

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)

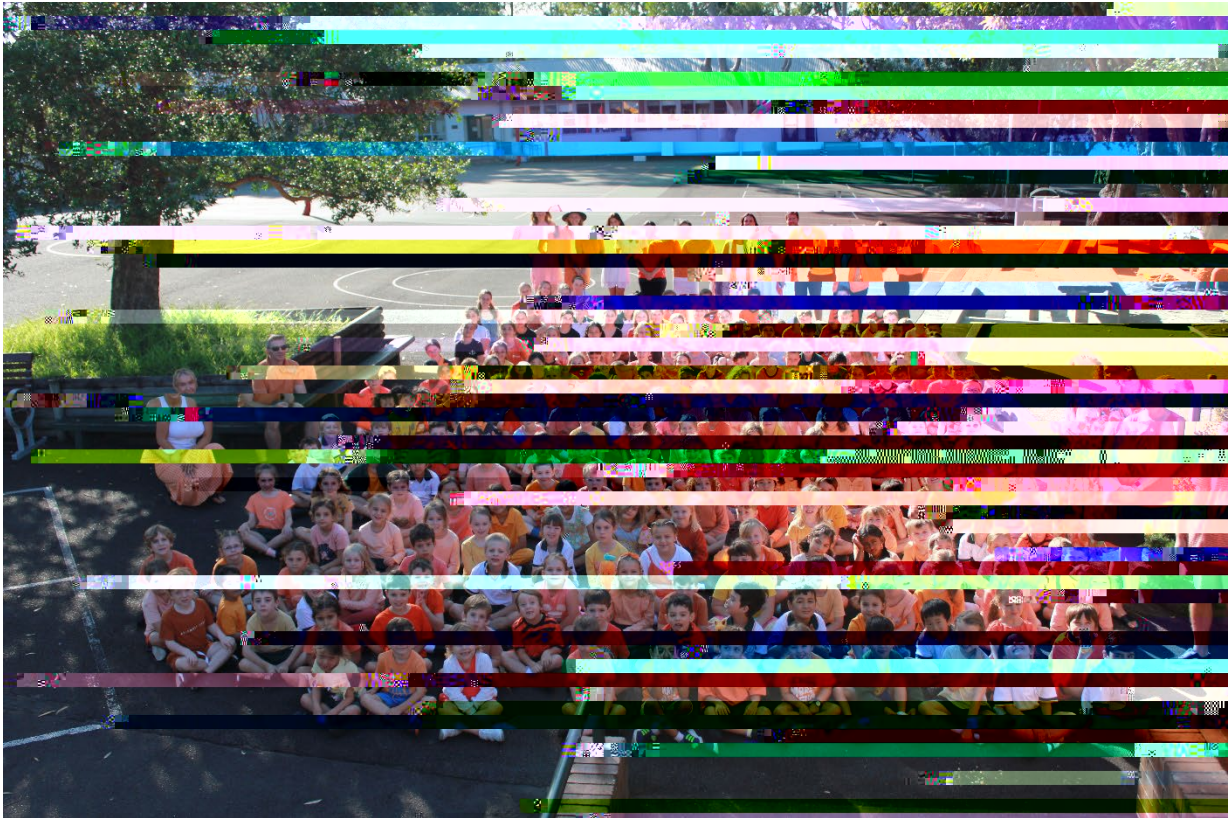
[Full Screen School Calendar](#)

[iCal file](#)

Whole school communication sent in the last fortnight (not all emails .04 72 3910.5 (my-2 (.11.3 (tper-6 (a)-

22/	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

Friendship strategies for kids

URSTRONG



URSTRONG

is a whole school strategy that empowers kids with friendship skills to create communities of kindness.

Relationships are important. URSTRONG gives kids skills, language & self-confidence to be better friends and better friends to. Using a kid-friendly approach, educators & parents learn a simple framework to help kids to work on their friendships.

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

The mini-URSTRONG framework is available for download.

4 FRIENDSHIP FACTS

1. No friendship or relationship is perfect.
2. Friends are the most important part of a friendship.
3. Friends are the most important part of a friendship.
4. Friends are the most important part of a friendship.

www.urstrong.com

FRIENDS & HELPERS

Know how to be a good friend.

spend the most time in your friendship

Can you give an example from your life?

Surround yourself with healthy friendships!

Who are your friends? Draw them in the Friend-a-bit.

The FRIEND-O-CYCLE



actually make your

YOURSELF

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?



HOW TO PUT OUT FRIENDSHIP FIRE!

Find a good time to talk, just the two of you in a calm, private voice.

1. Take the first step
2. Explain how it made you feel

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

In that moment, it's a strong voice

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

URSTRONG

Channel your inner Fire-Officer!

www.urstrong.com

KEEP THE HEART CONNECTION GOING

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

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

- Where are your friendships on the Friendship 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 own experiences
- Praise them for putting out their Friendship Fires & use their Quick Comeback

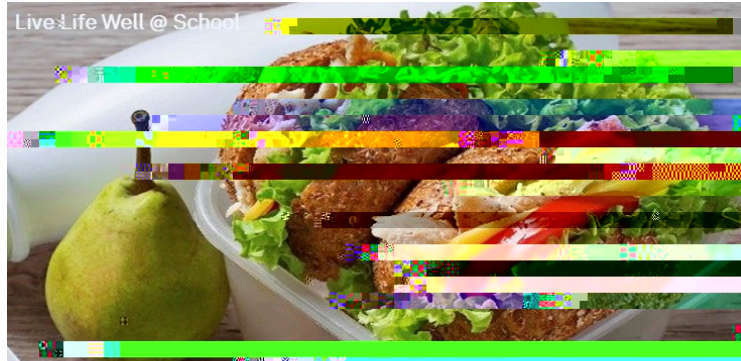
Be sure to visit www.urstrong.com

to discover a variety of videos, activities and articles to support your child's friendships.

Want more info about URSTRONG?

Please don't hesitate to get in touch by contacting us at

www.urstrong.com



5 tips to packing a lunchbox

1. Include all 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



GOVERNMENT



Frenchs Forest Public School
Young Minds Bright Futures

