>
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<tr>
<td>KS</td>
<td>Rory Z, Bryan W</td>
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<td>Eleesa C, Jamie H, Charles M, Chloe D, Nathan T, Thomas G</td>
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<td>1R</td>
<td>Samantha H, Zali H, Samuel H</td>
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<td>2R</td>
<td>Liam O’N x 2, Pearl McG</td>
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<td>2/3P</td>
<td>Lucas A, Connor D, Jasmine C</td>
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<td>3S</td>
<td>Fahad A, Katelyn G</td>
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<td>Zed D, Heather M, Hayden W, Claudia B, Jade A</td>
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<td>Mark P</td>
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<tr>
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<td>5/6W</td>
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<tr>
<td>Mitchell J, Madeline D, Cameron T, Phoebe H</td>
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and Term 1, Week 7

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<td>1M</td>
<td>James B, Eleesa C</td>
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<td>1R</td>
<td>Toby S, Ruby B</td>
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<td>2R</td>
<td>Hayden H, Ashleigh B, Oscar C</td>
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<tr>
<td>2/3P</td>
<td>Jasmine C, Justin W, Fraser McC, Emily C</td>
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<td>3S</td>
<td>Ella J, Rocco G, Sarah L</td>
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<td>Liam C, Jon A, Connor O’N, Amberley H, Kira G</td>
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<th>MEDAL RECIPIENTS</th>
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<td>Heather M</td>
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1M enjoying Sportspro lessons
Sports News

On Monday 18 March, Charli B and Jackson B competed for Warringah Zone at the Sydney North Swimming Carnival and achieved some fantastic results. Jackson made the final of the Junior Boys 50m Butterfly, placing him in the top 8 for his age group in Sydney North. Charli made the final in three of her events placed 3rd in the 11 Years 50m Backstroke. She now advances to the State Carnival where we wish her all the best!

The school cross-country carnival is scheduled for Thursday 4 April. This year we are returning to a combined K-6 carnival, with all races being held within the school grounds.

The non-competitive K-2 races will commence at approximately 9:30am with boys races preceding girls races in each age group and the order as follows:
1. Year 2 (3 laps of the oval)
2. Year 1 (3 laps of the oval)
3. Kindergarten (2 laps of the oval)

Following the K-2 races, the competitive 8 years to 12 years races will commence at approximately 10:30am. Boys races will precede the girls races in each age group in the order below:
1. 8 & 9 years (born 2004-2005, 2000m – 4 laps of the course)
2. 10 years (born 2003, 2000m – 4 laps of the course)
3. 11 years (born 2002, 3000m – 6 laps of the course)
4. 12 years (born 2001, 3000m – 6 laps of the course)

Children who are in year 2 and turning 8 will have the option of competing in either the year 2 race or the 8 & 9 years race, however they must compete in the 8 & 9 years race if they wish to be considered for zone.

The rules as set out by the Warringah PSSA are listed below:
1. When you are called to the marshalling area go promptly. Don’t take anything with you.
2. It is the responsibility of all competitors to ensure that they run the correct course and the correct number of laps.
3. After each completed lap, students will collect a rubber band and place it on their wrist. In the 8,9 and 10 years races, students will only be allowed to cross the finish line if they have collected 3 bands. In the 11 and 12 years races, students will only be allowed to cross the finish line if they have collected 5 bands.
4. As you cross the finish line you will be handed a card informing you of your place. The first 6 finishers will receive a ribbon.
5. Competitors interfering with other runners during the event will be disqualified.
6. Parents running on the course or interfering with competitors in any way will have their child disqualified.
7. Only competitors and officials are permitted inside the course barriers.
8. There will be no drink stations during the races.
9. School sports uniform and appropriate footwear must be worn.
10. When you are not running, please stay in your allocated area.
11. Competitors who gain a place (1-6) in 8-12 year races will compete at the Warringah Zone Carnival on Friday 24 May 2013 at Lionel Watts, Belrose.

Matthew Philips
Sports Coordinator
**P & C News**

A very big thank you to those families who helped make the Working Bee on Sunday afternoon the great success and fun event it was. A lovely afternoon was had by all who came along.

Thank you also, to the Parents and Staff who attended the P&C Special Meeting on Monday evening. The Information paper was discussed and the convenor role was filled with Annie Sturley elected to the role. Thank you to all the nominees. As agreed at the P&C Meeting held on 4 March, the decision on how Forest Kids moves forward will be voted on and decided at the P&C Meeting to be held Tuesday 2 April (Monday being a public holiday). Please come along to have your vote counted – votes by proxy cannot be taken.

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

Friday 22/3/13 – School Disco from 5pm for K-2, 6.15pm for Yrs 3-6
Friday 23/3/13 – Uniform shop open 3.45pm – 4.15pm
Tuesday 2/4/13 – P&C Meeting 7.30pm Staffroom

*Your P&C* - A little bit about your P&C – P&C’s work with schools to achieve great things and often provide invaluable services to the school community. At Frenchs Forest your P&C and the sub-committees provide uniform shop, canteen, after school care, band, numerous fundraising activities, grounds and gardens working bees and garden fairies, amongst many other things. Without your help and time we just cannot do what we do.

*Why join your P&C and what does that mean?* Being a member of the P&C gives you an active role in decisions that can directly enrich your children’s education and learning environment by having your say. Meetings are only one evening a month in term time and, for those parents who work and are unable to be in the playground at drop off and pick up, it’s a valuable way to interact with other parents and be involved. It’s the best investment of 50c I know!! (Your 50c covers your membership for a P&C year – AGM to AGM December to December and covers P&C Federation membership and insurance) You don’t have to attend every meeting but you will be automatically copied into any minutes from every P&C Meeting and, in cases where decisions have to be made quickly, you are able to vote in that process. It is a great way to find out what is happening within your school community and beyond, with not only subcommittee reports but reports from Mrs Smith and the Assistant Principals who attend every P&C meeting. Updates on regional P&C activities from your regional delegates are also copied. You can tap into a wealth of knowledge from parents and we even have lollies and tim tams to tempt you....

We will advertise the date of the P&C Information night shortly but if you have any questions in the meantime, please contact myself, the executive or any of the sub-committee convenors at ffpstdn@gmail.com. The next P&C Meeting is Tuesday 2 April at 7.30pm in the staffroom and we will aim to finish by 9pm, everyone is welcome.

Mishell Currie
P&C President
0424 958 515
ffpspandc@gmail.com
MENU SPECIALS
We have a couple of new menu items to trial this term:

- **Chocolate Balls** (date and cocoa base) $1.20
- **New Gelato flavours** - Blue gum and Tropical $1.50

If your children try any of these new items please ask them to give their feedback to Tina Nardo – thank you.

SPECIAL FOOD DAYS

**Grandparents Day – Wednesday, 3 April.**
The Canteen will be open as usual and grandparents are welcome to come to the Canteen with their grandchildren.

**Cross Country Carnival – Thursday, 4 April.**
The canteen will be open from 10.30am until the conclusion of races. We will be selling icy treats, cold drinks and snacks.

Neroli Greenland
Canteen Coordinator
Email neroli.g@optusnet.com.au

Uniform Shop News

Just a reminder that the polar fleece jacket order forms are to be returned by Thursday 28 March. Unfortunately, we are unable to take late orders for these jackets. Also, don’t forget that the students return to school in Term 2 in winter uniform.

We are open this Saturday 23 March from 3.45pm-4.15pm, with our last day of opening this term on Friday 12 April, 8.45am-9.15am. We will be open again on the first day back of Term 2, Wednesday 1 May, from 8.30am.

Kim Beauchamp
Uniform Shop Co-ordinator

Band News

Band Camp notes were emailed to members on Monday. If you have not received Band Camp information please let me know. Permission notes are due back on Friday 22 March and Term 1 fees are now due. Although music is the main focus for camp we are still going to have heaps of fun!

Also for your diary **Senior Band** will be performing at assembly this week **22 March**.
Finally can all parents please check the Duty Roster published in the latest Band Newsletter. Your help in the band room at rehearsals is greatly appreciated.

Pam Holland (9975 9259)
Band Co-ordinator 2013
**Fundraising**

**Disco**
We are looking forward to seeing your children at the school disco this Friday evening. Don’t forget that they will be able to buy extra glow sticks/glow glasses/glow bunny ears on entry plus we will have ice blocks and jelly snakes for sale at the canteen. It is meant to be a warm day so I am sure the children would love an ice block! If you have forgotten to register your child – we will be doing a final count of numbers on Friday morning so quickly drop your note in the silver letterbox to ensure we have your child’s registration.

**Trivia night**
You should have received a note home with your child/ren about our Trivia night on Saturday 18 May. For those families who have yet to attend one of our Trivia nights – you have no idea the fun that you are in for! John Barrand, a grandfather of one of our Year 6 students, has offered his services as ‘Trivia Master’ for the evening. We intend having lots of games and interaction and hopefully even some dancing towards the end of the evening. We will be holding a **Class Auction** – on Wednesday 27 March. We will be taking individual photos of the students for a collage work. If you do not want your child’s photo included in this collage – please e-mail Leanne.broadhead@bigpond.com to let me know. We will also be holding a **Silent Auction** on the night with some fantastic prizes already collected. We already have a two-night stay at Duckmaloi Farm, a party for 10 children at Cheeky Monkey’s in Warriewood, some family paddle boarding lessons plus some other great prizes. We will be giving you more details about these prizes and the businesses that donated them over the coming weeks. If you have a prize that you would like to donate for our silent auction, please let me know on the above e-mail. We will be happy to promote your business to the school community.

Get your tables in quickly or let us know if you would like us to put you on a table. We would love to see as many parents there as possible. It is a great way to connect with our school community.

Leanne Broadhead
Fundraising Committee
WARRINGAH COUNCIL SCHOOL HOLIDAY PROGRAM

The autumn school holidays are fast approaching and Warringah Council have supplied the school with copies of their Vacation Care brochures. Activities for the autumn vacation include visits to IMAX theatre, Blue Mountains Scenic World, Madame Tussauds, Taronga Zoo, Fox Studios, Big Blast and more. Pick up a copy of the brochure with discount vouchers and enrolment form from the office foyer or download a copy from www.warringah.nsw.gov.au.

Australia's First
Coloured Commemorative Coin!

LIMITED EDITION

For a $10 donation
the $2 Poppy Coin will come with a Certificate of Donation

Australia's first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this groundbreaking $2 coin is simply an outstanding keepsake for every Australian.

The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.

All funds raised go to support our vital RSL programs helping thousands of Veterans and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 5, 65 Constitution Avenue CAMPBELL ACT
Phone orders can also be made through the National Office at 02 6248 7199.
Please note there will be a minimum postal charge of $5.

www.rsl.org.au
Rotary Club of Belrose

EASTER EGG HUNT

WHEN:  SATURDAY 30th MARCH
10am - 1pm
WHERE:  BUSH FIRE BRIGADE STATION
BORGNI, ST, DAVIDSON

Bring your children, 12 years and under,
for an Easter egg hunt, and to climb on a fire truck.
Enjoy a coffee from an espresso coffee machine,
and a sausage sizzle.

ENTRY:  GOLD COIN DONATION FOR EASTER EGG HUNT

COFFEE  $3.00
SAUSAGE SIZZLE  $2.00
100% of monies raised will be shared by Bush Fire Brigade and a local children's charity.

Wakehurst Rugby Club

Places available in all grades

Still deciding which winter sport to do?
Come and join our friendly, social club, just around the corner on
Forestway and in your neighbourhood. Places still available for U10s and
U11s, season fees $100 plus shorts & socks.
• Friendly teams for boys and girls.
• RRR at training night each Wednesday.
• Fully trained coaches.
• Lots of opportunity for social get-togethers.
• And a focus on fun, fun fun!

Call Tracy Faulkner (U8-U9) on 0418 211 039 or Karen Morris (U10-U11)
on 0408 559 400 for more details. www.wakehurstrugby.com.au
Home ground is at Cnr Waldon Rd & Forestway, Belrose.
Parenting Programs
Child & Adolescent Parenting

WHAT'S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CARRERS

Tuning in to Kids Course (3-8yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood Sat/Su 2-3hrs (26/5-27/6 7:00-9:30pm)

Triple P (Positive Parenting Program) Course (3-8yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood Thursdays 6.30-8.30pm (26/5-26/6)

Communicating with Kids Course (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children.
Chatswood Weds 2.30-5.30pm (23/5 - 27/6 7:00-9:30pm)

Communicating with Teens Course
Aims to increase your understanding of your adolescents needs & behaviour with skills to relate to them.
Chatswood Weds 7-9pm (20/5 - 26/6 7:00-9:30pm)

Toddlers Workshops (3-3hrs)
Series of 3 workshops on Discipline, Tactility & Toilet Training, Speech & Sleep
Cremorne Weds 11/5-30/5 & Chatswood 5/6-12/6 & 19/6-26/6 7:00-9:30pm

Resilient Kids Workshop
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood Weds 2-5pm 7:00-9:30pm

Dealing with Teen's Backchat Workshop
Learn how to nurture a respectful & positive relationship between you & your teenager
Chatswood Sat/Su 2.30-5.30pm

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)
- Understanding Your Toddler/Toddlers & Toddlers
- Teaming up with Transition to School
- Understanding Your Toddler/Toddlers & Toddlers
- Understanding Your Toddler/Toddlers & Toddlers
- Understanding Your Toddler/Toddlers & Toddlers
- Understanding Your Toddler/Toddlers & Toddlers
- Understanding Your Toddler/Toddlers & Toddlers

Enquiries: Child & Adolescent Parenting 9887 5830

Relationships Australia
NSW South Wales

TRIPLE P seminar series
In around 90 minutes each, these three seminars will aim to leave carers feeling more confident, competent and ready to deal with common child behavioural and emotional issues. Topics include 'The Power of Positive Parenting', 'Raising Competent, Confident Children' and 'Raising Resilient Children'. These seminars are for parents and carers with children 3-10 years old.

When: Saturdays March 16th and 30th and April 6th 10-12pm
Where: Relationships Australia
5 Sera Street Lane Cove
(Sorry, no childcare available)

Counselling for couples, families and individuals is also available at our Neutral Bay, Lane Cove, Dee Why and North Ryde offices

ALL SEMINARS ARE FREE. BOOKINGS ESSENTIAL AS PLACES ARE LIMITED CALL 9418 8800 TO SECURE YOUR PLACE

For more information email info@nsw.relationships.com.au or visit our website http://www.nsw.relationships.com.au