BEATING THE WINTER BLUES
All our students have settled back into school life quickly after the winter holiday break. It is always a delight to hear stories of what families attempt to beat the winter blues. Please find later in today’s newsletter an interesting article about how to avoid the unwanted winter bugs. It has information you may find useful. In addition to wearing the school windcheater, we encourage the wearing of jackets, beanies and scarfs when outside in term 2 & 3.

SPECIAL WELCOME
This week we welcomed two new students Raf & Amelia to Forrest Primary School. We extend a “warm” welcome to both of you, and your family, and hope you enjoy all of your learning at Forrest.

SCHOOL MATE ARRIVES
The Department of Education and Training has released an App which is designed to help you better understand the curriculum we use to teach your children every day. The App, called SchoolMate, is available for free download now in the App Store for iPhones and iPads and in Google Play for Android phones and tablets.
SchoolMate gives you a general overview of the Victorian curriculum in each subject at each year level and:

- Provides you with an overview of what your children are learning in each subject at each year level according to the Victorian curriculum (AusVELS)
- Provides you with tips regarding activities and things you can do at home to help your kids in each subject and year level
- Suggests apps, books, events and activities related to each subject area and year level.

Our school, like all other government schools in Victoria, uses AusVELS as the basis for the learning programs we run at school every day. Our teachers adapt the curriculum to meet the needs of our students and community, for example, designing learning programs around what your children are interested in, or around days or celebrations that are important to our community.

SchoolMate is designed to give you an overview of what children are expected to learn in Victorian government schools across every subject from Prep to Year 10.
I encourage you to download SchoolMate and to please talk with your child’s teacher or myself if you are interested to find out more about how our school teaches the curriculum.

THREE WAY CONFERENCES NEXT WEDNESDAY
Appointment times for 3 Way Conferences to be held next Wednesday were sent home with school reports in the last week of term 2. Please arrive at/before appointed times. Ms Mac’s conferences will be in the staff room and Mr. D’s in his office space. We request you bring your child’s report also. Thanking you for your anticipated cooperation. Please note classes will be in operation on this day.

SCHOOL COUNCIL MEETING
The July meeting of School Council will be held next Monday July 20th beginning at 6.30pm.
Welcome to Term 3, with a special welcome to Amelia (Meelz) our new grade 1 student. Her timing couldn’t be better because our newly painted, rearranged and organised classroom is looking amazing! Please drop in to see our classroom’s wonderful new appearance.

The transformation of our learning space over the last 2 ½ years has been incredible and this time around I would like to thank Lynette Parrott for her wonderful efforts as a colour consultant. Her input has ensured that our classroom is a bright and inviting space that consolidates our appearance with the rest of the school and early years centre.

A special mention to Colin Parrott whose wonderful handyman abilities over the holidays, filling in all the ‘missing bits’, completed the classrooms truly professional appearance. Thanks also to the school council for approving the funding for this project, it has been well worth it.

Last, but not least, a big thank you to the grade 6 students for the hours they spent carting boxes, books and all manner of things to the school hallway and back again. There was a moment there that I didn’t think it would all fit back, but aside from a few crates, most resources from the last 10 years have been reviewed and sorted. Just a few to go!

This Week
The students spent Monday with Mrs Hickey in the Senior room; there wasn’t room to move in the Junior room. Much of our timetable is similar to last term and I will send a revised version home with the students early next week. We continue to have morning fruit/vegetable brain food daily at 10.00am (fruit requiring peeling such as mandarins and oranges to be avoided), assembly on Monday mornings, Toasty Tuesday, Science on Wednesdays with Indonesian every fortnight, Art or Library on Thursdays, along with school lunch orders from the Community Centre and Forrest Kids Go Bush on Fridays. Raincoat, overalls and gumboots essential.

This Term
Literacy – Writing our focus is narratives, with a particular emphasis on descriptions. Reading - fairy tales with an emphasis of comparisons of characters from different stories. Program Achieve – our unit this term is Confidence.

Science – Our unit this term is Push and Pull

Maths – Number - Preps – complete familiarisation with numbers to 30, Year 1 – numbers to 100 and Year 2 – numbers to 1000. Ability appropriate addition, subtraction, multiplication, division and extension of other mathematical concepts covered in Semester 1.

Integrated – Toys and games from the past. I would love willing parents, grandparents or community members to come and teach a game, skill or simple craft from the ‘time before screens’.

Have a great week!
Miss Mac

Helping Hands
To Britt, Jarrah, Kai and Kayla for helping shift materials and equipment from the Junior room in preparation for painting and then helping shift it back in. Great job!
Ephemeral Art
Over the last few months, Forrest has been spoilt by David Digapony’s gorgeous ephemeral art. On the last Thursday of Term 2, we went for a walk down to West Barwon River to check out one of David’s latest creations. We are all so inspired, so we have decided to make some of our own in the school grounds. This term children will use their playtime to create their own ephemeral art pieces in the school grounds. Equipped with only natural materials and bio-degradable string, children will begin their creations when the rain stops. Stay tuned.

Our tree of life
Children have been creating a tree of life. What on earth is that, you may well be thinking. Perhaps you have smelled the lanolin on their skin? Our massive tree’s trunk and branches are covered in sheep’s wool, donated by the Coulter family. The tree is being constructed in the senior room and it represents the elements that we think is required to be happy and health citizens / learners. The three main branches will represent Health, Relationships and Accomplishments. These main branches will be embellished with content and symbols that reinforce these core elements. The tree will grow over the coming months and years, and as a sculptural work will act as a symbol and reminder of what we believe is important. The ‘You Can Do It – Program Achieve’ content, which is a major part of our Student Welfare program, will directly ‘feed’ into this project. It provides a creative and visual representation of its content.

This Term:
This term we are introducing some new programs. These include: A differentiated History Program, (2hrs per week); A differentiated Grammar Program (2hrs per week); A new Music Program (1hr per week) and a ‘Visual Literacies’ learning sequence (av 3hrs per week). Visual literacies explore visual methods of communication using images / film. We are extending our use of IT, integrating cloud based tools and using Android emulators to give us access to a range of educational apps.

Our Science Inquiry Unit, ‘Earthquake Explorers,’ investigates the causes of earthquakes and how they change the Earth’s surface.

We hope to get a few other things done around the school too, including introducing a program to make our school more environmentally sustainable, putting chicken wire over the chook pen and building the greenhouse.

This week we had incursion from Jules and Tim from the Earth Ed Centre. They engaged us in knowledge about Plate Tectonics, the make-up of the earth and volcanos. Next Tuesday we will be going to Earth Ed in Ballarat to continue learning about earth sciences.

Three way conferences – This week students are reflecting on their learning and preparing short presentations for the three way conferences next week. We are planning for strictly 15 minute discussions. We are all looking forward to this.

**SENIOR ROOM NEWS**

**Junior Room:** This week’s student of the week goes to Matilda Pearson. Matilda is doing an exceptional job being Amelia’s buddy. She is helping Meelz adjust to her new school and our classroom, including classroom routines, introducing her to other students and showing her around the playground. Her welcoming and friendly nature is to be applauded!

**Senior Room:** Sophie Lane—For her enthusiasm to participate and contribute to all class activities. Sophie is very considerate of others and always helps to make our learning environment a great place.
Term 3 is set to be an exciting learning time for the Forrest Primary school students. The junior room students have embarked on their Science unit Push-Pull from the Physical Sciences strand. The Senior room students kick started their unit Earthquake Explorers with a visit from the Earth Ed centre specialists.

Well done to Kai and Joe Broom field for submitting an entry in the STAV Science Talent Search.

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**SCIENCE ROOM NEWS**

**SUPER SCIENCE FACT**

The Earth weighs 6.6 sextillion tons
NEWS FROM THE PRE-SCHOOL NEXT WEEK

SPECIAL ORDER

If anyone would like to purchase a whole school photo, please place your order at the School Office. The price of the photo is $16.00 each.

Winter Health – Beating the Bugs

In Australia, our influenza 'flu' season typically runs from May to October, usually peaking in August. It is just not possible to stop all bugs from spreading at school, however, a lot of illnesses can be prevented and controlled simply by practicing good hygiene.

Handy hygiene tips for you and your family

- Cover your mouth and nose with a tissue when coughing or sneezing
- Throw used tissues in plastic-lined rubbish bins
- Wash your hands with soap and water, preferably warm water if available
- Reduce the spread of germs by avoiding touching your eyes, nose and mouth

Further information on influenza is available at the Better Health Channel, see: Better Health Channel Flu Influenza

What can you do to prevent the spread of infectious diseases?

The three main ways of preventing the spread of infection are:
1. Remind your child of effective hygiene methods.
2. Keep your child home when they are unwell. Your doctor will let you know if your child has an 'excludable' condition. You will need to advise the school as soon as possible and keep your child home for the length of time that your doctor advises.
3. Ensure your child's immunisations are up to date.
### CHILDCARE AND AWESOME AFTERS (OSHC)

This term, as part of the Sporting Schools program, we will be running:
- Aussie Rules Footy on Mondays (Starting July 27)
- Badminton on Tuesdays (Starting July 28)

Forms will be sent home this week and can be returned to the School Office. This program is free. Students will be provided with a fruit snack before participation. Thanks, Caralyn

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**For OSHC/ afternoon bookings please call: Teresa 0419 536340**

**For MORNING Childcare bookings please call: Caralyn 0412 953366**

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<th>TIMES</th>
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| 9:00-10:30  | Childcare
Outside play and activities *          | Childcare
Outside play and activities *              | Childcare and Pre-School
Outside play and activities *               | Pre-School
(3 and 4 year olds)                       | Pre-School
(3 and 4 year olds)                       |
| 10:30-11:00 | Snack and Chat                              | Snack and Chat                               | Snack and Chat                             |                                   | FORREST KIDS GO BUSH!           |
| 11:00-11:30 | Interactive play with school children       | Interactive play with school children        | Interactive play with school children       |                                   |                                 |
| 12:30-1:00  | Lunchtime                                   | Lunchtime                                    | Lunchtime                                   |                                   |                                 |
| 1:00-2:00   | QUIET TIME/ Activities                      | QUIET TIME/ Activities                       | FREE TIME
Inside                              |                                   |                                 |
| 2:00-3:30   | Fine Motor
Play-dough, felt picture play, puzzles, threading beads, cutting and pasting, small building blocks | Gross motor
Sand-pit, play equipment, cubby house, ball games, large building blocks, equipment from the shed | Imagination
Home corner, puppet theatre, dress-ups, cubby hats, drama, story acting | Childcare
Sound and Movement
yoga, dance, action songs, music, instruments | Childcare
Visual Arts
craft, colleague painting, colouring in activities |
| 3:30-4:00   | **O.S.H.C. and Childcare** Healthy Snack **Sporting Schools** | **O.S.H.C. and Childcare** Healthy Snack **Sporting Schools** | **O.S.H.C. and Childcare** Healthy Snack **Sporting Schools** | **O.S.H.C. and Childcare** Healthy Snack **Sporting Schools** |                                 |
| 4:00-5:00   | FLOOR TIME ACTIVITIES                       | ART ROOM ACTIVITIES                         | COOKING                                    | FLOOR TIME ACTIVITIES            | ART ROOM ACTIVITIES             |
| 5:00-6:00   | Weekend storytelling                        | Outside play                                | Sing-a-long songs and dance                | Outside Play                     | Relaxation: reading and quiet games |

* Outside Activities will be held providing weather is suitable
Group Parent Education Events for the Barwon South Western Region
Term 3, 2015

Programs being Conducted By

Bringing Up Great Kids
The Bringing Up Great Kids program is a six-week program for parents of children aged 5-12 years which aims to equip parents with the skills to enhance their patterns of communication with their children, promote more respectful interactions and encourage the development of children’s positive self identity.
Commencing: Tuesday 11th August
Time: 7.00-9.00pm
Location: Pakington Child & Family Centre, Newton
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Toddler Series
A series of talks for parents on issues relating to toddlers aged between 18 months and 2 ½ years.
Bedtime Behaviour
Wednesday 5th August
Behaviour
Wednesday 12th August
Toilet Training & Food
Wednesday 19th August
Time: 7.00-9.00pm
Location: Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Positive Parenting Program
For Parents of children aged 2-5 years. Groups run for four weeks, followed by up to four weekly telephone sessions
Commencing: Monday 27th July
Time: 7.00pm – 9.00pm
Location: Ariston, 245-249 Pakington St, Newtown
Cost: $20 or $6.50 Conc.
Contact: Regional Parenting Service
Ph: 5272 4817

Parenting as a Team
This 4-week parenting program explores:
The value of working together & moving in the same direction,
Recognising and combining your strengths, supporting each other &
sharing the load and decisions,
Developing a family approach to issues, complimenting each other’s parenting style.
Both are encouraged parents to attend.
Commencing: Thursday 6th August
Time: 7.00pm-9.00pm
Location: Boora Centre, Ocean Grove
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Parenting Your Teenager
A 4-week program which examines what is normal teenage behaviour, the four cardinal sins of parenting teens, August communicating with your teen and managing those tricky situations.
Commencing: Monday 24th August
Time: 7.00pm-9.00pm
Location: Ariston, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Grandparenting 1st Time Found
A 4-week program for grandparents of infants 0-18 months of age. The program looks at what has changed in caring for infants since your own child was a baby, reminders about safety and explores the role of grand parenting.
Commencing: Wednesday 19th August
Time: 9.30am – 11.30am
Location: Maternal & Child Health Centre, Reynolds Rd, Highton
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Tuning in Kids
Tuning into Kids is a six session parenting program to help children learn to understand and regulate their emotions which in turn leads to becoming more resilient.
Commencing: Thursday 13th August
Time: 7.00pm - 9.00pm
Location: Ariston, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Jan Juc

Our Kids
Key Steps to Parenting after Separation
A 6-week program for separated/divorced parents who have a history of ongoing conflict. The focus of this course is to enable mothers/fathers to explore ways to develop a “co-parenting and business - like relationship” with the other parent or simply to strengthen their own relationship with their children. Ideal for parents who wish to develop communication strategies that can result in child focused decision making around parenting plans and enable your children to feel secure despite the challenges that go with separation and divorce.
Commencing: Tuesday 4th August
Time: 6.00pm-8.00pm
OR
Commencing: Wednesday 5th August
Time: 10am – 12noon
Location: Family Relationship Centre, 27-41 Myers Street, Geelong
Contact: Family Relationship Centre
Ph: 5246 5600

Programs being Conducted By

Ocean Grove

Balancing Life, Work and Family
A parenting group using mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote respectful interactions and encourage the development of children’s positive self identity. This group will look at developing positive parent/child relationships.
Commencing: Wednesday 5th August
Time: 7.30pm
Location: Bethany Community Centre, Reynolds Rd, Highton

Highton

Steering You & Them!
A parenting program designed in Australia for every changing family who wish to develop communication and Closeness.
Commencing: Monday 27th July
Time: 7.00pm – 9.00pm
Location: Ariston, 245-249 Pakington St, Newtown
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Jan Juc

Pit Stop
Parenting Time-up for Fathers
It’s a life-changing course designed in Australia for every father from every nation who wants to see his family happy and healthy... here and now!
Why Dads Matter to Children
Developing a Healthy Parenting Style
Improving Family Communication and Closeness
Steering Your Children Through Stressful Stages
Disciplining Children Without Losing It... or Them!
Balancing Life, Work and Family
Commencing: Thursday 30th July
Time: 7.00pm - 9.00pm
Location: Bob Petit Hall, Jan Juc
Contact: Regional Parenting Service
Ph: 5272 4817
Cost: Gold Coin Donation

Caption describing picture or graphic.
Fundraising News

The Lions Club of Forrest would like to extend an invitation to the school community to attend our annual Changeover Dinner.

When: Monday 20th July, 7pm for 7:30 start
Where: Wonky Donkey Hotel, Forrest.
Cost: $25 per head, drinks at bar prices

Attached to this week's newsletter is a sticker sheet for Woolworths Earn & Learn promotion, which the Forrest Primary School and Early Learning Centre are again participating in. Please collect as many stickers as you can over the promotion time—It starts WED 15th July and ends on TUES 8th Sept, plenty of time to get lots of stickers for our centre!!! Tell your friends, family, work colleagues that they can happily donate any stickers they collect to our campaign and we have a box for sticker collection at the Woolworths Colac store too.

Last year we collected an amazing 9360 stickers and were able to redeem our points for sports equipment for our after school sports program. The more stickers we collect, the more points we have to redeem!

Completed sticker sheets can be returned to the School Office, and spare sticker sheets can be found on the school noticeboard.

Thanks for your support!
OTHER ANNOUNCEMENTS

OCR FM present a Christmas in July
WINTER WARMER COMMUNITY DINNER

5:30pm, Saturday July 25th at the Log Cabin Scout Hall

Featuring a Christmas in July raffle, Carol-Along and visit from Santa.

Entry is $10 per person or $30 for a family.

Bookings are essential – warm dessert provided.

Please bring a casserole dinner to share.

There will be facilities to keep food warm or plug in a slow cooker.

For more information please phone 52 321 991 or visit www.ocrfm.org.au

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wine & cheese

AT THE CIDER HOUSE, TARNDWARNOOORT HOMESTEAD
FRIDAY 24 JULY 2015
6 PM ONWARDS

Delicious food, live music, wood fire, door prizes, raffles and great company!!!

$35 (pre-booked through trybooking.com) $45 on door

Contact Kate Lidgerwood 0417 122 202 or 1treelove@gmail.com
BOOK NOW trybooking.com

100% of profits support the Green Garden Group (GGG)
@ Ivani Primary School, Kenya, AFRICA

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reel health

International Short Film Festival

Featuring a selection of captivating short films from all over the world, reel health showcases stories of courage and inspiration, brimming with hope, strength, friendship and survival.

Date: Thursday 13th August
Time: 6:45pm for a 7pm screening start
Venue: Colac Cinema, Cnr Gellibrand St & Rae St, Colac
Bookings essential: http://www.trybooking.com/HYPP

Information: Erin McClusky: 5232 5347 E: emcclusky@cab.vic.gov.au