PRINCIPAL’S NEWS

On Tuesday, celebration of Science Week was a sensational day. We had four different science related activities around the theme of “Feeding the World” for the children to experience throughout the day. The children were totally engaged in a variety of happenings and asked a number of smart questions. Two of our guest speakers were local experts which is great for the children to relate to. Thanks to James, Georgie and Kris for joining us to celebrate Science Week. A big thank you to our Science Teacher Kaz for organizing a fun day for all. More news is found later in the newsletter.

This week we have commenced promoting the FORREST LEARNING CENTRE locally by way of newspaper articles in the Colac Herald and poster displays in the district. The promotion is to inform interested persons of what great educational services we have here at Forrest. It is of paramount importance we celebrate the wonderful achievements of our students and teachers and share those achievements with the wider community. If you have anyone enquiring about the centre, please do not hesitate passing on related information and encouraging them to visit the centre. It is our aim to boost student numbers, particularly in the Pre School zone as there are positions available in 2015.

School Council had it’s August Meeting on Monday. A variety of matters were discussed including:

- School’s Strategic Plan Review
- Pre School Quality Improvement Plan
- Student Computer Plan
- School involvement in the Tiger Rail Trail project.
- Pre School Future Funding
- Working Bee & Bonfire plans
- Building improvements
- Fundraising opportunities

School Council wishes to invite parent volunteers and students to a working bee, bonfire and bbq on Saturday September 6th beginning at 10am. Weather permitting. Please mark this date in your busy diary. Hope to see you there even for an hour or two! More details to follow closer to the day.

This week, the centre experienced a TELSTRA OUTAGE in addition to the power outage last Friday, which has meant we have been without internet access including emails since last Friday. It is hoped this matter has now been repaired and we apologise for any inconvenience you may have experienced.

Hope you enjoy the remainder of this week.

Darryl Harty
The students and I have had an excellent week. Who needs power, the network or Internet to learn? Although, I was pleased with Friday’s mild weather, the sun beaming through our windows insured the classroom was toasty.

Science Week
Tuesday was fantastic – thanks to Kaz for organising and co-ordinating excellent science activities. The theme for Science Week is Food for our future: Science feeding the world. The Junior room considered healthy eating options and began the day with Sugar Detectives – how much sugar does our body need? The answer is not much, two teaspoons! The students busily squeezed orange juice and we compared eating four oranges – could they be consumed in one sitting, as opposed to drinking the juice of four oranges, easily done, but which was the healthier option? Discussion, predictions, measuring and recording followed. The surprising result was the juice contained 20 teaspoons of sugar! Kristen from Water Watch gave an excellent and hands on presentation of the ‘Story of a River’ while Georgie, our much admired Vet, finished the day in a fantastic fashion by bringing her ‘tools of the trade’ and engaging the students with animals, bones, stethoscope and x-rays. I know these activities will have been reported on more extensively elsewhere in this newsletter and, while I might be overusing adjectives, the day was AWESOME!

Writing
The students were easily motivated to write and managed to complete a recount of Kristen’s presentation in between Science Week activities – a great effort. I will endeavour to include more of their work in future newsletters, as they are all keen to be ‘published’. These versions are unedited.

Water Watch
On Tuesday at 10 o’clock it was science. For science we had a Water Watch lady called Kristen come. Kristen told us about the Barwon River and how it gets polluted with plastic and detergent and rubber. She read us the story about a river. She had a bucket of water and the class got to put some pollution in it.

Science Week
On Tuesday Kristen from Water Watch came so that we could learn about the life of the Barwon River. We did it in our classroom. We learnt about how rivers get polluted. Some of the pollutions are when cows pug the ground, pesticides, car petrol, rubber and fishing rubbish. Some ways this problem could be solved it to talk to farmers to not use as much fertilizers and put nets in the drains so the rubbish doesn’t get into the rivers.

A simple cinquain from earlier in the week.....

Melbourne
Sea Life
Lots of People
Reef Sharks, Big Sharks
Wow

Charles Seebeck

Have a great week.

Miss Mac
Junior Room Teacher
Science

The big highlight this week was the National Science Week activities that we conducted on Tuesday. A very big thanks to Kaz Standish for organising most of the activities, she has written the details of the day in this newsletter.

James Sprunt’s talk with our class was very inspirational and thought provoking. The focus around permaculture and systems thinking helped children to begin to think about the inputs and outputs of food production at school and beyond. Children will follow-up by creating their own designs based on the principles of permaculture and sustainability. We will invite James back to present children’s plans to him and then discuss how we might start using these ideas in our school. We are planning on reinvigorating our garden program with new goals and new knowledge to work with. Exciting times for our school.

Goal Setting:

This week students have been introduced to a system of goal setting. They will set goals under the banners of home, personal, learning behaviours, reading, writing, maths and presenting. Children will identify specific measureable goals, identify the strategies they will use to achieve these goal and identify the evidence they will use to demonstrate the achievement of the goals.

The setting of goals, undertaking a strategy and then achieving goals will occur as a continuous cycle. As students achieve certain goals, they will then set new goals. Some goals may take days to achieve and others may take, weeks or even months. It will be interesting to see how well this approach works.

Wild Colonial Boy:

We did well to get many of the costumes organised for the school play on Friday. We will have a list of other costumes and props by Friday, for students to take home.

Aphrodite Shomaly kindly created some artwork for advertising our play and we are very lucky to have Gillian Brew create the posters.

Have an enjoyable week.

Mr D.

Senior Room Teacher
PRE SCHOOL NEWS

Thursday 21st August

Kaz was relieving for me yesterday, while I was doing CPR training. I’m sure the children had a good time with Kaz.

Paper Dog

To follow up a bit more on the Responsible Dog Ownership visit, all of the children made their own paper dog on Wednesday. Laura traced the template for them. I noticed too that the older girls were very good at cutting out their dog, following the line. This is a great skill to have when starting Prep next year. If you don’t already do so, please let your child build up his/her fine motor skills by using scissors at home. A good activity is to cut out pictures from a magazine and then glue them on a piece of paper.

Strawberry Treat

Thanks to Ellen for sharing a birthday treat. The children really enjoyed dipping the strawberries in the chocolate dip...Yum!

Girls only

Hopefully we will have the boys back this week after they were away with injuries or illness last week—John hurt his finger and Jaxon had a bad cold.

Lena Collropy

Pre-school Teacher

DATES TO REMEMBER

Fri 29/8, Colac Dental Health visiting.
Fri 5/9, Committee Meeting.
Wed 17/9, Excursion to Apollo Bay, Flying Bookworm performance and picnic.
OTHER ANNOUNCEMENTS

Helping Hands Week $

Tim for regularly putting down the chairs in the morning.
Kai for helping a fellow student with her jobs

Fundraising News

JUNIOR ROOM: This week’s student of the week is Reuben Freddi.
Reuben has been very focused on his work, particularly his writing formation, and enthusiastically helped other students. Great work Reuben!

SENIOR ROOM: This week’s Student of the Week is Zeus Shomaly for setting and achieving a personal learning goal one week. Thanks for setting a great example to others.

FUNDRAISING NEWS

Amy’s Gran Fondo cycling event is happening on Sunday 14th September and competitors will be cycling through Forrest. The Aid station will be set up in town and Forrest will be a designated ‘rest’ stop. The event organisers are looking for some volunteers to assist with the Aid station, (maintaining refreshment levels, maintaining cleanliness at the aid station, using the bins provided, assisting riders with access to medical services or bike repairs, providing course information and answering enquiries as required) and are willing to pay $50 per volunteer towards the school. I am awaiting confirmation of the volunteer time involved but I wouldn’t envisage it would be more than a couple of hours so…. if there are some parents out there who will be in town on Sunday 14th September and are prepared to help out at the Aid station ( & earn some fundraising $ for the school) please let me know ASAP.

Thanks – every little bit counts!
Sarah Lane
5236-6172 0421 103 042 sjlane@swarh.vic.gov.au
CHILDCARE AND AWESOME AFTERS (OSHC)

Just a reminder to all parents using the childcare service—if you are booking, changing your booking, or cancelling your booking, could you contact the relevant childcare educator directly.

Bookings from 9—2pm call Caralyn, 0412953366

Bookings from 2-6pm call Teresa, 0419536340

If you wish to book your child into the childcare service on a casual, one-off basic, could you endeavour to secure that booking by 2pm the day prior to the required booking. This allows our educators to plan their program and ensures there is a spot available.

Out of school hours care—last minute bookings with this service are fine as there are still plenty of spots available.

Teresa Price

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### TIMES

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9:00– 10:45</td>
<td>Outside Activities *</td>
<td>Outside Activities *</td>
<td>Pre-School</td>
<td>Pre-School</td>
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<tr>
<td>10:45-11:15</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Pre-School (3 and 4 year olds)</td>
<td>FORREST KIDS GO BUSH!</td>
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<tr>
<td>11:15– 12:30</td>
<td>Inside Games and Activities</td>
<td>Inside Song and Dance Activities</td>
<td>Inside Free Play</td>
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<tr>
<td>12:30-1:00</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Inside Free Time</td>
<td></td>
</tr>
<tr>
<td>1:00– 2:00</td>
<td>QUIET TIME / CRAFT</td>
<td>QUIET TIME / Floor Activities</td>
<td>Inside Free Time</td>
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<tr>
<td>2:00– 3:30</td>
<td>Inside play: toys, trucks, drawing, painting</td>
<td>Colouring pages and decorating art projects</td>
<td>Inside play: puzzles, drawing, home corner, book corner</td>
<td>Yoga, sing-a-long songs, story-time</td>
</tr>
<tr>
<td>3:30-4:00</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
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<tr>
<td>4:00-5:00</td>
<td>Outside play</td>
<td>CRAFT TIME</td>
<td>COOKING</td>
<td>CRAFT TIME</td>
</tr>
<tr>
<td>5:00-6:00</td>
<td>Weekend storytelling</td>
<td>Outside play</td>
<td>Sing-a-long songs and dance</td>
<td>Outside Play</td>
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<td></td>
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<td>Relaxation: reading and quiet games</td>
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* Outside Activities will be held providing weather is suitable
National Science Week 2014

The Forrest students and teachers certainly had an excellent time exploring the theme of Science Week this year which was Science: Feeding the World. The different activities certainly reinforced for me the value of developing creative and innovative thinkers and to celebrate all our students who bring so much fun and curiosity to our classrooms!

The Junior Room students became Sugar Detectives and explored some of the differences between natural and processed sugars. We looked particularly at an orange and predicted how many teaspoons of natural sugar are in one orange and then worked out how many teaspoons of sugar in 1 glass of freshly squeezed orange juice. We also discussed that when we just have a freshly squeezed juice we miss out on the fibre, vitamins and minerals in the left over parts! We were all a bit shocked at how much sugar is in a glass of orange juice! We talked about the role of scientists like food scientists, who help us find out more about food and what foods are vital for us to grow strong and healthy!

Both the Junior Room and Senior Room experienced the Story of a River with Kristen Lees from Waterwatch. This was a fantastic activity that illustrated the different land uses in the Barwon River catchment, and a great stimulus for discussion about how we can look after the land and river.

The Senior room had a Permaculture expert come in and discuss how permaculture ideas can help people decide how to manage their land. James Sprunt facilitated a lively discussion with the students about inputs and outputs of systems within our school, with direct reference to the garden, the chooks, the compost, the fruit trees. Thanks James! The Senior students then participated in a Sustainable Fishing game that got them thinking about what is sustainability and how technology and decisions may or may not affect fish populations.

To cap off a science filled day, Georgie Stuckey came in to discuss her work as a veterinary scientist. It was so wonderful to have a local scientist come and share her story (and her dogs!) with the students. Georgie had a little circus of activities for the kids to participate in and the talk was definitely a highlight of the day for many!!! Thank you very much Georgie!
NEIGHBOURHOOD HOUSE NEWS.

It’s been a while and if you were starting to wonder what IS on in Forrest, we have been busy doing the housework so we can continue to grow the Forrest & District Neighbourhood House and support our community. In the last month we have become incorporated and are pleased to welcome a shiny new management committee, full of bright ideas and enthusiasm. We have been planning ahead and will be sending out information and looking for your input shortly.

In the meantime our regular activities continue…

1st Monday of the Month
Bingo! 1-3pm $5 for 2 books, light arvo tea provided.

Tuesday
Free counselling with Lena Collopy - by appointment only Tel: 0487 244 310. Member of the Australian Institute of Professional Counsellors

Wednesday
Tai Chi 6.30-8pm $10/$8conc

Thursday
Gentle Exercise 10-11am followed by Morning Tea $2
Mind Games 11-12noon. $2.
Community Lunch 12.30-2pm. Hungry? You wont be after a generous serve of wholesome homemade vego fare with dessert for just $6
Food Co-op 3-6pm Quality Organic bulk dry goods, and No packaging! Members only - Join up today.

Friday
Dip/Cert IV Visual Arts 10am-4pm
and...

Coming Up
This Saturday 23 August 10-4pm
Random Weave Baskets (see flyer attached) bookings required. $50 Inc lunch
NEW DATE Friday 29th August 1-4pm
Exquisite Corpses unique joint art experience using textiles, watercolour or pen and pencil. FREE

Gillian Brew - Co-ordinator
Forrest and District Neighbourhood House
Office Hours: Mon 10am-5pm, Thu 10am-5pm
Phone: 03 5236 6591
Email: gbrew@swarh.vic.gov.au
Forrest & District Neighbourhood House course

Random Weave Baskets

Enjoy an easy walk round Forrest to collect all you need to create your own contemporary masterpiece. This course introduces you to the basic technique of random weaving and how to harvest your own plant materials. With random weaving you can achieve stunning designs quickly and easily.

Once you have started basket weaving, you find yourself looking at the outdoor environment with fresh eyes. Everyone’s garden is a potential source of materials for baskets!

Saturday 23rd August
10-4pm at Forrest Hall,
14 Grant St, Forrest

Cost: $50
includes light lunch

Wear suitable clothing for winter walking. Bookings essential. Please advise any dietary requirements when booking.

Call Gillian on 5236 6591 to book your place
Email forrest.nh@gmail.com
YOUR CHILD INTERESTED IN PLAYING TENNIS??

Barwon Downs Tennis Club is seeking children aged 7 and above who want to learn/play tennis.

Junior tennis practice starts 21st September 2014

Saturday competition starts 11th October 2014.

For further details please contact Robvyn Ferguson on 52366282/0439366282 or email—lucrob1@bigpond.com
Information Update - Great Ocean Road closure

Will you be using the Great Ocean Road between 24-28 August? Don’t forget it will be closed to through traffic between Wye River and Kennett River during this time. Long detours apply, so plan ahead and spread the word.

The closure will take place from 6pm Sunday 24 August and remain closed for four days in order to conduct essential roadworks. The road is expected to reopen on Thursday 28 August at 6pm. In the case of wet weather the closure will be postponed until the following Sunday.

Access will remain available to all towns during the closure including Wye River, Kennett River, Lorne and Apollo Bay, however drivers are urged to plan their journey in advance to allow extra time to detour around the closure.

VicRoads is working closely with everyone who is affected to plan the closure including emergency services, tourism operators and the local shires. Meetings have also been held with local residents, property owners and business owners.

The closure is essential to replace a damaged culvert under the road and has been programmed at a time of year to minimise disruptions. Works will be conducted 24-hours a day.

A detour map is available at vicroads.vic.gov.au

For further information
web
vicroads.vic.gov.au

call
5561 9240

e-mail
greatoceanroad@roads.vic.gov.au

OCR FM presents two live performances of locally written radio plays at the Red Rock Regional Theatre and Gallery on Saturday 23rd of August at 2:00pm and 7:30pm. Tickets are now available from the Cowlick Bookshop, Embrey’s Store in Cororooke, Red Rock Regional Theatre and Gallery, OCR FM and now also online at TryBooking.com

http://www.trybooking.com/FOJH

More information can be found on the OCR FM Facebook page and website.

98.3 OCR FM Community Radio
88.7FM Along the Coast