Welcome Back

I would like to extend a “warm” welcome back to term three of the school year. Holiday reports from students indicated a variety of holiday experiences were pursued by families during the break. The children shared their favourite holiday activity which indicated families undertook an assortment of differing activities in many different spots both far and not so far from home. Upon returning to school/Pre School, our children have displayed an enthusiastic attitude to readily further their learning. Well done students!

Thank You

Thanks to everyone who has extended a friendly welcome to me this week. It has been lovely to meet “new” and “old” faces alike, and has made me feel extremely positive about my important role in this wonderful learning environment.

Pupil Free Day

On Friday (July 18th) teaching staff will be attending an important professional learning experience on TEACHING WRITING with Stephen Graham in Apollo Bay. The day will cover teaching students about the text, sentence and word level demands of text as well as linking the teaching of reading to that of writing. The Primary School will be closed on this day. Please note Pre School will still be operating on this day.

Due to the school being closed on Friday, Mrs Latham music students will have lessons on Thursday (tomorrow) instead.

Water Bottles

It is pleasing to see so many students with water bottles. Hydrating our brain is so important for optimal learning. Even in the colder months, sipping water throughout the day helps a lot.

Weather Alert

The Department’s Emergency Unit has alerted schools of possible widespread shower activity and strengthening winds forecast in our region for this Thursday. The Forrest Learning Centre will adjust if necessary, its program to accommodate these changes to the weather ensuring all our students remain safe and happy.

School Council

Please note the next meeting of school council is planned for Monday August 18th.

Hoping you enjoy the rest of this week,

Go Cats!

Darryl Harty

Acting Principal
Welcome back and Hola! I hope you all enjoyed the wintery break. It is great to see all of the students again, enthusiastic and ready to learn. I hope in the coming weeks to include many more photos of the students ‘in action’ and comments about their activities. Each morning we are having fun greeting each other in a different language. Arrrguh is apparently ‘pirate’, hola – Spanish and jumbo, Swahili!

**Numeracy**
This week we are reviewing number. The Preps are learning about numbers to 20, counting, adding on and number names. Year 1 is reviewing numbers to 100 and Year 2, numbers to 1000.

**Literacy**
The students have been writing about their favourite school holiday activity – sleepovers, birthday parties, going to the snow, adventures away and films they saw. The Preps are particularly concentrating on letter formation and will be making a small reader to take home each week.

**Sound Waves**
This week the Preps are learning about the sounds ‘r’, ‘g’ and ‘e’. The Year 1 and Year 2 students are finishing Unit 17, graphemes which represent the sound ‘i’.

**Term 3 Timetable**
The timetable has changed this term, with music and sport now on a Thursday. I will give each student a timetable and although it will occasionally vary from week to week I would love some parent helpers. I am particularly targeting Thursday mornings from 9.00am – 10.00am. The students love having their parents in the classroom and I know many of you have done the parent helper introduction. The areas to be covered on a Thursday are reading and spelling. I am also looking for help on a Tuesday between 11.30am and 1.30pm.

Please let myself or Mr Harty know if you are able to assist.

**Regular events**
Monday – Guest House lunch orders, Tuesday – Show and Share and ‘Toasties’, Wednesday – weeks 1,3,5,7, and 9 library, remember to return books from last term, Thursday – Neighbourhood house lunch orders and Spelling tests, Friday – Forrest Kids Go Bush

**Wet Weather**
The students love going outside, rain, hail or shine. As this is the season for rain and hail students in normal shoes, as opposed to gumboots, are getting wet feet and having great difficulty untangling wet shoe laces. Students are also very active outside and wet muddy pants are usually the result. Could parents please include a spare pair of socks and pants. Although gumboots are difficult to do sport in, they would be a great advantage at other times. Shoes are removed before going into classrooms (the mud issue), therefore students are welcome to wear slippers if they are getting cold feet.

Forrest Kids Go Bush

Miss Mac.

Junior Room Teacher

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**SUPER SCIENCE FACT**
The surface of the Sun is nearly 60 times hotter than boiling water. It is so hot it would melt a spacecraft flying near it.
Great to see everyone back bright and chirpy, ready for another term of learning.

This term the focus will be:

**Learning Behaviours** – We will be focusing on the value of ‘Excellence’ this term. Students will work on paying great attention to accuracy and detail during all learning activities. All students will individually conference with Mr Donahoo to set specific learning goals. These will be reviewed each two weeks.

**School Play** – We will present a school play at the end of the term. This will fit in with our ‘Colonial’ theme. We will collaborate with Jason Freddi, who is writing and directing the play. Other parents will also be involved in creating the play.

**Spelling** – We will introduce ‘Soundwaves’ in Week 2. This is a comprehensive spelling program. Each student will enter the program at their respective spelling level.

**Writing** – The focus is on Information Reports and Descriptive writing.

**Science** – The focus is on Space – particularly our Solar System.

**Reading** – We are using Reading Eggspress to differentiate learning experiences and group work to enhance reading skills.

**Maths** – we are covering Measurement, Geometry, Statistics & Probability, Algebra and Operations. Students are working collaboratively in small teams. Students will receive Targeting Maths books this term.

**Indonesian** – Students will continue to work with Pak Bimo for 2 hrs each second Wednesday.

**Music** – Students will work with Leeanne Marriner and Louise Brown to develop their Choir singing.

**Garden** – the Vegie Garden and chooks need to be rescued, so we will have to work out how to spend some more time out there before it gets overgrown and forgotten.

**Library, PE and Art** – Normal programs top continue.

**HOMEWORK** – it is essential that all students are undertaking personal reading at home. It is extremely important that all students learn the times tables – if not learnt by the end of year 4, it makes it very very difficult for students to gain success in many maths concepts. Students will get some spelling homework.

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**JUNIOR ROOM:**

This week’s student of the week is Bryanna Crabbe. Bryanna has made an exceptional effort to listen in class and concentrate on her letter formation.

**SENIOR ROOM:**

This week’s Student of the Week is Ayden Ferrari for helping others to better manage their positive learning behaviours in our class.
Dear Parents and Children,
It is great excitement that I am joining the Forrest Learning Centre as the Childcare/OSHC educator am taking over from Millie and so am offering same hours of care Monday-Friday 2pm-6pm. If you would like to book year children into the program, please call Teresa 0419 536 340

For OSHC/ afternoon bookings please call: Teresa 0419 536340

For MORNING Childcare bookings: Caralyn 0412 953366

<table>
<thead>
<tr>
<th>TIMES</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:00–10:45</td>
<td>Outside Activities *</td>
<td>Outside Activities *</td>
<td>Outside Activities* Pre-School (3 and 4 year olds)</td>
<td>Pre-School (3 and 4 year olds)</td>
<td>FORREST KIDS GO BUSH!</td>
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<tr>
<td>10:45-11:15</td>
<td>Snack and Chat</td>
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<td>Inside Games and Activities</td>
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<td>11:15–12:30</td>
<td>Inside Song and Dance Activities</td>
<td>Inside Song and Dance Activities</td>
<td>Inside Free Play</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>Snack and Chat</td>
<td>Inside Free Time</td>
<td>Inside Free Time</td>
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<tr>
<td>1:00–2:00</td>
<td>QUIET TIME/ CRAFT</td>
<td>QUIET TIME/Floor Activities</td>
<td>Inside Free Time</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>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>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>
<td>Outside play</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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* Outside Activities will be held providing weather is suitable
HELPING TEENAGERS DEAL WITH STRESS

In the past few years the pressure on both parents and teenagers has increased markedly. Parents are trying to deal with the many demands of a busy lifestyle whilst many are living in increased isolation from family and friends. Teenagers are dealing with the transition from childhood towards adulthood, physical changes, pressure to succeed and expectations of a rapidly changing world. Teenagers like adults can experience stress in their day to day lives and may benefit from learning ways to manage and reduce stress.

Some sources of stress for teenagers may include;

- changes in their bodies
- problems with friends
- school demands and frustration’s
- separation or divorce of parents
- moving or changing schools
- breaking up with a boyfriend/girlfriend
- taking on too many activities or having too high expectations
- negative thoughts and feelings about themselves
- unsafe living environment
- severe problems or constant tension in the family
- Illness in the family or death of a loved one.
- financial problems in the family

If teenagers become too overloaded with stress this may lead to symptoms, such as, anxiety, withdrawal, aggression, physical illness or poor coping mechanisms such as substance abuse. Some ways parents may help teenagers manage and/or reduce stress may include;

- Monitoring for stress overload and helping your teenager identify stresses and alternative options that may reduce stress.
- Learning and modeling stress management skills
- Supporting involvement in sport and physical activity
- Encouraging your child to exercise and eat regularly.
- Assisting them to learn relaxation techniques.
- Helping them to develop assertiveness skills. For example, state feelings firmly and calmly rather than aggressively or passively. “I feel angry when you yell at me. Please stop yelling”
- Helping your teenager to break large tasks into smaller more manageable tasks
- Encouraging your teenager to relax and take time out from stressful situations by listening to music, talking to a friend, drawing, writing or reading.
- Encouraging your teenager to build a network of friends who can support them in a positive way.
- Letting your teenager know no one is perfect and that they don’t have to be perfect or always the best.
- Reminding your teenager that you love them even though at times you may not always like what they do.
- Listening to your teenager and let them know you are always there to listen and support them if they need you.
OTHER ANNOUNCEMENTS

Do you have a primary school aged child that loves LEGO? Bring them to the Colac District LEGO Brick Club, held every Wednesday at the Alvie Consolidated School.

We have had a MAJOR LEGO DELIVERY- we have more lego than we can poke a stick at! (Over 24 15 litre tubs of LEGO to be exact!) Come along and be part of our LEGO exhibition to take place at the end of term three.

LEGO Clubs offer the opportunity for children to both engage in a wide range of LEGO building and also mix with other children that love LEGO. Trained organisers host the children in the multipurpose room at Alvie Consolidated School.

**When:** The Club commences on Wednesday 23 July, 2014 from 3.45 to 4.45pm. It will run during the School term.

**Where:** Multipurpose Room, Alvie Consolidated School, Wool Wool Road, Alvie (15 mins from Colac)

**Cost:** $40 for the term; or $30 on production of a Concession Card.

Further information: [www.alvie-cs.vic.edu.au](http://www.alvie-cs.vic.edu.au) or contact Alvie Parents and Friends President Virginia Wallace on 0401 713 475 or Alvie School on 5234 8256.

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