10th June 2015

PRINCIPAL’S NEWS

FORREST SOUPFEST CONGRATULATIONS
Wow what a wonderful event! It was my first time at the Soup Fest and what impressed me most was the community connectedness and the family friendly activities on offer for all to enjoy. A special thank you to the centre’s hard working band of volunteers led admirably by Sarah Lane. School council at it’s June meeting will be deciding how the huge amount of funds will be spent. If you have an idea or two, please let a school councilor know asap.

REGIONAL CROSS COUNTRY REPS
We would like to wish Maddy, Joe, Alicia and Luke all the best at the Regional Cross Country event in Warrnambool this Friday. Reports are that all four children have been training hard in preparation.

JSC NEWS
JSC has decided to hold it’s first Nude Food Day on Wednesday July 29th. JSC thought giving everyone plenty of notice will help. They plan to hold a few more “Nudie” days this year. More details to follow closer to the day.

SCHOOL PHOTOS THANK YOU
MSP photos spent this morning taking our photos. Thanks to parents for ensuring students were in their uniforms and brought along a cheesy smile.

OUTSIDE TOILET IMPROVEMENTS
Over recent weeks, our outside toilets have been afforded some much needed repairs. Tasks completed include: repairs to the ceiling, resealing of the floor, installation of new lockable door handles and toilet roll holders. Thanks to our team of workers and parent volunteers who have completed these tasks for us. The children have been pleased with the results.

SCREEN TIME—GETTING THE BALANCE RIGHT
How much screen time is too much for children is a question often asked by parents. The Department of Health defines screen time as time spent using electronic media such as television, seated electronic games, portable devices and computers. We all want screen time to be educational and healthy. Tablets and technologies are fantastic educational tool, but they can also get in the way of meaningful interactions and play.

Australia’s Physical Activity and Sedentary Behaviour Guidelines recommend:
- Children < 2 years of age should not have any screen time
- Children 2—5 yrs should limit screen time to less than 1 hour a day
- Children 5—12 yrs should limit screen time for entertainment purposes, to 2 hours a day.

I hope these guidelines help to answer that important question. With the arrival of cold weather, students have been wearing coats outside the classroom. Students are asked to take them off when inside as the rooms are adequately heated.

Hoping you enjoy the remainder of the week!
**JUNIOR ROOM NEWS**

This week, despite being a short one, has been incredibly productive. During the week a ‘little monster’ provided the inspiration for some wonderfully imaginative writing pieces. The preps provided an oral story that was typed up by the teacher. After the long weekend the classroom was abuzz with excitement about the weekends activities and there was no stopping the students from putting pen to paper ….. and they are all keen to be published!

**Junior Writers**

**Soup Festival Fun**
On the weekend I went to the Soup Festival and I went on the jumping castle with Hamish and we stayed for hours. Then we had potatoe twirls. Then we went home.
By William Hunt - recount

**I got the hang of it!**
Yesterday Mum and Per and I and Jet and Ash went to Geelong to the place where you go roller skating and roller blading. First I tried on the roller skates but I did not like them. Then I tried the roller blades and I got the hang of it. I was better than Mum and Jet. The best bit was I went to Maccas and got a slushie!
By Julian Tung - recount

**Oh No!**
This monster is called Lightening. He is going to steal my toys and I don't want him to. I am going to call the police and he is going to go to jail with some special handcuffs made out of unbreakable metal.
By Jaxon Kurzmann

**Oh No!**
What is going to happen? Struck the monster is about to go into my house. He is going to mess up my house. We are going to catch him and put him in a deep deep hole.
By Maddy Pain

**Oh No!**
The monster is a grumpy monster and his name is Grump. Grump is going to chase us so we ran fast and fast. He is going to catch us and eat us. He did!
By Poppy Schuhmann

**Oh No!**
My monster's name is Crunchie. He came from Holland where my grandmother came from. Crunchie is going to chase a little boy, but the boy is going to run away and go on a train. He is going to be happy. Crunchie is going to be angry.
By Elise Sgro

**Oh No!**
Mr Rainbow the monster is going to someone's house. He is going to break everything and pull the house down. We need to get a knight to save them.
By Ella Welsh-Mayhew

**Zeb's**
Yesterday I went to Zeb's house. First we went next door. Second we watched a movie then we played on the trampoline. I like going to Zeb's place because he is my best friend and because he makes me laugh.
By Jordi Roberts - recount

**Other News**
The student's have also been completing assessment tasks in reading, writing and mathematics in preparation for report writing.

**Congratulations**
William Hunt, William Standish, Cassia Jones-Vermeend and Elise Sgro have all read over 100 nights – a wonderful effort!
Miss Mac
Junior room teacher
WE need to look after our environment

We think all of the wild animals out there are the killers but humans are the ones destroying the earth with global warming, deforestation and rubbish.

Firstly global warming is a big issue. Global warming is causing extreme climate change causing the ice to melt and the sea level to rise. You can stop this by simply reducing the amount of electricity in our everyday lives. Do you really want the earth to overheat because you thought one light wouldn't make a difference? Well remember that every turned off light switch counts.

Secondly deforestation is not just killing the earth but is also killing us. Every tree gives us 520 kg of Oxygen per year. We cut down trees but what we are really cutting down is innocent animal’s homes. Just imagine if a big creature you had never seen before came and knocked down your home.

Last but not least rubbish. Did you know that 18 million tons of rubbish is wasted per year just in Australia and that 5% of the Earth's surface is covered in Glad Wrap? If you ask me there is nothing to be glad about glad wrap. please don’t litter!

I believe we need to look after our home better by reducing the amount of electricity we use in our everyday lives. We must stop global warming, stop deforestation and make an effort to keep rubbish from destroying the earth. If you don’t want to do it for the Earth, do it for the ones you love.

By Elkin Wittenberg year 5

JUNIOR ROOM: This week’s student of the week goes to Jordi Roberts. Jordi was completely engaged with writing this week and did a fabulous job recounting his time with Zeb and explaining what a best friend is – someone who makes us laugh. A great effort Jordi!

SENIOR ROOM: Claudia Schuhmann—For volunteering to look after our school’s new chickens and for feeding them each day.
Bend it! Stretch it!
The Junior Room students have moved into the **Explain** phase of their Inquiry unit this week. They have explored physical actions such as folding, stretching and scrunching. The students will be asked to complete a homework activity this week. They need to explain how objects from home can be physically changed. At this level, a physical change is a change to an object or material that does not alter the substance it is made from. Examples include bending a paper clip, moulding bread dough.

It’s Time

The book fair starts on Monday get ready to come and see what we have before and after school.

**Helping Hands**

Jaxon for helping to clean up under and around his table.
Indy for checking to see if Jaxon was correctly getting on the bus.

**SUPER SCIENCE FACT**

Flea’s can jump 130 times higher than their own height. In human terms this is equal to a 6ft person jumping 780ft into the air.
# CHILDCARE AND AWESOME AFTERS (OSHC)

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>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:30</td>
<td>Childcare</td>
<td>Childcare</td>
<td>Childcare and Pre-School</td>
<td>Pre-School</td>
<td>Pre-School</td>
</tr>
<tr>
<td></td>
<td>Outside play and activities *</td>
<td>Outside play and activities *</td>
<td>Outside play and activities*</td>
<td>(3 and 4 year olds)</td>
<td>(3 and 4 year olds)</td>
</tr>
<tr>
<td>10:30-11:00</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td></td>
<td>FORREST KIDS GO BUSH!</td>
</tr>
<tr>
<td>11:00-11:30</td>
<td>Interactive play with school children</td>
<td>Interactive play with school children</td>
<td>Interactive play with school children</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:00</td>
<td>Lunchtime</td>
<td>Lunchtime</td>
<td>Lunchtime</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>QUIET TIME/ Activities</td>
<td>QUIET TIME/ Activities</td>
<td>FREE TIME Inside</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Fine Motor</td>
<td>Gross motor</td>
<td>Imagination</td>
<td>Childcare</td>
<td>Childcare</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td></td>
<td>threading beads, cutting and pasting, small building blocks</td>
<td>ball games, large building blocks, equipment from the shed</td>
<td>cubby huts, drama, story acting</td>
<td>yoga, dance, action songs, music, instruments</td>
<td>craft, colleague painting, colouring in activities</td>
</tr>
<tr>
<td></td>
<td>Healthy Snack</td>
<td>Healthy Snack</td>
<td>Healthy Snack</td>
<td>Healthy Snack</td>
<td>Healthy Snack</td>
</tr>
<tr>
<td></td>
<td>Sporting Schools</td>
<td></td>
<td></td>
<td></td>
<td>Sporting Schools</td>
</tr>
<tr>
<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>
</tr>
<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 be held providing weather is suitable
Today we are having the school photos taken. I hope everyone is able to come. There are lots of colds going around at the moment and some children have been sick. We can only try to avoid getting colds by washing hands a lot, using and disposing of tissues appropriately, drinking a lot of water and eating well. Being outside and get fresh air is also good. Hopefully the children will get stronger by building up their immune system every time they get a new cold.

Last week we kept going with the Aboriginal theme. I read the Dream-time story about *The Rainbow Serpent of the Hopkins River*, from Warrnambool written and illustrated by Patricia Clarke, who is also my sister-in-law’s mother. Most Aboriginal Dreamtime stories for children in print come from further north, so it was good to be able to read this local one for the children, as being from a local area increases the possibility of being able to relate to the story. We also had a discussion about what it was like in Australia before European people came…no cars, no shops, no telephones, no TV and so on. People had to hunt or fish for food and collect bush tucker as well. The children found that interesting.

The Dentist from Colac Dental Health will visit tomorrow. We will have a discussion today about what’s going to happen. Some children can become anxious when they are faced with new situations. Please have a chat with your child about the importance of dental check-ups. The Dentist will do a check-up of the children’s teeth and leave you a note about the condition of your child’s teeth in the mail-pockets.

This week I’m starting to conduct Parent-Teacher interviews and will catch up with every family before the end of the term. Please take this opportunity to give me feedback, and bring up any concerns about your child, or the program.

This week’s focus will be on Dental Health.

Lena Collopy
Pre-school Teacher

**Dates to remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 10/6</td>
<td>School Photo today.</td>
</tr>
<tr>
<td>Thu 11/6</td>
<td>10:00 AM Dental Screening.</td>
</tr>
<tr>
<td>Fri 19/6</td>
<td>2:15 PM Committee Meeting.</td>
</tr>
</tbody>
</table>
OTHER ANNOUNCEMENTS

**Otway derby dolls**

**FRIDAY 19TH JUNE**

**5.30-7.30PM**

**KIDS ROLLER DISCO**

The Otway Derby Dolls are hosting another Fabulous Roller Disco. We have skates available or kids can bring their own skates or blades and rock out to some awesome tunes. We will have some great prizes, games, lolly bags and some food available.

**GUEST APPEARANCE BY OTWAY PANTHER - SCRATCH-YAI**

**$5 ENTRY (INCLUDES SKATE HIRE)**

**COLAC SOUTHWEST CHURCH**

516 Murray St, Colac

email: otwayderbydolls@gmail.com or find us on Facebook

---

**Let’s Talk**

**FREE**

**UNITED BLACK BOOK EREADY**

**COLAC REGIONAL PARENTING FORUM THURSDAY 11 JUNE**

**LET’S TALK ABOUT ANXIETY AND BUILDING RESILIENCE IN CHILDREN AND YOUNG PEOPLE**

The Regional Parenting Service, delivered by the City of Greater Geelong, together with Glastonbury Community Services and the Colac Otway Shire Council welcomes all mums, dads and those who support them to attend our FREE Parenting Forum.

Guest Speakers: Andrew Fuller, a Clinical Psychologist and Nikki Johnston, a Primary Educator, an artist, a mum to four boys and author and illustrator of children’s books.

**SESSION INFORMATION**

**THURSDAY 11 JUNE, 9.45AM TO 2.30PM**

Registration open 9.45am to 10.15am.

Colac Otway Performing Arts & Cultural Centre, Corner Blake and Golding Street, Colac (Limited parking around Cultural Centre).

Colac Otway Performing Arts & Cultural Centre, Corner Blake and Golding Street, Colac (Limited parking around Cultural Centre).

Professional change and community organisations will be available on the day for participants to talk about parenting and family support.

Light refreshments, tea and coffee provided.

FREE child care (limited spots available to session participants only). Bookings essential. Scholarships, that are subject to change, will be available. Please provide the following information: Parent name, exact number of child names, skills age, allergies and additional needs.

**SUPPORT MATERIALS**

- Term 1: www.clairejones.com
- Term 2: www.clairejones.com
- Term 3: www.clairejones.com
- Term 4: www.clairejones.com

If booking via email, please include your name, contact number, address, how many children and their ages.

**GREAT OCEAN ROAD GRAN FONDO CYCLING**

**GREAT OCEAN ROAD GRAN FONDO CYCLING**

The Amy Gillett Foundation, as part of its community service and engagement associated with Amy’s Gran Fondo, is again offering AusCycling take education programs to schools within the Colac Otway and Surf Coast Shire.

The program will be delivered by AusCycling provider Wheel Women, an award winning women’s cycling coaching group. Led by Tina McCarthy, the program aims to encourage students to get active and have fun.

**What is AusCycling?**

AusCycling is an organisation jointly owned by the Amy Gillett Foundation and Cycling Australia focused on providing high-quality education and training to get the community bikes, and this education is done in two ways. Firstly, AusCycling runs training courses to accredit people as Teachers and Skills Coaches, and secondly, these Teachers and Skills Coaches go out and teach community members how to cycle.

From teaching bike handling skills to adults, to helping children pedal for the first time, to showing someone how to ride safely in traffic, our accredited Teachers and Skills Coaches deliver high-quality bicycle training across the whole of Australia.

Whether for fitness, fun or transport, AusCycling gives you the skills and confidence to get back on your bike and ride.

auscycling.com.au

Dates – please choose your preferred session. We will be in touch about times, but feel free to give us your preferences. We will do our best to give you any preferred times.

**Session 1**

Thursday 30th July
Friday 31st July

**Session 2**

Thursday 13th August
Friday 14th August

**Session 3**

Thursday 20th August
Friday 21st August
**Fundraising News**

What a **HUGE** success our fundraising efforts were at the Forrest Soupfest!!!!

Collectively we raised **$3068.25!!!!!**

The expenses are yet to be finalised but I don’t anticipate they will be more than $500, thanks to all the fantastic donations we received. This is the best result I have ever had in the 5 years I have been co-ordinating fundraising events & I am so excited!!! School Council meets on Monday 15th June and as a group we will look at where this money will be best spent, next week I will let you know….Our children will all benefit in some way from this injection of funds.

As a fundraising team we worked so well and I was absolutely amazed by the support of parents, children and their families.

Friday night was a hive of activity at the bake off and everyone had a role to play – from making labels to dishing up jam, folding serviettes, rolling rumballs, to crushing biscuits & icing yo-yo after yo-yo!! I have to thank our master baker, **Robyn Ferguson** – her direction was invaluable on Friday, and not to forget, she baked 500 scones, 100 choc chip cookies, 125 yo-yo’s and 4 slabs of fudge single-handedly!!

At the Forrest Soupfest, we managed to sell:

- 41 bags of Rumballs,
- 40 bags of Yo-Yo’s,
- 28 squares of fudge,
- 78 plates of slices
- 25 bags of cookies
- 225 serves of scones, jam & cream
- 380 Coffees, Teas & Hot Chocolates

We also managed to raise $65 from car parking, despite a last minute change of venue!!!

**Thank you, thank you, thank you** to all those that contributed to this success, thank you for donating ingredients, thank you for coming to the bake off & working so late, thank you for attending on Sunday and working so hard, many of you past the time slots allocated to you and some of you just filling in where we needed an extra pair of hands.

I’m so proud of our school community – together we make a fantastic team.

Now it’s time for a rest………

Sarah Lane    5236-6172 0421 103 042
OTHER ANNOUNCEMENTS

Otway Glow Show
be a part of something magical

FORREST WORKSHOP
10AM-4PM
SAT 13 JUNE

GELLIBRAND WORKSHOP
10AM-4PM
SUN 14 JUNE

FREE WORKSHOPS
$5 MATERIAL COST
FOR TAKE HOME LED TORCH

BRING THE KIDS & JOIN IN A FUN FAMILY ACTIVITY

PARADE
MELBA GULLY
FRI 19 JUNE
FROM 4.30PM

Like us on Facebook
Otway Glow Show
Regional Arts Victoria
OCR FM Community Radio proudly presents a

**SPICKS and SPECKS themed**

Music Trivia and Games Night

at Colac RSL

Saturday 13th June

From 7:30pm

Music themed trivia, games and competitions.
Plus raffle with donations from local businesses.

$10 per person - maximum 8 on a table.
Bring your own nibbles. Drinks available at bar prices. You can pre-book dinner through RSL.

*Bookings Essential*

52 321 991 or email admin@ocrfm.org.au
(Pick up tickets at the door).
For more info visit www.ocrfm.org.au.

OCR FM

98.3 FM Colac and District
88.7 FM Coast

Streaming Live @ www.ocrfm.org.au