PRINCIPAL’S NEWS

School Council News

The AGM of School Council will be held next Monday March 16th beginning at 6.30pm. Interested parents are welcome to this open public meeting where reports are given on the school’s 2014/15 operations. At this stage we still have one vacancy for a parent representative, so we welcome anyone who would like to self-nominate (or be nominated by someone else), to get a nomination form from the office and elect to join the School Council. Essentially a governing body for the school, the SC oversees the major operations and sets the long term goals and visions for the school. School Council oversees as examples, all policy review and formulation, resourcing, grounds, facilities, levies, fees and the provision of the Early Years Centre. The body meets twice a term and works closely with the Principal to ensure the effective running of the school.

Polwarth Athletics Sports

The Aths Sports are planned for Wednesday March 18th beginning at 9.15am at Alvie Primary School. This is very much a family day focussing on participation of all students. The day is to celebrate fun, friends and fitness. As such students are transported to and from the venue by parents/carers. If you are unable to attend with your child on the day then please make arrangements with another family. Historically Forrest PS students wear white t-shirts. Shirts with the school logo on them can be purchased for $10. We have a wide range of uniform items in stock. School hat, sunscreen and insect repellent are also regarded as essential items. Parents might like to bring an outdoor chair too. Lots of shade is available. Please note next week’s newsletter will be distributed on THURSDAY.

EcoLinc Excursion

Our Science Specialist Kaz has organised a fun excursion for all our students to Eco Linc on Wednesday March 25th. Ecolinc focuses on the development and delivery of innovative educational programs for students Prep—Yr 12 addressing environmental sustainability. It will be a 9am departure and returning to the school at 5pm. Its free and permission forms were sent home today. For more information see Kaz/Class teacher or visit www.ecolinc.vic.edu.au. Please note the after school bus will NOT run on this day.

Harmony Day Fun

On Friday March 20th, Forrest Learning Centre will celebrate Harmony Day. Harmony Day celebrates Australia’s cultural diversity. It’s about inclusiveness, respect and a sense of belonging for everyone. A variety of activities are being planned for the children to be involved in on the day. Children are asked to wear something orange on the day e.g. wrist band, hair tie, t-shirt, socks etc. It will be a fun day for all!

Special Visitor

Today Simon Stewart, Guesthouse chef, presented an informative cooking lesson for all our students. This is the first in a series of cooking/food lessons utilising Simon’s expertise for the school. His presentation was very well received by our students. We thank Simon (and Emma) for finding the time and energy in sharing his knowledge and skills.

Scabies

Unfortunately our Scabies “problem” has returned. We ask that parents check your child and if found treat asap please. Thanks in anticipation. More scabies is attached.

Hoping you are making the most of the first days of autumn as before you know it, we’ll be reaching for a beanie instead of sunscreen, watching footy instead of cricket and wishing we had that extra hour of light at the end of the day!
Helping Hands

Henry for doing a great job helping put all of the Forrest Kids Go Bush things away under the Junior Room.
Maddy for picking up my glove when I forgot.
We wanted to understand more about ants and how they disperse seeds. On Thursday during Science the Senior Room students conducted an experiment to find out what happens to the spread out of food by ants when we change the type of food. Each Group went outside and found an ant hole. We placed three different foods near the hole. These included seeds, biscuit crumbs and sugar. We recorded the numbers of ants at 1 minute intervals for an hour and made a visual drawing every 15 minutes. We found that the smaller Black Ants and Red Ants were more likely to take food, whereas the larger Bull Ants and Jumping Jacks were not as interested. So groups that were closer to nests where there were larger ants had less observations. We also found that Red Ants are more likely to take biscuit crumbs, tiny Black Ants take sugar and grasshoppers take seeds. Overall most ants were interested in breadcrumbs. We were able to understand how ants move seeds / food into their holes and how this helps with seed dispersal.

A few weeks ago the Year Sixes started planning and training up for a special day called, ‘What I want to be day’. We ran the event last Friday. All the work we had done was unleashed into a fantastic day. We all dressed up with a lot of superb costumes, some funny some silly and just plain genius. We made a movie on how to stop bullying. We decorated cupcakes. We searched and searched in the treasure hunt and used our minds in a quiz. Everyone bought food to share for morning tea, and it made for a very healthy snack!

JUNIOR ROOM: This week’s student of the week goes to Julian Tung. Julian has made a consistent effort to focus on his work, finish his learning tasks and read every night. Congratulations Julian – you are truly trying to do your personal best!

SENIOR ROOM: Kayla Forssman for the excellent way she managed her groups during ‘Who You Want to Be Day’
Thanks Kaz

Thanks to Kaz who relieved for me last Thursday whilst I attended a learning workshop. The children had a great time doing different activities with Kaz. One of them was blowing bubbles with a straw in a tub; an activity that Stanley was very fascinated with. Blowing bubbles with a straw or blowing a Ping-Pong ball are both very good activities for children to build up their mouth muscles that help with speech development. Children who have difficulty in blowing (for example birthday candles) usually have difficulty with some speech sounds as well, so it’s a great activity to do in the bath at home.

The Dentist also visited on Thursday and screened the children. She will be back again on June 11. In addition to the Dental visit, I had a small discussion with the children about their teeth on Friday. This week we will talk more about healthy eating and what is everyday food, and what is sometimes food. We will also play some food games.

Dress-up Parade

Ellen and Stanley had fun participating in the Dress-up parade on Friday morning before Bush Kinder. Due to wet weather, the children had to stay under cover during the Parade. All of the students looked amazing in their costumes and Mr Harty was very cleverly dressed up as Wally from the picture books *Where is Wally?*

Soft fall

We have had a delivery of new soft fall for the playground and the children have been doing real work with shovels and wheelbarrows to spread it out. We have been promised some help from the Senior class as well.

Sally

Last week Sally the soft dog went home with Ellen for the first time this year. Because of the group being very small this year, the children will have many turns looking after Sally. Don’t feel that you have to write a lot in Sally’s book each time, just something that I can read for the others. What you write in Sally’s book becomes something for your child to talk about. It connects home and pre-school.

Lena Collopy
Pre-school Teacher

**DATES TO REMEMBER**

Fri 27/3, Last day of Term I.

Wed 15/4 Pre-school starts Term II.

**SUPER SCIENCE FACT**

A car travelling at 80km/h uses half it’s fuel to overcome wind resistance
**SCIENCE ROOM NEWS**

News from the Forrest Science Room

On Wednesday 25th March, the whole school will be travelling to the Ecolinc Science and Innovation Centre at Bacchus Marsh. We have organised to travel by bus, leaving Forrest PS at 9am and returning at 5pm. Please let us know in advance if there is a problem with this arrangement. Students will need plenty of food and drink for the day. We will have spare seats on the bus if any parents are interested in accompanying us for the day or likewise travelling independently and joining us at Ecolinc. (http://www.ecolinc.vic.edu.au/).

Kind Regards
Kaz, Kristin and Craig

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**CHILDCARE AND AWESOME AFTERS (OSHC)**

For OSHC/ afternoon bookings please call: Teresa 0419 536340

For MORNING Childcare bookings: Caralyn 0412 953366

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<tr>
<th>TIMES</th>
<th>Monday</th>
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<tr>
<td>9:00-10:45</td>
<td>Outside Activities*</td>
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<td>Pre-School (3 and 4 year olds)</td>
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<td>10:45-11:15</td>
<td>Snack and Chat</td>
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<td>FORRESTM KIDS GO BUSH!</td>
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<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>12:30-1:00</td>
<td>Snack and Chat</td>
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<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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<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>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>
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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
Fundraising News

The Otway Odyssey is fast approaching and I have been busy organising our fundraising effort – riding the Smoothie Peddle bikes.

Here is the run sheet to date:

**Friday 20th March**

Fruit & Grocery pick up from Colac – Robyn Ferguson
Marquee & Bike Set Up @ Forrest Rec Reserve – Richard Schuhmann, Sarah Lane

**Saturday 21st March**

9am – 12pm

Riders – Darryl Harty, Robyn Ferguson, Gordon Lane
Money & Orders – Sarah Lane

12pm – 3pm

Riders – Lily Schuhmann, Kim Coulter, Shizu Broomfield (To be confirmed) Georgie Seebeck (To be confirmed)
Money & Orders – Sarah Lane

**Pack Up – 3pm**

Sarah Schuhmann, Gordon Lane, Sarah Lane

This is a rough guide so far – I am still looking for volunteers!!! Anyone with time to spare 9am – 10am on Saturday to assist with some initial fruit chopping would be great, & anyone available to assist with pack up at 3pm would also be welcomed.

Thanks

Sarah Lane  H:5236-6172  M:0421 103 042  e:slane@swarh.vic.gov.au

Thank you on behalf of Clean Up Australia Day 2015!

We would like to say a big thank you for your participation in 2015 Clean Up Australia Day! Thank you also to those of you who have postponed your Clean Up to a later date. Despite some wet and wild weather it has been another great year of community involvement. We not only put ourselves in the picture, got involved and got our hands dirty, we are also challenging our governments to implement effective waste management and recycling programs.

This year you joined an estimated 526,268 volunteers at 6,165 clean up sites across the country. Thanks to your efforts, an estimated 13,563 tonnes of rubbish was removed from our local streets, parks, beaches, waterways and bushland.
OTHER ANNOUNCEMENTS

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 bury 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:
OTHER ANNOUNCEMENTS

• 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 dried-cleaned.

Sexual partners and household members also need treatment

If you develop scabies, your sexual partners and all members of your household will also need to be treated.

Where to get help

• Melbourne Sexual Health Centre Tel. (03) 9341 6200 or 1800 032 017 or TTY (for the hearing impaired) (03) 9347 8619
• 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.

This page has been produced in consultation with, and approved by:

Melbourne Sexual Health Centre
“Walking with Dinosaurs” is heading back to Melbourne!  
Don’t miss out on seeing this amazing show!  
Forrest Learning Centre has received an incredible school special discount price of $39.90 for the entire school community!

THIS IS THE PERFECT FAMILY SHOW!  
BOOK YOUR TICKETS NOW AT www.smart-tix.com.au

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