**Principal’s News**

**Enrolment Week**

Next week is Enrolment Week in our area. We are inviting families interested in enrolling students at our school/centre to visit and undertake a short tour of our facilities. If you know of anyone interested please let them know that next week is the start of enrolment time and we would love to hear from them. We also have an open morning planned for next Wednesday (August 5th) between 10 till 12 noon to witness our students engaged in science projects planned by Kaz, Craig and Kristin. Current and prospective parents are most welcome to drop in and observe the engaged learning.

**Helping Hands**

Every Monday at assembly, we draw two student names from our Helping Hands box. The recipients have been caught by somebody else (teacher/fellow student) doing something good. The children selected are congratulated and they then choose something from our “treasure chest” as a reward. We currently have 28 nominations in our HH box which is fantastic. I was delighted to see one of this week’s recipients share some of her prize with her classmates.

**Sporting Schools Program**

We currently have 12 students registered for both our Aussie Footy and Badminton sessions. If your child is interested in joining us, it is not too late for registrations. Please fill out the SSP form (green) and return it to school asap. Sporting Schools is free and is lots of fun. Participating students are provided with fruit before and after each session. Each sport will run for 7 sessions in total.

**Pupil Free Day**

The term 3 Pupil free Day is planned for MONDAY AUGUST 17th. The school will be closed on this day. Teachers will be visiting another school in our region on that day to witness good practice teaching and learning. Sporting Schools Aussie Footy planned for this day will be rescheduled.

**Padding Ordered**

The school has ordered 10 brand new flat padding pieces for our 8 footy and 2 basketball posts. These items cost $800+ and our fantastic fundraising will go toward payment. The new padding will not only brighten up the playground but will also address safety in the playground too. Thanks to everyone who helps with the school’s fundraising efforts. It is greatly appreciated!

**Three Way Conferences Thank You**

The number of parents attending the Three Way Conferences last week was extremely gratifying. Thanks for your punctuality and participation. We hope you gained lots from the conversations had with your child’s teacher(s). Your feedback on the day is most welcome. Please catch up with a school councillor or me with your thoughts.

**Muddy Zones**

It has been fabulous to see smart play witnessed in the playground this week following recent heavy rain. Yes the grounds are muddy, and yes most of our children have been changing their footwear to accommodate the muddy zones i.e wearing boots. Well done students!
JUNIOR ROOM NEWS

Forrest Primary School has a wonderful feeling of community where parents, students and teachers actually know each other. It was great to meet with the many parents of my students last Wednesday to further develop rapport and understanding. The 3-way conferencing sessions, parent, teacher and student, were a fantastic opportunity, not only for your child to shine, but to touch base as to what they are achieving in the classroom and how you can help them at home. Thank you for your time. A terrible bout of cold/flu has hit the Junior room and so several families had to cancel their appointment. Please contact me to arrange another time to discuss your child’s progress and to enable them to show off their work.

Our Term Project

Our big project this term is Film-making. At this stage I have just planted the seed – to make a Children’s News Program. As part of the brief students have been asked to prepare a short presentation on a topic that interests them – a wide brief I know! The format is still evolving but the students have been asked to think of a topic they would like to talk to camera about. Once decided, they will write in a format that fits their chosen topic, be that a fact sheet, story, book review, report, procedure, play, advertisement, demonstration, recount, etc. The possibilities are endless - just think of all the formats that make up the news. Although they will be given class time, and teacher assistance, some of the research for their idea will be done at home. For the Junior class research, writing and oral presentation skills will be the focus as opposed to the process of filmmaking. The Prep students will complete this project, with my assistance, in class time and it will be predominately an oral exercise.

Literacy – Writers of the Week

My New House

Last week my family bought a new house. It is a good house. I really love the backyard because I can play in it. My room is the best in the house to me. It is very big, has a cupboard and good curtains.

Recount by Julian Tung

The 3 Bears

The 3 bears made porridge. They said, “The porridge is hot! Why don’t we go for a walk”? “Yes we will, let’s go”, said the baby bear. So they went.

When they left Goldilocks found the cottage. She went in. She tried the porridge. She tried the chairs. She tried the beds. She got caught and she ran out of the house and she ran home.

Story retell by Reuben Freddi

In order to be considered for writer of the week students must have finished a rough draft, edited their draft and written a good copy.

Maths

Focus topic this week is length and area – photos next week of hands on learning and discovery.

Forrest Kids Go Bush

Overalls - Rain jacket – Gumboots! A change of top and socks recommended.

An Extra Note

Many students are making the most of active play in the schoolyard at recess and lunchtime, when the weather permits – but it is slippery and muddy. Boys, in particular, could do with a spare pair of pants to change into. Thanks

Stay Warm!
Miss Mac - Junior room teacher
**SENIOR ROOM NEWS**

**History Program**
This week we began implementing a History Program for 2 x 1hr sessions. We wanted to make sure that we were delivering the history content and skills in the AusVELS curriculum. The issue has always been, how do we cover all of the requirements of this curriculum in a multi-year level classroom? The program we are using is called ‘History Now’ and was created by leading school teachers. Each year level with engage separately in their program. It will involve some reading comprehension, activities, collaboration, research and presentation. This week:

- Year 3’s are studying: Country and Place – Ancient Lands, Ancient Traditions and Aboriginal Nations
- Year 4’s are studying: The First Australian – Aboriginal Arrival and Expansion and Special Places
- Year 5’s are studying: Establishing Colonies – Why was Australia Colonised? And Colonial Beginnings
- Year 6’s are studying: Australia’s System of Government – First Governments & Australia’s Parliaments.

**Grammar Program**
This week we engaged the Grammar Program. Children will undertake 1-2 hrs per week depending on how long it takes for them to complete the tasks. Students are grouped into four programs depending on their abilities. Each week the content focusses on particular grammar rules / tips and focusses around a particular text type, for example recounts. As students learn new grammar terms and ideas, we are presenting these in our school room so they can be regularly referred to.

**Spelling Program**
This week students undertook some diagnostic testing to determine areas of strength and weakness on their spelling. The tests cover all spelling patterns and the diagnostic process enables us to set specific tasks / courses for students focussing on their areas of need. This will be done using Spellodrome. Additionally this week students have started working through their respective Soundwaves program, which focusses on phonics. This program lasts 1-2 hours depending on how long it takes to complete tasks.

**Numeracy Program**
We have introduced an even more highly personalised maths program this week. At the beginning of the week students receive their individual program for the week. Over the week students will undertake 10 x 30 minute learning tasks, 6 in Number and Algebra, 2 in Measurement and Geometry and 2 in Chance and Data. The tasks will either be a conference with the teacher, set Mathletics tasks, set workbook tasks, practical tasks or assessments. Students take responsibility for their learning, which includes managing and monitoring their personal learning. Progress is negotiated based on performance. So far student feedback has been very positive. It requires a lot of work by teaching staff, however the outcomes are expected to be very effective. Have a look at your child’s mark book. **TIME TABLES** – most students have learned all of their time tables, well at least they thought they had...

**Next week we will move to all students** being required to complete up to their 20 times tables!! Tables above 12 x students will be expected to undertake x2 mental calculations. For example 5 x 13 = (5x10) + (5x3) = 50+15 = 65.

**Homework**
We expect all students to continue reading. Children with Lexile scores less than 1000 should enter their reading data into a diary or reading record 5 times a week, unless negotiated otherwise with their teacher. We expect students will read for about 20 minutes. During the week students are given a fair amount of time to complete Grammar, Spelling, and History and Numeracy tasks. However students need to complete all tasks by 9am each Monday. Some students are choosing to complete all tasks as homework by each Friday or earlier. These children will have more time to work on their creative projects on Fridays (2 hr block) as a reward / incentive.

**JUNIOR ROOM:** This week’s student of the week goes to Elise Sgro. Elise demonstrated her caring and thoughtful attitude by approaching a Year 4 student, who was by herself, and asked her if she was okay and did she want to play with her. Shortly afterwards they were playing a ball game together. This was a wonderful demonstration of our school goal for this week. Well done Elise!

**SENIOR ROOM:** Alicia Pain-For consistently taking initiative to undertake jobs around the school during her lunchtime and recess.
SCIENCE ROOM NEWS

Did you know that the Department of Education offers these amazing services? Forrest Primary School has visited two of these Science Centres and we look forward to visiting the other Centres in the future.

Specialist Science Centres

Victoria’s six Specialist Science and Mathematics Centres offer a unique insight into new technologies and research through onsite and outreach education programs for students of all ages and professional development activities for teachers.

The centres’ fun and innovative programs aim to foster interest in the applications of science and mathematics and get students to consider the many career opportunities in these fields.

Programs are only open to school group bookings and are linked to the Australian Curriculum and Victorian Essential Learning Standards (VELS).

- **Biolab** - at Belmont High School, Geelong, showcases the best in bioscience research and careers including medical, sport and health sciences, biotechnology, materials technology and biomechanics.
- **EarthED** - opposite Mount Clear College, Ballarat, encourages exploration of geology and geomorphology, mining and engineering, chemistry, sustainable energy, paleontology, natural disasters and robotics.
- **Ecolinc** - in Bacchus Marsh is an award-winning facility providing sustainable environmental programs utilising technology, ecologically sustainable design elements and the natural resources of the surrounding area.
- **Gene Technology Access Centre** - at University High School, Parkville, offers hands-on lessons in molecular and cell biology allowing students to work in small groups with young scientists at the laboratory bench.
- **Quantum Victoria** - adjacent to La Trobe University, Macleod, presents interactive programs including mini beasts, games technology, virtual reality, gesture-based computing, 3D printing, robotics and the physical sciences.
- **Victorian Space Education Centre** - at Strathmore Secondary College enables students to explore astronomy, astrophysics and all things space-related, including the ever-popular Mission to Mars program.

**EarthEd- Earthquake explorers program**

SUPER SCIENCE FACT

Seventy percent of the dust in your home consists of shed human skin.
Hi Darryl,

Just sending a short greeting from my sisters e-mail address in Sweden as I haven't sent any postcards this year.

I'm having a great time here in Sweden, have been able to catch up with my family and many friends. Spent one week in Munich, Germany with my oldest son. We went to some beautiful places in the Alps and in Austria. Tomorrow, my sister and I are off to a remote island, Gotska Sandön, to do some camping for four days.

Please give my Greetings to Everyone.

See you in a couple of weeks.

Lena

There have been themes planned for the first four weeks of preschool this term. The themes have been developed from children’s interests and requests.

- Week 1: Winter
- Week 2: Pirates
- Week 3: Astronauts and Space
- Week 4: Dinosaurs

“Hail Me Harties”. Last week was Pirate Week. The pirates helped make, paint and decorate their own cardboard ship. It was finally completed on Friday when the Jolly Roger flag was raised. There was lots of free play and teacher led activities around the theme. The pirates, in costume and holding their own treasure boxes found and hid treasures in the classroom. We played a memory game finding pairs of the same pirate pictures, traced the way with to buried treasure on maps. We practiced how pirates speak, read stories and watched pirate songs and tales on video.

The goals we are working on are the same for the four weeks and children were given support to work towards them. The pirates were encouraged to be able to interact with others in a constructive and respectful way and reach out and communicate their needs for comfort and assistance. Not an easy thing for any pirate to do! The activities were opportunities to communicate and enjoy reading, being read to, sing, talk, count and practise rhyming.

This week we are going from the sea to Space and Astronauts - 5 4 3 2 1...........

Denise Mitchell
Pre-School Teacher

Helping Hands

Alicia for helping a fellow student when she was hurt in the playground.
Poppy for helping clean up the gardening materials.
For OSHC/Childcare bookings please call:
Caralyn on 0412 953366

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<thead>
<tr>
<th>TIMES</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:00-10:30</td>
<td><strong>Childcare</strong></td>
<td><strong>Childcare</strong></td>
<td><strong>Childcare and Pre-School</strong></td>
<td><strong>Pre-School (3 and 4 year olds)</strong></td>
<td><strong>Pre-School (3 and 4 year olds)</strong></td>
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<td>Outside play and activities *</td>
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<tr>
<td>10:30-11:00</td>
<td>Snack and Chat</td>
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<td>FORREST KIDS GO BUSH!</td>
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<td>11:00-11:30</td>
<td>Interactive play with school children</td>
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<td>12:30-1:00</td>
<td>Lunchtime</td>
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<td>1:00-2:00</td>
<td>QUIET TIME/ Activities</td>
<td>QUIET TIME/ Activities</td>
<td>FREE TIME/ Inside</td>
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<tr>
<td>2:00-3:30</td>
<td><strong>Fine Motor</strong></td>
<td><strong>Gross motor</strong></td>
<td><strong>Imagination</strong></td>
<td><strong>Childcare</strong></td>
<td><strong>Childcare</strong></td>
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<td></td>
<td>Play-dough, felt picture play, puzzles,</td>
<td>Sand-pit, play equipment, cubby house,</td>
<td>Home corner, puppet theatre, dress-ups,</td>
<td>Sound and Movement</td>
<td>Visual Arts</td>
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<td>threading beads, cutting and pasting, small</td>
<td>ball games, large building blocks,</td>
<td>cubby huts, drama, story acting</td>
<td>yoga, dance, action songs, music,</td>
<td>craft, colleague painting, colouring in</td>
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<td></td>
<td>building blocks</td>
<td>equipment from the shed</td>
<td></td>
<td>instruments</td>
<td>activities</td>
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<tr>
<td>3:30-4:00</td>
<td><strong>O.S.H.C. and Childcare</strong></td>
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<td>Healthy Snack</td>
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<td><strong>Sporting Schools</strong></td>
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<td>4:00-5:00</td>
<td>FLOOR TIME ACTIVITIES</td>
<td>ART ROOM ACTIVITIES</td>
<td>COOKING</td>
<td>FLOOR TIME ACTIVITIES</td>
<td>ART ROOM ACTIVITIES</td>
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<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>
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* Outside Activities will be held providing weather is suitable
OTHER ANNOUNCEMENTS

Fundraising News

Extra Woolworths Earn and Learn sticker sheets are available from the School Office or on the School Noticeboard. One sticker is earned for every $10 spent at Woolworths—There is a box located at Colac Woolworths too.

Thanks for your support!

If your child is away from school, please advise their classroom teacher of the absence and the reason. This can be done using the absence note below, or you can note it in their school diary, or call/email the school office.

FORREST PRIMARY SCHOOL ABSENCE NOTE

Dear Mr/Mrs/Ms _______________________________

As parent/guardian of _______________________________

I wish to advise that the absence/s on: _______________________________

was due to: (please circle)

- Doctor Appointment
- Illness
- Family Holiday
- Late arrival

Other: _____________________________________________

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FORREST PRIMARY SCHOOL ABSENCE NOTE

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As parent/guardian of _______________________________

I wish to advise that the absence/s on: _______________________________

was due to: (please circle)

- Doctor Appointment
- Illness
- Family Holiday
- Late arrival

Other: _____________________________________________

A position exists for a Part time Childcare Room Educator/Out of School Hours Coordinator at Forrest Primary School.

Minimum of 4.25 hours per week paid according to Children’s Services Award and paid only during school term.

Working With Children Check compulsory and Certificate 3 qualifications or working toward.

Hours of employment are from 1:45pm—6pm (Wednesdays)

Contact Darryl Harty - Principal on 5236693
OTHER ANNOUNCEMENTS

**ABCD**

**Parenting Young Adolescents**

A program for parents of children aged 10 to 13yrs

A 4-week practical and enjoyable program to help parents understand and cope better with the challenges of parenting pre-adolescents and young teenagers.

The ABCD program reassures parents about their parenting as their child enters this new developmental stage and provides knowledge about adolescent development and behaviour. In particular it looks at parenting young adolescents in the context of their:

- increasing independence
- establishing self identity
- placing increasing importance on peer group
- sorting out of personal values
- establishing economic independence

In recognising that no two families are the same and that there is no one correct parenting style, the program also assists parents in exploring what will work for their particular family.

Topics covered in the program include:

- Problem solving
- Conflict resolution—finding a solution that will meet your child’s needs and your own
- Limit setting
- Self care

**Note:** Places are strictly limited so registration is essential

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**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](http://www.trybooking.com/HYPP)

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

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**Forrest & District Neighbourhood House Program**

**MANY HANDS MAKE LIGHT WORK...**

Our valued volunteers make our world go round. Here are some ways you can help.

**Committee of Management**

Be part of a creative and enthusiastic team and help set the vision for our House.

**Passionate Foodies Wanted**

Do you want access to great organic food locally? Help build our budding organic sustainable food shed or practise your kitchen/barista skills and help with community or art events? Thursdays and Fridays. Food handling training provided.

**Art Class Assistant**

Assist art teacher in setting up and clearing up of art space & equipment Friday 10-5pm

**Youth Group Assistant**

F fortnightly for 2 hours per week

If you can help, please contact the coordinator during office hours.

**YOUNG FOCUS**

We are excited to welcome Youth Worker Emma Warton on board to kick off an activity based group for young people aged 11-18 to get together in Forrest fortnightly NEXT MEETING FRIDAY 24 JULY 5.30-7pm.

Free Pizza this week!

**COLOUR PRINTING/COPYING**

Do you have a newsletter, brochure or poster to print? We can help with both design and print services. Laser colour copies for 20c an A4 or 50c A3 single side.

**COMING UP**

Friday 28th Aug 5.30pm AGM

Saturday 12 Sept 10am-3pm. Meditation theory and practice workshop

WEAVING WORKSHOPS

Sunday 20th Sept Bush Toys

Friday 23rd Oct Random Weave

More info to come

**REGULAR ACTIVITIES at the Forrest Hall (unless indicated otherwise)**

**First Monday of the month**

BINGO 1-3pm. $5 for 2 books & arvo tea

**Tuesday**

COS Gentle Exercise & weights 11-1pm.

**Wednesday**

HOY 1.30-3.30pm $5 2nd Wed of the month

Tai Chi 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

Youth Group fortnightly 5.30-7pm

Last Sunday of the month

Pizza and Music Jam 3-6pm $2

**For more info contact Gillian Brew T: 5236 6591**

Office Hours: Mon, Wed & Thur 10-5pm

**FREE COMPUTER USE** during office hours or drop in for an organic Fair Trade Coffee.
OTHER ANNOUNCEMENTS

Please note: Scabies has been reported within our school community, Please be vigilant and treat your child if you suspect they may have come into contact with scabies (more information following.)

Scabies
Scabies is a skin infestation caused by very small mites called *Sarcoptes scabiei*. The mites burrow into the skin to lay their eggs. New insects hatch from the eggs and can be spread to other parts of the skin by scratching.

Scabies is spread by direct, prolonged physical contact including sexual activity. Scabies mites can survive away from humans for about 24–36 hours, so it is possible to get scabies from infected articles such as bed linen and clothing, although this is much less common. Scabies is common around the world and can affect anyone. Pets do not cause human scabies infections.

Symptoms of scabies
The main symptoms of scabies are:
- Intense itching, typically worse at night and after a hot bath or shower
- Visible burrows on the skin between the fingers and in skin creases such as armpits and genitals
- A bump or pimple-like rash, which is often difficult to see.
- Small, clear, fluid-filled spots or lesions.

Usually, there is not much rash to be seen because the mites burrow into the skin. In elderly people, the rash may appear more widespread. In children, areas such as the face, scalp, palms and soles of the feet are often affected.

The itch may last for two to three weeks
The itch may persist for two to three weeks after treatment, even if the scabies have been effectively treated. This is because the itch is caused by the body’s immune system responding to the mites and may take time to settle down. You can talk to your pharmacist about treatments available to help with the itch.

If symptoms persist for longer than two to three weeks, you should see your doctor for a review.

Infection times may vary
Symptoms usually develop two to four weeks after infection. However, people who have previously been exposed may develop symptoms within 24 to 48 hours, because the immune system takes less time to respond.

Generally, a person is no longer infectious 24 hours after treatment.

Diagnosis of scabies
Diagnosis is based on observing the signs and symptoms or identifying the burrows on the top of the skin. Sometimes, scabies is confirmed by taking a skin scraping and identifying the mites and eggs under a microscope.

Treatment for scabies
Treatment involves applying a cream or lotion specifically used for treating scabies. This is available from a pharmacist.

Instructions to effectively treat scabies include:

- Creams are better absorbed after a shower and towel drying.
- Apply a thin layer of the treatment to your whole body surface, from the chin down. Avoid your eyes, nose and mouth and pay particular attention to the areas between your fingers, under your nails, the soles of your feet and between your buttocks. A pastry brush may make it easier to apply.
- Do not wash your hands after treatment.
- Leave treatment on for 12–24 hours and then wash thoroughly. People often choose to apply the cream in the evening and leave on overnight.
- Re-apply cream to any area that has been washed within 12 to 24 hours.
- If possible, ask someone else to apply the cream for you. This will make sure your whole body surface is covered with cream.
- The treatment may need to be repeated in one week’s time to kill recently hatched mites.

If the pimples or spots become infected, antibiotics may be necessary.

Treatment may vary
Treatment is different for some groups of people, including:
- Babies and children under two
- Pregnant women
- People with sensitive skin
- Elderly people.

Check with your doctor or pharmacist about what kind of treatment is recommended for people in these groups.

Treat clothing and bedding
Any clothing, bedding or towels used in the last two days should be washed on a hot cycle or drycleaned.

Where to get help
- Your doctor
- Your local community health centre

Things to remember
- Scabies is a skin infestation caused by mites.
- Scabies leads to red, itching bumps or blisters on the skin.
- If you develop scabies, your sexual partners and all members of your household will also require treatment.