PRINCIPAL’S NEWS
What a delight it is to look around and see so many happy, smiling faces at Forrest today! Our Prep’s joined us this morning— all nine of them! And Pre-School started up again, again with nine children. Our numbers are looking very healthy for 2014 and beyond.

Our numbers are so good, in fact, that bus travel has become an issue, as we now have a full bus for the normal school route. This is further complicated by the fact that many Pre-Schoolers also require bus travel. This is how it works... School aged children living further than 6kms from school take precedence. If there are free seats, Pre-Schoolers may then use the bus. Children who are ineligible (living in town etc) may travel with special permission from the Principal providing seats are available. So, if you have previously been on the bus roll but no longer require this service, please let the office know. ALSO If you have a pre-schooler wishing to travel on the bus, please inform the school in writing that you’d like to request use of the bus service and understand that permission to travel may be revoked if a school aged child needs the seat.

Developing a timetable has been quite the challenge over the last few days, as we have so many curriculum areas and activities to schedule in. But all staff have been very flexible in planning programs and enjoyed a brilliantly productive day earlier this week where many decisions were made. Here’s a brief summary of the specialist subjects which will supplement our daily school activities...

- MONDAY—Music/ Seniors Cooking and Gardening
- Active After School— Mountain bike program in term 1, week 3
- TUESDAY—Science
- WEDNESDAY—MARC (Library) fortnightly/ MACC (Art) and Indonesian also fortnightly
- THURSDAY— P.E./ Health/ Welfare
- FRIDAY—Forrest Kids Go Bush (juniors and Pre-School)

We welcome our new and returning staff and are looking forward to a wonderful year full of wonderful learning opportunities for all.

Have fun,

Tara Hulonce
PRE-SCHOOL NEWS

Welcome to Term 1 – 2014

A Warm Welcome to all the children and their families. I hope everyone has had a good break and feels that they’ve had a summer holiday. The school term has certainly started off very warm with more hot weather on the way.

Welcome Emelia

A big welcome to Emilia, our new Educator at Forrest Early Learning Centre. Emilia is going to run the Child Care Program in the afternoons, and the Out of School Hours Care (OSHC) as well.

New group dynamics

This year, we have four new children starting in the Pre-school, and five returning from last year. There will be new group dynamics, different from last year. Some of the children who were the younger last year will now be the ‘older’ children. It always takes a bit of time for the children to learn about each other’s personalities and find their place in the group. The first couple of weeks will have as the main focus, getting to know each other, and learning about the Pre-school rules and routines.

Bushfire season

Today you will receive the new Info booklet for the Forrest Early Learning Centre. Please take some time to read it. It is especially important that parents are aware of what to do in case of Code Red days or bushfire warnings. Everyone living or working in the Forrest area has to be vigilant during the bushfire season as Forrest is in the highest bushfire risk zone.

Enrolment forms and Permission slips

All of the children need to have a current enrolment form filled in. I will be handing them out today together with two permission slips and the info booklet. Some parents have already received an enrolment form for this year and only need to fill in the permission slips.

REMEMBER TO STAY COOL IN THE HEAT

Lena Collopy
Pre-school Teacher

DATES TO REMEMBER

Fri 7/2 - The Bush Program starts.
Fri 21/2 2pm, AGM – ALL WELCOME
Thur 27/2 Colac Dental Health visiting.

AWESOME AFTERS (OSHC)  

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Computers</td>
<td>Outdoor Activities</td>
<td>Cooking Class</td>
<td>Board Games</td>
<td>Story Time</td>
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<tr>
<td>Craft Activities</td>
<td>Music/ keyboard</td>
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<td>Floor Game activities</td>
<td>Yoga/ Meditation</td>
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<td></td>
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<td>Painting</td>
<td>Free drawing</td>
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</tbody>
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FEES: $10 an hour - OR $25 a full session. (3.30-4.30 $5)
NOTE: PLEASE REMEMBER TO BOOK YOUR CHILD IN WITH MILLIE BEFORE 2PM ON THE DAY OF CARE REQUIRED. AN ESTIMATE OF COLLECTION TIME IS ALSO APPRECIATED. THANKS!
EARLY LEARNING CENTRE NEWS

Well, we are up and running and our centre is once again full of enthusiasm and fun. Our Educators, Caralyn and Millie have started their programs and are enjoying being part of the Forrest “family”.

Big thanks to the families that are supporting this service, we are very fortunate to be able to provide such comprehensive childcare services given our centre is so small.

We still have vacancies for these sessions, so spread the word!

<table>
<thead>
<tr>
<th>EDUCATIONAL PROGRAM</th>
<th>AGE GROUP</th>
<th>SESSIONS</th>
<th>VACANCIES</th>
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<tbody>
<tr>
<td>Cuddly Koalas</td>
<td>Up to 5 years</td>
<td>Monday 9am-2pm</td>
<td>3</td>
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<tr>
<td>Cuddly Koalas</td>
<td>Up to 5 years</td>
<td>Wednesday 9am-2pm</td>
<td>2</td>
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<tr>
<td>Dazzling Dolphins</td>
<td>Up to 5 years</td>
<td>Monday 2-3:30</td>
<td>3</td>
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<tr>
<td>Dazzling Dolphins</td>
<td>Up to 5 years</td>
<td>Thursday 2-3:30</td>
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<tr>
<td>Dazzling Dolphins</td>
<td>Up to 5 years</td>
<td>Friday 2-3:30</td>
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<tr>
<td>Awesome Afters (OSHC)</td>
<td>School age (5-12 yo)</td>
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<td>Awesome Afters (OSHC)</td>
<td>School age (5-12 yo)</td>
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Friendly and dedicated staff have been appointed and are as follows...

**CUDDLY KOALAS Childcare 9am- 2pm Monday- Friday** Educator: Ms Caralyn Grgic

Caralyn Grgic is our Childcare Educator (birth- 4 years). She started working as the Assistant in 2012, and has completed Certificate III in Early Childhood Services. Caralyn has previously been worked as our Co-ordinator for the OSHC Program. Having extensive experience as a Family Day Carer she’s looking forward to working solely with younger children in 2014 whilst she gains her Diploma qualification.

**FRIENDLY FROGS Childcare 2-6pm Monday- Friday** and **AWESOME AFTERS (OSHC) 3.30-6pm Monday- Friday**

Educator: Miss Millie Guntang

Emelia Guntang is our Childcare Educator working with children from Birth- 12 years. Holding a Certificate III in Early Childhood, she has experience in early childhood and has worked in various childcare settings including health and fitness centres and stand-alone childcare. She is excited to be joining us.

FOR MORE INFO CONTACT THE SCHOOL!

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**WEEKLY QUOTABLE QUOTE**

The only limit to our realization of tomorrow will be our doubts of today.

- Franklin Roosevelt
CHILDREN AND SLEEP

Wouldn’t it be nice if your child happily went off to bed at seven and was not seen again until eight the next morning? Unfortunately, bed time problems are often a common complaint among parents. Some children just don’t like going to bed. They don’t settle easily, getting up because they are thirsty, need to go to the toilet, have a sore tummy or want a story.

Many children wake during the night and then are hard to settle again. Some end up in their parents’ bed, sleeping soundly for the rest of the night. Not everyone gets a good night’s sleep this way. What’s normal, what’s not?

On average, infants sleep about 17 hours but there is a very wide variation. Toddlers sleep about 12 hours a night, usually as well as a daytime sleep or two. Pre schoolers sleep about 10 hours and out grow their daytime sleep by between four and five years of age. However, like most things, how much sleep a child needs varies from individual to individual. It is more common than not that babies and young children wake during the night. Babies from six months of age are capable of sleeping through the night because they can last that long between feeds. However, many infants and young children wake in the lighter periods of sleep during the night and haven’t yet learned how to go back to sleep.

Children under 4 years of age can be distressed by being separated from their parents at night, and so if they wake, it is difficult for them to settle without you. If a child is worried about something or pick up on parent’s stress or family changes, this can keep them awake at night.

Sometimes children who have always been rocked or nursed to sleep find it hard to settle back to sleep when they are alone in their own beds.

Some tips to help reduce bed-time problems:

- Have a relaxing bed time routine, including a story and a cuddle
- Keep bedtime activities calm and quiet
- Comfort a child who is worried or afraid about being separated by lying down near them for a time
- Children may be comforted by a soft toy, a dummy or a special blanket
- Don’t play with your child during the night. Night time is for sleeping. Be there if they need reassurance, but only to help them settle back to sleep
- Some children settle more easily with a night light, playing soft music and leaving the door ajar
- If your child cannot settle unless you are with them, try leaving them for a few minutes and telling them you are coming back. Make sure you do come back, this builds trust
- Sometimes taking a toddler into your bed may be the only way to settle them. Try getting them back into their own bed as soon as practicable.

Take heart, by the time your children are teenagers, you will have trouble getting them out of bed, not into bed!