Last Friday I was invited to join our Junior and Kinder students at the FORREST KIDS GO BUSH experience. Wow what a fantastic learning event was witnessed! It certainly was impressive and has left an indelible mark in my memory for many years to come. It was obvious that the children were all engaged and having fun, enjoying the opportunity to be outside, even if the weather was not the best. The most impressive learning experiences witnessed were in the areas of cooperation, willingness to participate, development of their oral language skills amongst all members. A vote of thanks is extended to parents who obviously support the concept with the provision of suitable clothing to ensure 100% participation.

On Monday 18 footballers joined our footy coach James for Active Afters—Footy. The response is pleasing. We have spaces for a couple more interested “footballers”, Pink forms can be collected from the office and if they can be filled in/before Monday please. A reminder that pick up time is at/before 4.30pm near the flagpole.

It would be fantastic if we could have a volunteer spend 1/2 hours “replacing” the invisible point post on the footy oval please. If you can assist please see a staff member for more details. A BIG Forrest Primary THANK YOU to the volunteers who worked on the bus/bike shelter and in the garden last weekend, your great work was noticed and appreciated!

Congratulations to the talented students who performed admirably at the Music Eisteddfod held in Colac last weekend. Forrest PS was very well represented with seven students competing. Special congratulations to Jarrah, Kai & Joe who were successful in receiving awards on the day.

Forrest Primary School staff members attended a PolyCom Training after school yesterday at Birregurra Primary School. The polycom units support both student and staff learning. This tool will facilitate possible collaboration and communication amongst students and teachers in neighboring schools for example in Science/Art/Library/LOTE.

Sorry it’s a late Newsletter. This was due to our newsletter editor (Nadeesha) being absent from work yesterday.

Joyce from the Forrest Lions Club informed our students about the annual Peace Poster competition at assembly on Monday. Students have been asked to consider what a good peace poster might look like. More details/news on this to follow.

Just a quick reminder that Parent Surveys are to be returned TOMORROW please. Your input is valuable. A lucky draw prize is happening for those people who return their surveys. Thanks to those that have already done so. Our goal is to improve on the 53% participation rate achieved in 2013.

The school has had reports of students with scabies recently. Please check your child/ren as these mites are highly contagious and need to be treated. If you suspect but are not sure, please seek a doctor for treatment. Additional information is attached to this newsletter to assist.

Hope you enjoy the remainder of this week!

Darryl Harty
Acting Principal

UPCOMING EVENTS
JULY
31st Play Planning—Parent Discussion with Jason at 3.30pm

AUGUST
17th—23rd Science Week
18th—School Council Meeting

SEPTEMBER
15th—School Council Meeting
16th—Wild Colonial Boy Matinee
17th—Wild Colonial Boy Evening Show at 6.30pm
21st—Last day of TERM 3
21st—Footy Colors Day

OCTOBER
6th—First Day of TERM 4
10,17,24,31 Swimming Program
**JUNIOR ROOM NEWS**

They say a teacher’s best friend is the photocopy and laminating machines – so true. I have been busy making math resources in order for the Preps to consolidate their understanding of numbers to 20. Thanks to Sarah Lane and Nerrida for helping laminate and cut – they saved me hours of work. Thanks also to Sarah Schumann in advance for offering to come in on Thursday mornings to hear the students read and help complete spelling testing.

**Numeracy**

The Preps are great at counting to 20 but we have been practicing how to ‘make’ the numbers using different combinations. For example 5 can be made using $2 + 3$, $3 + 2$, $1 + 4$ or $4 + 1$. We have also continued our work on numbers that come ‘before’ and ‘after’ – a difficult concept. Needless to say we have been doing lots of counting. Any help at home would be an advantage. The Year 1 and Year 2 students have moved onto multiplication ‘grouping’ numbers and creating arrays. They have their own 2 times table cards to practice with at home and know many tricks for multiplying by 0, 1, 9, 10 and 11.

**Literacy**

**Writing**

Describing words is the Year 1 and Year 2 focus. Many of the Year 2s had made ‘magic wands’ at lunchtime and so their writing this week is about their wand and it’s powers. Preps love the idea of a magic wand too and they are drawing theirs and writing a describing sentence. They have also been working very hard on their letter formation.

**Reading and Spelling**

We are focusing on fluency and expression. During the week the Year 1 and Year 2 students paired up with a Prep student and model how to read with fluency and expression. The Prep student copies their example. On Monday, Tuesday and Wednesday the Preps practice reading their ‘special’ reader to the other Preps and we discuss each story and inference. Those who can read fluently change their readers and I help them choose good fit books from the tubs. I endeavour to hear the older students read on a weekly or fortnightly basis depending on need.

**Sound Waves**

This week the Preps are learning about the sounds ‘k’, and ‘c’. The Year 1 and Year 2 students are working on Unit 19 ‘oo o o _e ow’ sounds. All of the staff is enrolled in a Dyslexia course. My aim is to find strategies to assist struggling readers. Although only a few weeks in, the importance of understanding sounds in words is paramount and we are definitely on the right track with our Sound waves program.

**Forrest Kids Go Bush**

Our program goes ahead rain, hail or shine but not high wind. Rain and hail are both predicted for Friday. Please make sure your child has the appropriate clothing – rain jacket (with hood if possible) overalls, non-leaking gumboots, and a change of clothes including socks. If there are strong winds then the program will be cancelled on safety grounds – the risk of falling trees and their limps.

**Responsible Pet Ownership**

We are having a visit from the Responsible Pet Ownership lady, with her dog, next Wednesday between 11.35am and 12.15pm.

Miss Mac.
SENIOR ROOM NEWS

There are a few things to report on this week:

**Desert Rose** – Colin Parrott engaged the Senior Class in a great story and experience last Thursday. He bought to our class a ‘Desert Rose’. This was handed down from Colin’s Great Grandfather, who was given the plant from a soldier who had picked it up in Egypt during the First World War. Colin bought the plant in a special wooden box and it appeared as a dried up bunch of leaves, with dried roots. Not surprising considering it is about 100 years old.

We placed the ‘Desert Rose’ into a bowl of water and observed miraculous changes over a period of 1-2 hours. It was as though it came alive. The plant immediately begun to absorb water. It gradually flipped over with roots down and opened up a wonderful display of fine intricate leaves, like the fronds of a coniferous plant.

The Desert Rose is also known as ‘The Resurrection Plant, ‘Egyptian Rose’, ‘The Rose of Jericho’ or ‘Dinosaur Plant’. The Desert Rose is a member of Brassicaceae family of plants. It is the only member of the genus Anastatica. It is a small green herb that can grow to a maximum of fifteen centimeters high and grows very small white flowers when in full bloom.

The Desert Rose grows in the very arid deserts around Egypt, Israel, Jordan and Iran, it is also found in Central America and the Sahara Desert, North Africa.

Without water the plant curls up into a tight ball and resembles a dead plant, upon inspection the plant shows no sign of life, it is dry, very lightweight and fragile. Curling up into a tight ball as it does, actually protects the microscopic seeds within it and prevents them from dropping out or dispersing inappropriately into arid areas where they would not germinate.

The roots retract and snap away from the soil and the plant will blow around like tumble weed in the desert winds. The leaves and little twines of the plant become brittle and will break off to the touch if handled too roughly, as in its ‘dead’ state it is one hundred percent dry. It can stay in this state for over 50 years.

Biblical tradition states that Mary Mother of Christ, noticed this plant on her escape to Egypt with Joseph and that she so loved the plant that she blessed it with eternal life and that this could be the reason the plant survives so well.

The process of watering expanding and growing can be repeated many times. We are not sure whether the plant that Colin showed us would end up growing again, but the process of expansion and contraction in water was really fascinating. Thank you very much to Colin for sharing this treasure with our class. We not only learnt about this plant but reflected on the connection between this soldier and the moment he picked it up in the deserts of Egypt.
**JUNIOR ROOM:**
This week’s student of the week is Sophie Lane. Sophie is always looking for ways to help her teacher and other students. Her kind, patient and thoughtful approach are an excellent example to others.

**SENIOR ROOM:**
This week’s Student of the Week is Elkin Wittenberg for modelling excellent acting skills whilst practicing for our school play.

**PRE SCHOOL NEWS**

**Bush Kinder Program**
Finally the water is back in the creek. The children had a wonderful time playing in the mud. Ruby especially enjoyed the experience of bathing in a pool of muddy water. Thanks to Sara Schuhmann for helping while Kim is away on holidays. If any other parent is available to help this Friday 9:00-11:00, it would be most appreciated.

**The Responsible Pet Ownership Program**
On Wednesday 6/8, we will have a visit from the Responsible Pet Ownership Program. This is very timely for us as many of the children have puppies at home at the moment. Please take your time and stay for the parent session (approx. 40 min) when you drop off your child. See separate invite.

**Cold weather**
As Forrest gets very cold and wet in winter, feel free to bring slippers for your child to wear inside. Also make sure that your child has appropriate clothing for outdoor play. We usually go outside even if it’s raining, unless it’s absolutely pouring. Gumboots and a beanie are great this time of the year, and the overalls too. The children like to wear the overalls because they know they can play in the water without getting wet when they wear them.

**Thanks to Colin for gluing back the tiles on the veranda.**
Lena Collopy
Pre-school Teacher
**DATE TO REMEMBER**

Wed 6/8,    9:00-10:35, Responsible Pet Ownership Program.

Fri 8/8,    14:00, Committee meeting.

Fri 29/8,   Colac Dental Health visit.

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**CHILDCARE AND AWESOME AFTERS (OSHC)**

<table>
<thead>
<tr>
<th>TIMES</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>9:00–10:45</td>
<td>Outside Activities *</td>
<td>Outside Activities *</td>
<td>Outside Activities*</td>
<td>Pre-School</td>
<td>Pre-School</td>
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<tr>
<td>10:45-11:15</td>
<td>Snack and Chat</td>
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<td>Pre-School</td>
<td>Pre-School</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>
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<td>FORREST KIDS GO BUSH!</td>
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<tr>
<td>12:30-1:00</td>
<td>Snack and Chat</td>
<td>Snack and Chat</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></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>Yoga, sing-a-long songs, story-time</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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<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 held providing weather is suitable
OTHER ANNOUNCEMENTS

The Kidsafe Victoria ‘No Helmet No Ride’ competition
Does your child like to draw, make videos or ads? Kidsafe is running a competition to help promote the importance of wearing helmets.

‘No Helmet No Ride’ is an initiative of KidSafe Victoria and is a state wide competition promoting the importance of wearing helmets when riding a wheeled device. The competition is free and entries close on 12 September. Your child can enter the competition in one of the following categories:
- Make a video: Prep – Grade 3
- Make a video: Grade 4-6
- Make a radio ad: Prep – Grade 3
- Make a radio ad: Grade 4-6
- Create an illustrated story: Prep – Grade 3
- Create and illustrated story: Grade 4-6

OCR FM Community Radio proudly presents a

**SPICKS and SPECKS** themed

**Music Trivia and Games Night**
for the Lismore Primary School

7PM AT THE LISMORE COMMUNITY CENTRE ON FRIDAY 15TH OF AUGUST

Music themed trivia, games and competitions plus spinning wheel. Great prizes up for grabs!

$10 per person or $30 per family. BYO nibbles and drinks.

**Bookings Essential** phone Lismore PS on 55 962 121 or Bronwyn on 55 963 554.

For more info visit [www.ocrfm.org.au](http://www.ocrfm.org.au)
OCR FM PRESENTS
BUFF HURRICANE AND DEAD END
ALSO FEATURING EXTRACTS FROM LOSING TRACK*

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SATURDAY
23 AUGUST

FULL LENGTH PERFORMANCES OF THE LOCALLY WRITTEN ORIGINAL RADIO
PLAYS ‘BUFF HURRICANE’ AND ‘DEAD END’.

TWO PERFORMANCES - 2 PM AND 7:30 PM
TICKETS ONLY $15

Tickets available at OCR FM, RRRTAG, Cowlick Bookshop & Cororoode Shop.
Or book tickets by telephoning: OCR FM 0352 321991

*CONTAINS ADULT THEMES
Scabies - symptoms and treatment

Scabies is caused by a small, eight legged mite called *Sarcoptes scabiei*. Scabies is spread by close physical contact and is common in school-age children. If left untreated, it will usually spread to all members of a child's family. The mites and their eggs may live on clothes or bed linen for 1-2 days.

**Signs and symptoms**

It is often difficult to diagnose scabies because the symptoms vary and the signs can be very subtle. Commonly, the symptoms include:

- **Bullae** - raised, clear fluid-filled spot or lesion that are bigger than 1cm in diameter
- **Papules** - solid, raised areas of skin with distinct borders less than 1cm in diameter
- **Pustules** - raised, fluid-filled spot that appear yellow
- **Vesicles** - raised, clear fluid-filled spots

Lesions or spots are areas of skin disease and are generally small.

A number of mites burrow into the skin, particularly between the fingers, around the wrists and elbows, the armpit, nipples and penis. In infants and young children, there are often vesicles and pustules on the palms and soles and sometimes on the scalp. It is the allergic reaction to these mites that causes the rash and symptoms.

Sometimes the only symptom is an itch, without a rash. Usually the itch is worse at night and after a hot bath or shower. Bathe your child in warm water as hot water may make the itching worse.

Your doctor may make a diagnosis by scraping a burrow and looking at that skin under a microscope. Scabies may be easier to diagnose by rubbing a black marking pen over a suspected burrow and then wiping it off with an alcohol swab. This leaves a burrow outlined with the ink from the pen.

**Treatment**

The child and all close contacts should be treated at the same time

5% permethrin cream is recommended and should be applied to all body surfaces from the neck down (paying particular attention to hands, under the nails and the genitals) and left on overnight. This treatment can be bought from a pharmacy.

Treatment should be repeated a second time, 1 week later

In young babies, 6% precipitated sulphur is preferred

In central and northern Australia, in infants (children less than 1 year of age) and older people, scabies above the neck is common. This means treatment should also be applied to the face and hair (carefully avoiding the eyes, nose and mouth).

Bedding and clothing should be washed in hot water and if possible, dried in a machine on a hot setting.

Items that cannot be washed and dried this way can be put in air-tight containers or bags for 36 hours or in the freezer for a couple of days

Infected children can return to school when two treatments have been completed.

Do not apply the initial treatment more than twice. The itching caused by scabies may take up to three weeks to go away after treatment. In fact, the treatment itself may cause some irritation. Your doctor can prescribe a corticosteroid cream for this if needed.

Sometimes nodules (raised, solid lesions) caused by scabies can last for months, even with the corticosteroid cream. If this happens, see your doctor for further treatment.

**Key points to remember**

- Scabies is spread by close physical contact and is common in school-age children
- If left untreated, it will usually spread to all members of a child’s family
- The mites and their eggs may live on clothes or bed linen for 1-2 days
- 5% permethrin cream is recommended and should be applied to all body surfaces from the neck down
- In extremely young infants, 6% precipitated sulphur is preferred
- Treatment should be repeated a second time, 1 week later

For more information

Royal Children's Hospital
Department of Dermatology RCH
T: (03) 9345 5510