PRINCIPAL’S NEWS

Over the past week I have been fortunate to have worked in both classrooms within our normal literacy/numeracy blocks. Of course, I had a brilliant time, and was particularly amazed at how interested in mathematics our students are. The Seniors worked at an incredible pace for a full 90 minutes, busily learning place value. The level of industry and understanding of their individual learning processes was a real credit to them and the work of Mr Donahoo. Real Visible Learning!

Our Juniors read and sang the new Sound Waves song and again in maths, were most impressive when identifying shapes and making patterns in our numeracy block. Their creativity was inspiring as they came up with some great complex patterns and shape pictures. Thanks Miss Mac for leaving us some fun work to do.

Thanks to our students for reminding me of the reasons I became a teacher in the first place! You are the best!!

Now back to the office— a busy time with our facilities grant application due tomorrow! So this will be brief, but full of reminders.

We hope you can make it to our WELCOME BBQ tonight.

Staff will present information on classroom programs and specialist subjects and there will be time to ask questions afterwards. A great opportunity to get together and celebrate the wonderful learning that happens in Forrest.

WELCOME BBQ— from 5.30
6.30pm— Classroom information sessions.
BYO meat and salad, we’ll provide bread and sauce!

SCHOOL COUNCIL- Elections have begun. Nominations opened Monday 25th February and close at 4.00pm on Monday 3rd March, 2014. Thank you for the retiring school council members!

EDUCATION MAINTENANCE ALLOWANCE (EMA)— forms are due back tomorrow. This is your opportunity to claim $150 for children in Grades 1-6 and $200 for Preps. All you need is a concession/health care card. DUE FRIDAY 27th FEBRUARY.

POLWARTH SPORTS LUNCH FORMS AND MONEY DUE TOMORROW!

Have fun,
Tara Hulonce
THE JUNIOR ROOM NEWS

The students have all worked extremely hard this week. Our Maths number activities continue and our weekly topic was ‘Shape’. The Preps have been learning about triangles, squares, circles, rectangles, ovals and shape patterns. They created some fantastic pictures using shape blocks. ‘Shape’ for the Year 1 and Year 2 students extends to more 2D and 3D shapes, faces, edges, corners, patterns, flips, slides, turns and right angles. Using nets they created 3D shapes including prisms, cylinders and cubes. Did you know that any shape with 5 sides is called a pentagon?

Soundwaves

Preps’ sounds this week, d as in duck, f as in fish, g as in girl and h as in house. The Year 1 and Year 2 students are finishing their unit on a as in apple. For each sound we brainstorm words with that contain the sound, become familiar with the sound of the day singing songs including the Soundwaves Chant, write the grapheme for that sound and complete Soundwaves activities and games. The Year 1 and Year 2 students have a list of words containing the sound. They segment words into their sounds and complete extension activities relevant to their level of understanding.

Highlight of the Week

Mini beasts – we all ventured into the school grounds in the search for ‘bugs’ to examine under the microscope. The baby worms, ladybird, slaters (roly poly bugs according to the students) and cricket were all duly returned, unharmed, to their natural environment. The students are patiently waiting to grow some maggots – seemed like a good idea at the time and I will get around to it!

Forrest Kids Go Bush

Please remember to include change of clothing. Overalls got used for the first time last week, but didn’t require washing. We are ordering overalls for children who are new to the school.

Miss Mac,
Junior Room Teacher

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

JUNIOR ROOM: Henry Seebeck. Henry really concentrated during literacy and finished his recount of the Beach Day, including a wonderful drawing.

SENIOR ROOM: Alecia Pain for striving for excellence in Mathematics. Alecia always pays great attention to detail and accuracy. So far achieved 100% for every task she has attempted in maths.
SENIOR ROOM NEWS

Garden
Last Thursday we students made a delicious potato salad, a beetroot dip, caramelised onion pastry and apple pastries. They were all absolutely delicious! Thankyou to Mrs Ridgeway for working with this weeks cooking group! Students worked in groups to sort out and clean up their gardens in preparation for planting the next crops. This week we hope to get some seeds in.

Science
It has been a really fun week for us with Science. Students planted seedlings in cups, setting up a number of experimental scenarios for seed growth and recorded in their Journals. Nerrida arranged for a visit by Kris from Barwon Downs. He has extensive knowledge of the biodiversity of our area and working with indigenous communities. He bought a large population of Yarra Pygmy Perch for our fresh water ecosystem project. Most Yarra Pygmy Perch populations persist in south-west Victorian and South Australian waters but the small fish is classified as nationally vulnerable. We released them into the two ponds, and Kris gave us some information about their preferred habitats, diets and breeding. Kris suggested that we sample the living organisms in the water, so we took a number of samples. We used our new digital microscopes to explore our samples and were amazed to find a large variety of invertebrate animals and a variety of algal plant life living in our ponds.. where did they come from? We took photos with the microscopes so as we could identify the organisms. At least we know that the fish will have plenty to eat! The plants we purchased from Nik Romanowski when we set up the ponds are growing really well. Nick told us to grow these plants because they increase the biodiversity and the health of the ecosystem.

Humanities
This week we continued immersing ourselves in the Yolngu culture and students are now understanding the depth and strength of indigenous culture, one that is very different to ours. Whilst Kris was visiting us he told a local indigenous story to the kids about how the platypus came to being. He also showed us a number of fascinating rock artefacts, explain their source, construction and use. A very interesting conversation indeed!
CHILDCARE AND AWESOME AFTERS (OSHC)

All is going well with our Childcare services— but we still have some vacancies left – MONDAY AND WEDNESDAY 9-2pm. If you know anyone who might require care for their under school aged child— please send them our way!

FEES: Please collect your child promptly, as late fees can be expensive! We ask you NOT to pay using BPAY— as it messes up our system. School and Pre-School accounts go through our CAS-ES21 system and childcare and OSHC operate on separate financial systems. Please complete a direct deposit instead. Contact the office for more information.

NOTE: PLEASE REMEMBER TO BOOK YOUR CHILD IN WITH MILLIE BEFORE 2PM ON THE DAY OF CARE REQUIRED OR CALL THE SCHOOL OFFICE ON 5236 6393. AN ESTIMATE OF COLLECTION TIME IS ALSO APPRECIATED. THANKS!

EARLY LEARNING CENTRE/ OSHC PROGRAM (looks like fun!)

For OSHC bookings please call our Educator: Millie 0433 210886

For Childcare bookings: Caralyn 0412 953366

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<tr>
<th>TIMES</th>
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<tr>
<td>9:00–10:50</td>
<td>OUTDOOR PLAY</td>
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<td>Pre-School (3 and 4 year olds)</td>
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<td>10:50–11:45</td>
<td>Snack/ Lunch</td>
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<td>FORREST KIDS GO BUSH!</td>
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<td>11:45–1:15</td>
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<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>
<td>Arts and crafts: child centred craft activities</td>
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<td>3:30–4:00</td>
<td>Healthy SNACK</td>
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<td>4:00–5:00</td>
<td>Outside play</td>
<td>CRAFT TIME</td>
<td>COOKING</td>
<td>CRAFT TIME</td>
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<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>
<td>Relaxation: reading and quiet games</td>
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PRE-SCHOOL NEWS

Baking
Yesterday we went to the School garden and picked some rhubarb. All of the children helped with cutting up the stalks and making a crumble. We used sugar, flour and butter for the crumble and lots of sugar in the rhubarb. It turned out really nice and we all had a serving each with cream.

Caterpillars
Last week we read the Very Hungry Caterpillar, and the children made their own caterpillars from egg cartons. They painted and decorated them to their own tastes...putting googly eyes on and pipe-cleaners as feelers. Today we read the book again and the children could use their own caterpillars to act out the story with props.

Dental Screening
Thanks for all the returned forms. A Dentist from Colac Area Health will visit us today for the Dental Screening. I’ve talked to the children yesterday about the visit and we also read a story about Charley going to the Dentist. Some of the children are feeling a bit anxious, but I think they’ll be alright when they see the others getting examined. The Dentist and the Assistant that came last year were very gentle and friendly.

Forrest Kids Go Bush
Thanks to Tara and Sarah for helping with the Bush Program last week. Kaz and Rose have kindly offered to be helpers in the future when needed. We have ordered more overalls and will hand them out as soon as we get them. Please make sure to put long pants on your child if they haven’t got a pair yet. The children need their overalls, gumboots and rain jackets if it’s raining.

AGM
Thanks to the parents who came to the AGM. The Forrest Pre-school Committee for this year will be Sara Schuhmann, Kaz Standish, Rose Sgro and Christine Kirk. Tara Hulonce and I will also take part in the meetings.

Thanks
Thank you to Chris Hulonce for doing some odd jobs for us. Also thank you to Sarah Schuhmann for painting the cubby, and to Richard Schuhmann for making a new veranda for the cubby.

Lena Collowy
Pre-school Teacher

DATES TO REMEMBER

Thur 27/2 Colac Dental Health visiting.
Thur 27/3 Speech Screening
CHANGING YOUR CHILD’S BEHAVIOUR

If you really want to change aspects of your child’s behaviour then first be prepared to change your own.

Many parents wish to change components of their child’s behaviour – some want to increase certain types of behaviour and others want to decrease or eliminate other behaviours. To do this parents need to realise that so often the key to changing their child’s behaviour is changing their own. They need to understand, and take note of, the extent their behaviour effects the child’s.

When other brothers and sisters behave in what seems to be a more appropriate manner, parents can be tempted to “blame” the child rather than looking at different ways to manage the child’s behaviour. True, temperament can make some children more difficult to manage but how others react – especially family – has the greater influence on how behaviours develop.

How parents react or don’t react to their child’s behaviour influences the frequency and/or intensity of children’s behaviour. Unfortunately parents all to often react inappropriately to the more desirable behaviours but fail to acknowledge and encourage those behaviours which they would like to have more of. This is of importance not only when the child is young and behaviour patterns are developing but also in the teenage years when they are becoming more independent and preparing for the responsibilities of adulthood.

There are many influences on a child’s behaviour and most of these are outside the parent’s control. The one thing however that parents can control is their own parenting. They can encourage and discourage, they can reinforce, they can set limits and boundaries, provide role models, have realistic expectations, communicate openly, encourage responsibility and so forth. There is so much a parent can and should do to influence their child’s behaviour.

Parents need to realise that developing and/or changing a child’s behaviour does not happen overnight but rather is a process that occurs over time. Throughout this process parents need to make sure that their behaviours are consistently appropriate and timely. To do something once or occasionally is not sufficient. It takes time for old habits to die and new ones develop – for both the parent and the child.

Behavioural patterns continue to develop and evolve throughout childhood and adolescence. It is never to late for a parent to try and change behaviour – many behaviours that have become habits are harder to change but under the right conditions and influences change can occur.

For parents, analysing then changing their own behaviour and reactions to their child’s behaviour won’t solve all the problems but it’s often a very good starting point.

It is the child’s behaviour but you can have an influence on it.

References:
“Parenting Idea” Michael Grose
“Raising Responsible Teenagers” Bob Myers
“Positive Parenting” booklet - Victorian Parenting Centre
ITEMS OF INTEREST

TAKE HOME A BIG BROTHER OR BIG SISTER
Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2014 for their 3, 5 or 10 month programs. Our international students from France, Spain, Germany, Italy, Finland, Norway and Denmark will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaustr@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

NEIGHBOURHOOD HOUSE NEWS

FREE Counselling in Forrest - Tuesdays - 10-12
Lena Collopy is providing free counselling at Forrest Neighbourhood House office every Tuesday. Lena has a Bachelor in Early Childhood Teaching and a Diploma in Professional Counselling. Lena will be providing a limited number of free counselling sessions to conclude her training, and anyone who wishes to talk to a professional about the challenges they are experiencing is most welcome. The counselling sessions will be confidential and free of charge, and will be held in a warm and friendly environment. Please ring to make an appointment.

Lena Collopy, Tel: 0487 244 310.
Member of the Australian Institute of Professional Counsellors
Are you interested in joining a womens circle to share experiences and make new friends?
Please contact Lena for details.

Guitar Lessons

From term 1 this year, guitar lessons are available at Forrest PS with Surf Coast musician Timothy Sims.
Tim has taught both privately and in schools for the last twelve years in Victoria and NSW, and also boasts a wealth of live performance experience playing all over the country.
Lessons will run during school time, all you need is a guitar!
To enquire or book a place, please phone Tim directly on 0410 097796, or email: timsguitars42@yahoo.com.au