**PRINCIPAL’S NEWS**

Attendance at school is a major priority of all schools including here at Forrest. I am pleased to report that we have 100% attendance over the last three days. This is tremendous and your support is gratifying.

The Forrest Early Years has vacancies for children in both the Preschool for 3 & 4 year olds and also in our Day Care and After School Care. Please check for more details later in this newsletter. Lena, Caralyn and/or Teresa will be only too willing to assist you with any enquiries. Did you know the Early Years Centre is open Monday to Friday? Please note casual bookings are available if you have an (important) appointment to make.

School Council’s first meeting for 2015 is planned this coming Monday Feb 16th at 6.30pm. One of the matters for discussion will be the setting of the date for the Annual General Meeting. Members will also be provided with a copy of the school review report and will discuss the development of the school’s future direction for the next four years. The school’s Strategic Plan document will be the cornerstone to the school’s future pathway. The school community will have the opportunity to have input to this important process. Please note this Thursday I will be at meetings in Colac. In the morning at the Colac Corangamite Principal’s Network Meeting and in the afternoon at the Colac Area Rural Schools (CARS) meeting. The CARS group will be planning the Athletics sports to be held at Alvie on March 18. The Beach Day and Harmony Day extra curricular activities will also be discussed at the CARS meeting.

The successful Active After School Community program ended at the conclusion of 2014. The government plans to replace this program with the Sporting Schools program. Forrest Learning Centre has expressed interest in being part of this new program. The Sporting Schools program will begin in term 3 in schools that are selected. Hopefully Forrest LC will be one of them!

Yesterday we had Mrs Melican teaching our Junior students. This enabled Ms Mac to complete Grade Prep—2 Online assessments throughout the day. We were all pleased to have Mrs Melican back.

Next Tuesday our Science teacher Mrs Standish has organized a fun incursion at Deans Marsh called “Off this Planet”. More details will be sent home tomorrow. It is hoped your child/ren will bring back from DM stories to share about what they learnt.

Hoping to see you at the Information/Welcome Evening next Wednesday.
JUNIOR ROOM NEWS

This Week ‘Work’ has begun!

First term is all about establishing routines and ‘learning to learn’. I thought that this week I would detail some information about our Mathematics and Spelling programs.

Maths

The students’ use a combination of the Targeting Maths and the Mathletics program, supported by hands-on activities, to reinforce their knowledge.

Preps: Numbers 1 – 5.
Year 1: Numbers to 30 reviews.
Year 2: Numbers to 100 review.

We also review the ‘days of the week’, ‘months of the year’, and count to 100 in different ways each morning. Many students have forgotten how to write some numbers over the holidays. The numbers 3, 5 and 7 are often ‘reversed’. Some practice at home would help them remember.

Spelling

Sound waves: We do Sound waves everyday. Sound waves is a phonics program where by the students identify the sounds in words. As they progress through the program the choices for the grapheme [written letter combinations] that make that sound increase. The work for the older students also includes spelling and grammar rules and a spelling list each week.

Preps: Sounds for ‘b’, ‘k’ and ‘d’
Year 1 & Year 2: ‘b bb’

Magic Words: The students’ work through 200 of the most commonly used words.

Preps: Reading (sight recognition of) their ‘Golden’ words
Year 1: Working at different levels of the program recognising and learning to spell their ‘magic words’. Spelling words will be given out on Monday – 8 words per week. The students will be given a ‘Look Say Cover Write Check’ sheet to practice their words at home and will be tested on the correct spelling of their words on the following Monday or Tuesday.

Year 2: Students who have completed the ‘Magic Words’ will continue with a list of the next top 100 words increasing their knowledge to 300 words! The students will also be given a ‘Look Say Cover Write Check’ sheet to practice their words at home and will be tested the following week.

Spelling folders go home every night (or should) and then return to school each day. Taking just a few minutes to read their words each night provides wonderful support for your child and helps them progress at an increasing rate. Preps in particular will need help as they are still learning to read and many of these words can’t be ‘sounded out’. This is why I run the two programs in combination.

Next week I will provide information about our reading and writing programs.

English on line interview

On Tuesday the Preps spent an average of 1 hour with me to assess reading, writing and speaking and listening skills. This information provides a ‘starting’ point for future learning.

Reminders

On Thursday lunch orders are provided by the Forrest Neighbourhood House. A menu for each family was given out yesterday.

Preps have a ‘recovery’ day on Wednesday until the end of February.

Friday - Forrest Kids Go Bush. Spare pants (or overalls if it is not too hot) are required.

Miss Mac
Junior room teacher
SENIOR ROOM NEWS

Last week I mentioned as of this week the newsletters produced for the Senior Room will be the responsibility of the Grades 5 and 6 Students. However I have not given them enough time to be organised, so this will start next week.

It was great to see everyone developing better routines and becoming more organised this week. Most students are reading each night, everyone is remembering their Mark books, diaries and bottles of water. We received all but two completed homework sheets on Monday which is great and nearly everyone is reading at home. This week we would like to see children practising their times tables in preparation for testing on Wednesdays and making a minimum of 5 diary entries for their reading each week.

We are starting our science focussed Integrated Unit ‘Friends or Foes’ this week. The unit is based on the understandings that:

♦ Everyone has a responsibility to look after the environment.
♦ Through understanding the interrelationships between plants and animals better decisions can be made about living in and looking after the environment.

Our main focus questions are:
♦ How do living things depend on each other for survival and the environment to survive.
♦ What is a life cycle? What is pollination and seed production?
♦ What are the current environmental issues that relate to pollination ( ecological issues)
♦ What is the role of science in solving environmental problems?

Over the past week children have been engaged in some descriptive writing:

Secret World Below Earth

Suddenly I wake up. I can smell beautiful and fragrant fresh flowers.

I’m laying on soft moist grass with bright tones of green and yellow. As I look up I can see a beam of light gently shining down on me.

I can hear the beautiful river rippling as the current pulls the water down the waterfall.

I dip my fingers lightly into the aqua water. I can feel the softer current splashing on my finger.

I notice the water has many different shades of blue, light green, and turquoise.

I hear fainting sounds of the birds above.

Alicia Pain (Grade 4)

JUNIOR ROOM: This week’s student of the week goes to Elise Sgro. Elise is always ready to help other students with their work and has a very kind and patient manner. Lovely work Elise!

SENIOR ROOM: This week’s Student of the week goes to Lachlan Pain for working hard to develop the habit of being organised.
The Junior Room students started thinking and role-playing what creatures they may find in the school yard!

**SUPER SCIENCE FACT**

Sunlight can penetrate clean ocean water to a depth of 240 feet.

**Forrest & District Neighbourhood House Program Feb 2015**

**REGULAR ACTIVITIES AT THE FORREST HALL** (unless indicated otherwise)

**MONDAY**
- Meditation 6.30-7.30pm with Sue Frydman $12
- Casual $10 term payment
- BINGO 1-3pm, $5 (first Monday of the month)

**TUESDAY**
- COS Fitness Class 11am
- Gentle weights exercise for all ages $3

**WEDNESDAY**
- Tai Chi 6.30-8pm
  - with Seona Gunn $10/8conc

**THURSDAY**
- Gentle Exercise Class 10-11am, $2
- Mind Games 11am-12noon, $2
- Community Lunch 12.30-2pm $6
- Southern Otways Food Co-op 3-6pm.

**FRIDAY (SCHOOL TERM)**
- Diploma/Cert IV Visual Arts 10am-4pm.

**COMING UP**

**THURSDAY 12 FEB**
- Breath Easy 11-12noon
- Asthma education with Loren Jenkins

**SUNDAY 22 FEB**
- Forrest Music & Pizza arvo 2pm
  - Bring an instrument or come & enjoy
  - the vibes. BYO pizza to cook or buy
  - one from us. Wood oven will be hot!

**TUESDAY 24 FEB - 7PM**
- Community Fire Guard
- Summer’s hotting up - are you ready?

**Helping Hands Week 2**

⇒ Indigo for helping pack up.
⇒ Joe for volunteering to complete jobs in the playground.
# Childcare and Awesome Afters (OSHC)

**The Forrest Early Learning Centre**

There are positions available for morning and/or afternoon childcare. To secure a spot please call Carolyn or Teresa on the numbers listed below, alternatively leave a text message. For a casual one off booking, please make sure you call/message the day before.

For After School Care bookings, you can call/message Teresa or Carolyn before or on the day of required care.

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For OSHC/ afternoon bookings please call: Teresa 0419 536340

For MORNING Childcare bookings: Caralyn 0412 953366

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<table>
<thead>
<tr>
<th>TIMES</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00– 10:45</td>
<td>Outside Activities *</td>
<td>Outside Activities *</td>
<td>Outside Activities* Pre-School</td>
<td>Pre-School (3 and 4 year olds)</td>
<td>Pre-School (3 and 4 year olds)</td>
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<tr>
<td>10:45–11:15</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td></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>
<td></td>
<td></td>
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<tr>
<td>12:30–1:00</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td></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>
<td></td>
<td></td>
</tr>
<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>
<td>Arts and crafts: child centred craft activities</td>
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<tr>
<td>3:30–4:00</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
</tr>
<tr>
<td>4:00–5:00</td>
<td>Outside play</td>
<td>CRAFT TIME</td>
<td>COOKING</td>
<td>CRAFT TIME</td>
<td>Outside play</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>
<td>Relaxation: reading and quiet games</td>
</tr>
</tbody>
</table>

* Outside Activities will be held providing weather is suitable
OTHER ANNOUNCEMENTS

Stay healthy in the heat

With hot weather on the horizon, it’s important to plan ahead and know what to do when the heat hits. Young children, alongside older people and people with disabilities, are at greater risk of getting sick from the heat.

Think of ways you can prepare your home, for example, checking your cooling appliances are working. If it’s just not possible to stay cool at home, have some places in mind of where you could go to escape the heat – and get there early.

Remember, power failures can happen in extreme heat. Think about what you will do to stay cool if this happens.

If you have concerns about staying healthy in the heat, see your doctor or call NURSE-ON-CALL on 1300 60 60 24.

In the case of an emergency call 000.

For more information or more resources, visit www.betterhealth.vic.gov.au/

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Term 1, 2015

Thursday Lunch Orders

Kid size Salad Wrap $2
Lettuce, cheese, cucumber, carrot, celery, mayo or hummus in a yummy wholegrain wrap
or unwrapped for a gluten free alternative
ADD Tuna or Ham extra $1 each

Home-made Sausage Roll $1
a little larger than party snack size

or Vegetable Samosa $1
Potato, peas and herbs in pastry, ¼ tri sandwich size

Both also available in Gluten and Dairy FREE

Sweet Snacks
Hedgehog slice 50c or Iced Cupcake $1
Honey Joys Gluten & Dairy FREE $1

NEW GLUTEN & DAIRY FREE CHOICES!
PLEASE INDICATE CLEARLY ON ORDER

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Healthy, Wholesome and Homemade
Forrest Neighbourhood House is offering a yummy
Thursday lunchtime alternative delivered to the school. Write your child’s preferences on an envelope
with their name and room, enclose correct money and
drop into the lunch order box at the school
Thursday morning before 9.30am.

Volunteers NEEDED for just an hour between 12-1.
Can you lend a hand to help us deliver this great not-
for-profit service to your children and support your
community? We could do with your help!

Contact Gillian at the Neighbourhood House for
feedback or to go on the lunch roster 12-1pm
Ph: 5236 6591 or email: forrest.nh@gmail.com

Waste Savers tip:
Reuse your old envelopes and put your order in a
lunchbox to help us reduce waste. Children will
take their lunchboxes home with them as usual

All proceeds go to the Forrest & District Neighbourhood House
Program and back into YOUR community. We support healthy
and sustainable practices. Reduce Recycle Reuse
### EVERY MINUTE COUNTS

<table>
<thead>
<tr>
<th>He/She is only missing just...</th>
<th>That equals...</th>
<th>Which is....</th>
<th>over 13 years of schooling, that’s...</th>
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</thead>
<tbody>
<tr>
<td>10 minutes per day</td>
<td>50 minutes per week</td>
<td>Nearly 1.5 weeks per year</td>
<td>Nearly HALF A YEAR</td>
</tr>
<tr>
<td>20 minutes per day</td>
<td>1 hour 40 minutes per week</td>
<td>Nearly 2.5 weeks per year</td>
<td>Nearly 1 YEAR</td>
</tr>
<tr>
<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 weeks per year</td>
<td>Nearly 1 AND A HALF YEARS</td>
</tr>
<tr>
<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 weeks per year</td>
<td>Nearly 2 AND A HALF YEARS</td>
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</tbody>
</table>

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Did you know your child’s best learning time is the start of the school day?

That’s when every minute counts the most!