



Forrie Hill Flash

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3/2/16

Important Dates

Wednesday 1 st February	Classroom Parent Information Sessions 3.30pm & 4.00pm
Friday 3 rd Feb	Yr 6 Leadership Ceremony @ 9am
Monday 13 th – 15 th	Year 6 Camp @ Emu Gully
Monday 20 th	Parent Information Session on School Behaviour Management 3.00pm

Firstly, welcome to all new and returning families to Forest Hill State School.



Changes to teaching staff

This year we have a couple of returning/new faces to the school. We welcome:

- Mrs Jess Rees - Teaching Year 3
- Miss Samantha Metcalfe - Teaching Year 4



Uniform Policy

It is pleasing to see 100% of students wearing our school shirts and shorts. Just a reminder that it is an expectation for shirts to be tucked in and if children are wearing earrings they are to plain studs or sleepers.

I have attached our uniform policy for anyone who is unsure of our policy and expectations.



Allergy Aware School

We are an 'Allergy Aware' School, which means we discourage nuts and nut products being brought to school. We have a couple of students who are allergic to 'nuts' and can have an anaphylaxis attack if they come into contact with these products. I thank you in advance for supporting these students, by not putting nuts or nut products into your child's lunchbox



School rules

Our school rules of CAR apply to all situations at our school (in the classroom, playground, at break time or at the end of the school day). Your child should be able to explain the C, A, R and what each of these letters mean.

C for Care for self and others

- Treating others and their belongings with respect
- Accepting difference
- Using manners and speaking politely
- Keeping hands, feet and objects to ourselves
- Wearing our school uniform/hat



A for Active Learning

- Being punctual and prepared
- Asking for help when needed
- Involved in class discussions
- Trying your best

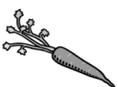
R for Responsibility

- Moving safely around the school
- Following instructions
- Keeping our school clean
- Using common sense

We will continue to use the 'gotcha' system with two draws a week for students caught demonstrating our 'car' rules.

Healthy Lunches

Providing a variety of healthy lunches can be tough for parents, particularly if both parents are working and/or busy with daily life. Below are some tips from a collection of websites:



- Vegetables are often overlooked in the lunchbox. Try cutting up some carrot sticks or putting in a handful of cherry tomatoes.
- While the humble apple is a great lunchbox filler (sturdy and hard to squash), consider cutting softer fruit up and putting it into a smaller container for protection. Berries and kiwi fruit survive very well this way.
- Last night's leftovers in a container with a small spoon can make a welcome change to the parade of endless sandwiches.



- Try putting together a small picnic in her/his lunchbox - slices of tomato, ham, grated carrot, grated cheese and some bread and butter - so she/he can build her/his own sandwich.
- Stick to water in the drink bottle - most juices are full of sugar and make the drink bottle smelly. They also don't do a very good job of quenching thirst.
- Homemade pikelets are a great snack - easy to make ahead of time, they're filling and don't require any extra toppings.



Students Accident Insurance

Some school activities and physical education, particularly contact sports, carry inherent risks of injury. Parents are advised that the Department of Education and Training does not have Student Accident Insurance Cover for students. Therefore, if your child is injured at school as a result of an accident or incident, all costs associated with the injury, including medical costs is the responsibility of the child, parent or caregiver. Some incidental medical costs may be covered by Medicare. If parents have private health insurance, some costs may also be covered through the private health insurer. Any other costs would be borne by the parents.

Student Accident Insurance is an insurance policy that pays certain benefits in certain circumstances should your child have an accident. It is a personal decision for parents as to the types and levels of private insurance they arrange to cover their child for any accidental injury that may occur. Parents should contact their insurer or an approved Australian insurance broker if they choose to take out 'student personal accident insurance cover' for their child. This type of insurance is not offered by all insurers. Parents may wish to use their favourite Internet search engine to locate providers of this type of insurance. Search terms parents may wish to use include '*student accident insurance*' or '*student protection plan*'.



Storm Season

Storms tend to have a habit of occurring right on the 3.00pm home bell. If this is the case and we are concerned that there is hail, lighting, strong winds or heavy rain we will keep all students in class and wait for the storm to pass before releasing them for the day. Parents will need to come to collect their child from the classroom if they are wanting to take them home during a storm. The school bus would also be delayed in the case of severe storms.



Arrival Times

Students are reminded that they shouldn't be at school prior to 8.30am as there are no teachers on duty prior to this time.



Chappy News

Welcome to 2017. I trust everyone had a safe and pleasant school holiday. For those who are new to Forest Hill State School, my role as Chaplain is to support the social, emotional and spiritual welfare of your children.

To do this I am at school every Wednesday and Friday. During these days I run breakfast club before school, play games during breaks; and as required, support the staff and students (similar to the role of a social worker).

To continue running breakfast club successfully I would really appreciate any donations of margarine, vegemite or jam (strawberry seems to be a favourite). These donations can be left at the school office any time during the school year.

If anyone would like to volunteer to help with breakfast club you can chat with me when I am at school or leave a message at the office. Volunteers are always most welcome.

Finally, if you have any concerns about your children that you would like to chat with me about so that I can support them at school, please feel free to contact me.

Regards Chappy

(Helen Farrell: Chaplain)



Student of the week

Week 2

- Prep: Phoenix– being a helpful member of class.
- Yr 1/2: Saxson– for being responsible and working hard in class.
- Yr 2: Nikayalah– making fantastic choices.
- Yr 3: Memphis– being helpful in the classroom.
- Yr 4: Kayarnah– for having a fantastic start to 2017.
- Yr 5/6C: Jessica– consistently putting in her best effort in the classroom.
- Yr5/6J: Alexi– for making a positive start to the 2017 school year.



School Banking

School Banking will commence tomorrow (Thursday 2nd February) and then weekly on a Thursday. If you would like to begin school banking please call into the office for more information.

Come and Try Sports Sessions

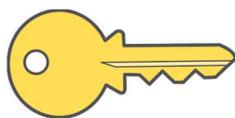


When: Saturday 4th February

Where: Laidley Recreation Reserve

Time: 8-12pm

Come and have a go at a range of different sports, free water slide, meet sporting stars!



We've Got the Key

Got no direction and the wheels won't turn?

At Forest Hill, everybody can learn.

We got the power to get on track.

Make a choice and never look back.

This is our decision,

We have got ignition...

Chorus:

We've got the key to the car.

We can drive our own hearts,

To be the best that we can be,

We've got the key.

Forest Hill School is here,

To guide us through our lives each year,

Proudly with honour and self-belief,

We've got the key.

C....Care for each other

A....Active learning

R....Responsibility

We've got the key, you and me.

There'll be bumps in the road,

But we believe in the purple and gold.

We might lose our way,

It's up to us to make a change.

This is our decision,

We have got ignition...

We've got the key to the car.
We can drive our own hearts,
To be the best that we can be,
We've got the key.
Forest Hill School is here
To guide us through our lives each year,
Proudly with honour and self-belief,

(Repeat chorus)

We've got the key.
We've got the key.
We've got the key.
We've got the key.

Australian National Anthem



Australians all let us rejoice
For we are young and free
We've golden soil and wealth for toil,
Our home is girt by sea:
Our land abounds in nature's gifts
Of beauty rich and rare,
In history's page let every stage
Advance Australia fair,
In joyful strains then let us sing
Advance Australia fair.

Beneath our radiant Southern Cross,
We'll toil with hearts and hands,
To make this Commonwealth of ours
Renowned of all the lands,
For those who've come across the seas
We've boundless plains to share,
With courage let us all combine
To advance Australia fair.
In joyful strains then let us sing,
Advance Australia fair.