



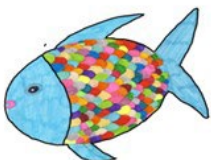
Student of the week



Nate
Week 1



Bailee
Week 1

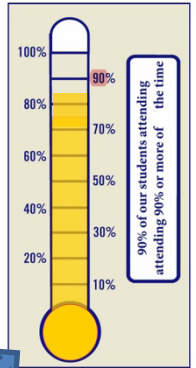


Student Growth through Excellence in Teaching and Partnerships for Success

I may not be there yet, but I am closer than I was yesterday. Never give up!

Every Day Counts- Our Attendance Goal is to have more than 90% of our students attending school more than 90% of the time.

As of the end of term 1 we had a level of 58.3% of students attending a full school day 90% of the time. Kids learning is enhanced by uninterrupted full days of school.



Lower Division

Week 1 - Nate – Huge improvement in letter and sound recognition. Great Confidence and use of language all week. Attempting to blend sounds in reading.

Upper Division

Week 1 - Bailee – Fantastic start to term 2 – work effort.

Upcoming Dates for your Diary

- 7 May Lachlan PSSA X-country
- 9 May School Photos
- 10 May Lachlan PSSA Soccer trials
- 15 May Cowra Eisteddfod
- 20 May B'ngong Spelling Bee
- 21 May CWA Public Speaking - Condobolin
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- 5 July End of term 2



PLAY

No matter where you are, there are ways of playing – laughing, joking, smiling, singing, high-fiving coworkers or simply looking at situations with an easy demeanor. You don't need to throw anything!

FISHphilosophy.com **FiSH!**

CHOOSE YOUR ATTITUDE

Your attitude has a tremendous impact on the way people perceive you and the message you are trying to express. How are you contributing to their perceptions today?

FISHphilosophy.com **FiSH!**

Hello everyone - and welcome back to school for Term 2. I hope that you were able to enjoy some family time during the school break. We are very excited to have the kids back at school and trust that they are just as excited to be back. We have some events happening early this term and some unavoidable changes of dates. I'd like to draw your attention to the calendar function within our **School Bytes app**. Mrs Hodges keeps this up to date with all of the latest planned events. Be sure to check it out to keep up with school events and changes of dates. Please also be aware that each Sunday we post an update to the news section of the **School Bytes app** to give you a heads up of all of the action for the upcoming week. Unfortunately we do not have the option to send a notification or 'ding' to your phone for this but do be sure to check it out before each school weeks starts.

School Photos– are on this Thursday. Full school winter uniform please. Green trousers for girls, grey trousers for boys, green shirts and black shoes. Be sure to have your order forms returned by Wednesday. Call Mrs Hodges in the office if you have any questions.

Small Schools Athletics – has had a change of date. It will now be held on Friday June 7 at the same venue- Forbes North Public School. As with the swimming, everyone K-6 is catered for and expected to attend and participate. School buses do not run on this day, mums and dads and family and friends are invited to attend for the day and are asked to get the kids to and from the event. More specific details to come home soon.

Routines at school for children – routines are a valuable process to support children in their early years and for maximising learning. At school we do encourage children to visit the wash-shed/toilet at the end of each break to go to the toilet, wash hands and have a drink. Children are also encouraged to wash hands before they eat, to eat all of their recess and lunch, regularly drink water, to check their bags for notes, speak in a respectful manner and make good use of their manners. Given the large impact home life can have on children we'd love for you to take some time and reinforce these with your children to ensure that we don't have accidents in class, that children are eating their meals, staying hydrated and not missing valuable class time.

Cowra Eisteddfod – thank you so much to all of you for returning your child's consent form to attend the Cowra Eisteddfod. Please be aware that school buses will not be running in the morning. If you can have your child at school by 7.30pm to catch the charter bus, we'd be very grateful. We did offer places for accompanying family and friends- hopefully you have been contacted to confirm any additional seats. For this event children need to wear the winter uniform **REPLACING** the green shirts with the bright yellow sports shirts as these give a wonderful look on stage and enhance the performance. Every student will be performing in at least 1 section, some children have been selected to perform in 2 events. Please pack recess and lunch and if time / behaviour permits, some money for a treat at McDonalds afterwards. We will be back at school in time for afternoon bus runs.

Lachlan PSSA X-country – to be held at the Forbes Racecourse tomorrow. Check the rest of this newsletter for times and canteen menu. Mrs Faulkner will be the Small Schools Team Manager. Be sure to see her if you have any questions or need support tomorrow. All runners will be given a coloured name tag that they will require to be able to compete in their race- these will go home today.

Boys to the Bush Stage 3. Thank you to all of our Stage 3 families for registering for the Boys to the Bush leadership program. Originally planned for Wednesdays for the last 5 weeks of Term 2, the day has had to be changed to Thursdays. We are unable to change Tootie Fruity for this so an adjusted payment for Tootie Fruity for Stage 3 this term will be in place (\$25 per family for Term 2 for Stage 3)

Lachlan PSSA Soccer Trials.– any stage 3 students interested must have their registration completed online by this Wednesday. Good luck on Friday to those stage 3 students participating.

Dads in School Day – an unavoidable change of date. Now to be held Monday June 17. Personal invitations to dads/significant men will be brought home with the kids soon. I'm very excited about this.

Wishing you all an amazing week. Regards - Paul



School Bytes

Now we are in term 2 hopefully everyone is getting used to our new communication program, School Bytes. We still have a lot to learn about the program, but we feel that it is a really efficient and useful program with many great features. Thankyou for your patience and support while we work through the program to be able to use it to it's fullest potential. If you have any questions or need any guidance please do not hesitate to contact me at the school.

Please be sure to open the School Bytes App on a regular basis so you are kept up to date with events, notes and newsletters

Mrs Hodges

Big Class News

A big welcome back to all our Big Class students and families. We have not wasted any time getting stuck into our Term 2 projects. In English we are taking a look at informative genre with our focus text being Deadly Science Wild Weather by Corey Tutt. This is a fascinating book taken from an indigenous perspective, focusing on the the rich history provided by Australia's first scientists. The text covers all the fascinating weather events from droughts to floods and cyclones to tsunamis. In Maths we are focusing on representing whole numbers. Understanding that numbers can be represented different ways is part of that. For example 260000 (2 hundreds of thousands + 60 thousands) can also be represented as 1 hundred thousand + 160 thousands). Partitioning (break apart), regrouping and renaming large numbers is a core learning concept within this area and other areas of maths. Our first eisteddfod is fast approaching. The whole class will participate in at least one section at Cowra. The other section will require students to audition to participate as this group will be selective. Auditions for 'Tango will take place this week.

Mrs Faulkner

Little Class News

Towards the end of Term 1, the Little Class were learning about rhyme and poetry. The poem was about the 'Triantiwontigongolope' (ask your child/ren how to pronounce it- they spent quite some time practising!). This poetry style helped investigate the final syllable in words to identify rhyming pairs. Learning about the Triantiwontigongolope was

fun and creative. While using word choices from the poem to share predictions about what the creature might look like and wonder if it really exists. Students read poetry and sung songs to motivate and inspire a love of reading while developing fluency and creativity.



In Maths, students were extending their understanding of how new shapes can be made by joining (combining) and breaking apart (partitioning) existing shapes. The unit related counting too, by looking at large collections and finding smaller groups of numbers within bigger numbers.

Thank you to all families who gave up time to come and discuss student goals in the Learning Alliance Meetings (LAMs). I look forward to seeing these goals progress throughout this Term, as we work together with your child/ren as a commitment within the classroom and at home to reach these goals.

As our Term 2 is well underway now, I would like to take this opportunity to thank you all for a fantastic first Term.

Miss Wade

Science

Our new topic for Term 2 in the Little Class is 'Push-Pull'. We will be investigating how push and pull forces act in air and water and on the ground – including the pull of gravity. The children will be taking some homework home this week, to be returned next Wednesday. They will be looking for things around the home that are moved by either pushing or pulling. In History we will be studying 'Past and Present Family Life.'

The Big class will continue to study living things in science, with this term's topic being 'Adapting to Survive'. We will examine and understand that living things have structural and behavioural adaptations that help them to survive in their particular environments. Oh the wonders of life!

Mrs Williams

LEADERS REPORTS

Hi I'm Roman Symonds and I am one of the school leaders at Bedgerabong Public School this year and I am going to talk about what we did on Thursday. On Thursday me and the rest of the big class went to the heritage festival in Forbes at the town hall. They were 3 people acting and doing what they did in the gold rush in Forbes, well what they knew at least. Here is one joke that will keep you laughing, What did the rock say to the other rock.....nothing because They're just rocks. **By Roman**



Getting to know Robert

I like to be called: Robert

Class: Year 1

Favourite Animal: Penguin

Favourite snack Food: Oreo icecream

Favourite Holiday: Water skiing

Favourite sport to participate in or watch: Footy

Things I like to do on the weekend: Skiing, Lego

New things I'd like to try: Baseball

TV shows I like: Farming

If I could do anything I would: Play with my friends

Something I would like to learn: Learn about the Earth



Getting to know Leevi

I like to be called: Leevi

Class: 4

Favourite Animal: Lion

Favourite snack Food: donuts

Favourite Holiday: Christmas

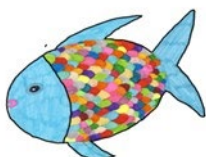
Favourite sport to participate in or watch: Footy

Things I like to do on the weekend: Go fishing, motor bike riding, Footy, Play cricket, and yabbying.

New things I'd like to try: Learn how to play basket ball

TV shows I like: Fast and Furious

If I could do anything I would: Be a motorbike rider



Tootie Fruity

Term 2 has started with some experimenting in cooking. Last week the treat was Cola cupcakes. Using a packet cake and bottle of soft drink was the easiest cake anyone has made. The Chicken Fried Rice was also a hit. Let's see if we can keep this going.

Last term we ended the term with a curry – it was a competition to see who could get the hottest curry, they did not get a hot curry but they did get some very nice flavours into it. They even made the Flat bread to go with it.

Qeema Indian Curried Beef

Prep: 5 mins Cook: 15 mins Total: 20 mins Servings 8

Ingredients: 6 tbsp vegetable or canola oil, or other neutral oil, 8 tsp ginger, finely mince, 10 large garlic cloves, minced (about 4 tsp), 2 large onion, finely diced, 1kg beef mince (ground beef), 1.5 tsp cooking salt / kosher salt, 2.5 tsp garam masala, 2.5 tsp cumin powder, tsp turmeric powder, 2 cups water

Plain yogurt and Basmati rice to serve

Instructions: Heat oil in a skillet over high heat. Add ginger and garlic and saute for 30 seconds until golden, don't let it burn! Add onion and cook for 1 minute until it is starting to turn translucent. Add beef and cook, breaking it up as you go, until it changes from pink to light brown. Add remaining ingredients EXCEPT water. Cook for a further 2 minutes to let the spices bloom. Cook 10 minutes – Add water, give it a stir, then put a lid on. Turn heat down to medium and let it simmer for 10 minutes or until most of the water has evaporated.

Serve over with basmati rice with flatbread and yogurt

Easy Soft Flatbread (No Yeast)

Ingredients: 2 cups plain flour, 1/2 tsp salt, 3 1/2 tbsp / 50g unsalted butter, 3/4 cup milk

Instructions: Melt butter in milk. Combine 2 cups flour, salt, butter and milk in a bowl.

Knead 2 minutes: Sprinkle work surface with flour then knead for a few minutes until it is smooth – it doesn't need much kneading. Add extra flour if the dough is too sticky.

Rest 30 minutes: Wrap with cling wrap and rest at room temperature for 30 minutes or so. *Roll into rounds:* Dust bench top with flour, cut dough into 6 pieces, roll into balls,

then roll out into 20cm / 8" rounds, 2 – 3 mm thick.

Heat a non stick pan over high heat, Place one flatbread in the pan, cook for around 1- 1 1/2 minutes – it should puff up dramatically. Once the underside has nice golden patches on it, flip and cook the other side for 45 seconds to 1 minute until the underside has golden spots and it puffs up again.

Chicken Fried Rice

Prep Time 10 mins. Cook Time 10 mins Total Time 20 mins

Ingredients: 5 tbsp oil, 5 eggs, lightly whisked, 375g chicken breast , finely sliced into small pieces, 5 garlic cloves , minced, 1.25 onion , finely chopped, 1.25 cup frozen corn, 1.25 cup frozen peas, 5 cups (packed) cooked white rice , day old, Chinese Fried Rice pkt mix.

Instructions: Egg: Heat 1 tbsp oil in a wok or skillet over medium heat. Add egg and scramble until just cooked (still a touch wet) then remove.

Fried Rice: Turn heat up to high, add remaining 1/2 tbsp oil, onion, garlic and chicken into same skillet. Cook for 5 minutes or so until the chicken cooks. Add vegetables (still frozen is fine). Cook for 1 minute. Add rice and Sauce ingredients. Cook for 1 1/2 minutes, stirring constantly.

Serve immediately with the egg as garnish.

PSSA Cross Country Canteen

Sausage Sandwich (GF option available)	\$3.00
Salty Sweet Popcorn	\$2.00
Red Rock Deli Chips	\$2.50
Juice Bomb	\$3.00
Juice Poppa	\$2.50
Bottled Water	\$3.00
Mixed Lolly Bag	\$2.00

**Eftpos facilities available



Community Notice Board

Thank you, Forbes Shire Council, for supporting us to attend the Heritage Event.



MAKE THEIR DAY

A candle loses none of its light by lighting another candle.
– Anonymous

FISHphilosophy.com FISH!



BE THERE

Each day there are people around you who need a moment of your time. Give it to them fully.


FISHphilosophy.com FISH!

The Resilience Project




This term sees us start to look at Empathy as a part of our Resilience Project studies.

Spend some time with your children to see what they know about empathy – it actually fits very well with our FISH philosophy – Being There. Here’s a link to a video resource to give you a chance to see what the kids are working through and maybe a chance to start a conversation. <https://vimeo.com/727978670/f9615572d1> or use this QR code.



EMPATHY

Understanding how others feel and being kind.



You could also search for ‘Sesame Street Mark Ruffalo – empathy’ or follow this link.

https://www.youtube.com/watch?v=9_1Rt1R4xbM

Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

ABOUT THE PROGRAM

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people’s capacity to deal with adversity.

We will be implementing their evidence-based Teaching and Learning Program throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude**, **Empathy**, **Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia’s Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project’s School Partnership Program has been independently evaluated by both The **University of Adelaide** and The **University of Melbourne**. Click the links or scan the QR

code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude**, **Empathy** and **Mindfulness (GEM)** to life on **TRP@HOME**.

The **Imperfects** podcast, led by

Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



(03) 9113 9302 | theresilienceproject.com.au



FREAKY FACTS

Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.

In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and 10 spiders, or more.

Some lipsticks contain fish scales.



Giggle Spot



Q: What do witches learn at school? A: Spelling

Q: What did zero say to eight? A: Nice belt!

Q: Which hand is it better to write with? A: Neither, it's better to write with a pencil!

QUOTE OF THE WEEK

“At the end of the day, we can endure much more than we think we can.” –
Frida Kahlo

Happy Birthday to these recent and upcoming party goers.



May 5 Nate May 22 Leevi
May 27 Laylah-Anne



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Mr Faulkner
6.5.2024

2024 school term dates

Term 1 30-1-24 - 12-4-24 Term 2 30-4-24 - 5-7-24
Term 3 23-7-24 - 27-9-24 Term 4 14-10-24 - 18-12-23

Lachlan PSSA

(Primary Schools Sports Association)

President: Paul Faulkner
c\ - Bedgerabong Public School

Secretary: Tracey Newbigging
c\ - Parkes Public School



Attention: Principal/Sports Staff/PSSA Organiser

LPSSA CROSS COUNTRY TRIALS 2024

TRIAL Date	Tuesday 7 th May 2024.	Time	10:30am	Cost	Nil
Location	Forbes Race Course, Race Course Road, Forbes				
Convenor	Miss D. McManus, Forbes North Public School 6852 2187				
Travel	Athletes are responsible for their own transport to and from the trials. Some schools may use their school bus.				
Equipment Required	Shoes must be worn but no spikes please. Sun hat, water bottle.				
Notes	Each school may nominate up to 3 athletes for each event Competitors Tags - All competitors must wear a coloured tag pinned to their chest, with their name, school and age group 8/9 years - pink 10 years - yellow 11 years - green 12/13 years -white				
Canteen	Forbes Public School P&C BBQ. Menu to come out early Term 2.				
Registrations	Please register online using the QR code below- There is no paper version for this event.				

Additional Information- 3000 metres – 11, 12, 13 years 2000 metres – 8, 9, 10 years

10.30 am - Arrive at Forbes Racecourse, **10.45 am** - Walk course,
11.15 am - 12/13 years boys **11.20 am** - 8/9 years girls,
11.35 am - 11 years girls **11.40 am** - 10 years boys,
11.55 am - 12/13 years girls **12.10 pm** - 8/9 years boys
12.15 pm - 11 years boys, **12.30 pm** - 10 years girls
12.40 pm - Announcement of 1st – 6th place getters
1.00 pm - Tidy up of area prior to departure

- Western trials for this sport will be held on **Wednesday 12th June in Orange-** 1st – 6th place getters from the Forbes LPSSA Trials will be invited to attend.
- Do not nominate/attend the LACHLAN District trials if your child is unavailable for selection for WPSSA or NSW PSSA trials later in the year.
- Please note: If your child is selected and does not attend the regional trial without a good reason your child may become ineligible for further district selections during the next year.
- Events occur regardless of weather

Conditions of trialling-

- ***Students MUST have a note that has been signed by their carer otherwise they are not eligible to trial***
- Where students cannot attend a LPSSA trial due to extenuating circumstances, their own school **MUST** complete the Exemption Form and email through to the President & Secretary prior to the trial.
- Extenuating Circumstances **DO NOT** include illness, family holidays, clash of other school commitments or failure to receive information from your school. Normal selection procedures leading up to District trials **MUST** be attended / followed.

Paul Faulkner (President -Lachlan PSSA).
22/3/24 11:22 AM

Danielle McManus (Convenor-Cross Country LPSSA)