PRINCIPAL’S NEWS

School Council News

At the Annual Meeting of our School Council last Monday the annual report was presented and accepted. A copy of the annual report is available upon request. Please contact Leanne / Sarah in the office if interested. Election of Office Bearers was held at this meeting also. Kim Coulter was elected as President for the upcoming year. Andrew Broomfield elected Vice President and Craig Donahoo will continue in the role as secretary of School Council. Leaders of subcommittees are as follows: Buildings and Grounds—Peter Ashton, Fundraising—Sarah Lane and Preschool—Richard Schuhmann. Congratulations and thanks to the above successful members for nominating and being elected.

Polwarth Sports

Our newsletter goes to print as we are hopefully enjoying the running of the 22nd Annual Polwarth Inter School Sports held at Alvie Consolidated School. The focus is for all participants celebrating fun, fitness and friends. Congratulations to all our Forrest Primary School students for having a “red hot go!” at practice and on the day. Students who will representing the Polwarth Sports Group will be notified today/tomorrow. They will be provided with the necessary details also. The Divisional Athletics Sports is planned for next MONDAY March 23rd in Colac. Please contact the school for more details.

Harmony Day Fun

This Friday March 20th, the 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!

Ecolinc Trip

Our Science Specialist Kaz has organised a fun excursion for all our students to Ecolinc next 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 3pm. The afternoon bus will NOT run on this day!

What I Want To Be Day

Congratulations to our Year 6 Leaders on the excellent activities organised for all our students to enjoy on March 6th. Lots of fun and learning happened. The day featured in the March edition of the Forrest Post. The next Activity Day is now in the pipeline. Stay tuned!

Goal Post Installed

Did you know that our footy oval has all 8 posts ready for the upcoming season? Not quite the MCG but……! Did you also know last weekend we had a special visit from the Warrnambool Emergency “Chopper” arrive at our oval instead of the Forrest Footy Ground?
This Week

Food, Glorious Food!
Last Wednesday the Junior room students made bread dough with Chef Simon from the Guest House. He was very well organised and gave a fantastic presentation about the ingredients they would be using. The students eagerly followed his instructions and enjoyed the dough making session immensely. After some extra labour from Simon, working in his kitchen at the Guest House, the dough was baked into wonderful sourdough bread. Combined with the rocket leaf pesto from the Senior room session, topped with home grown tomatoes and cucumber, he trolleyed back beautifully presented bruschetta that was quickly devoured! An unexpected treat was the rhubarb and apple crumble. Many of the ingredients for these delicious dishes were sourced locally from a combination of gardens including ours! Thanks to Emma and Simon for their time and energy to develop and support this wonderful initiative.

Lots of Learning going on .... Writing

Writing formation
Individual letters/Name

Formulating Sentences

Publishing

This term the Preps have been learning to recognise the sounds associated with letters. We have been focusing on writing letters from the correct starting point. The special seahorse paper we use helps them to work out the correct size of the letter - depending on whether it is a 'head', 'body' or 'tail' letter. Their goal this term has been to write their name correctly and with only a capital letter at the beginning.

The Year 1 students are consolidating correct letter formation and extending their knowledge to put their words into sentences. They try to: write sentences that make sense; use the correct spelling of the magic words that they know; start sentences with a capital letter at the beginning and a full-stop at the end. They are also very keen to use exclamation marks and change the size and style of words to add meaning. Once they have written a good copy they excitedly publish their work using Word. The students love experimenting with text fonts, colour and borders and are learning to save their document into their own folder.

The Year 2 students are focusing on planning before writing. They have been writing recounts - ordering events correctly and are learning how to incorporate paragraphs into their writing. They self-edit their writing, identifying misspelt words and checking punctuation, particularly capital letters at the beginning of a sentence and full-stops at the end. We are examining how they can make their writing more interesting by using adjectives.
All students have individual writing conferences with me and must have written a good copy from their draft before publishing.

Miss Mac
Junior room teacher

Helping Hands

Elise for helping clean up under and around her table.
Alicia for quickly putting away all the balls & cones in the covered area.
By Britt Coulter (Year 6) - with Craig’s help!
On Wednesday the 11th Simon from the Guesthouse / Bespoke came and spoke to us about food and Bespoke’s sustainable / local produce practices. He showed us all of the stages of refinement, from grains and sprouts to spelt flour. We learnt that yeast was a microscopic fungus. We observed an active dough growing. The P-2 class made dough with Simon, which he later made into delicious bread. Simon asked us to pick Rocket out of the garden, and we helped to crack open hazelnut seeds (from the Guesthouse garden). He added cheese and olive oil and put it in the blender to make a delicious pesto. He also asked us to pick rhubarb and Apples, which he later made into a delicious crumble! Simon returned at lunchtime with delicious bruschetta which consisted of homemade bread spread with Rocket Pesto and home grown Tomatoes on top, and the apple and rhubarb crumble! Absolutely delicious and a fantastic experience. A big thank you to Emma and Simon.

During last week, we designed signs to encourage drivers to slow down in Forrest. A lot of creative ideas came up. Senior Constable Dale Menzies is going to help us select the best signs and we will apply for a grant with Vic Roads. This design in the picture was made by Tim Macdonald.

In this upcoming week we have Harmony Day, where there will be lots of activities. Forrest Primary is not going to any other schools this year to celebrate.

This week we have been practising hard for the Sports Day. On Monday we practised with a very good sports person called Jenny. She showed us some great techniques and I’m sure we will do very well at the sports day.

On Thursday we had Mrs Melican come and teach us. We played lots of fun games, and then at the end of the day we wrote good stuff about each other on a piece of paper.

In library we drew a bird’s eye view of our house and planned our emergency escape from fire. Then we went on the C.F.A website and played some emergency games.

The Small Door (by Britt Coulter)

Beep. Beep. Beep. The heart monitor keeps me from sleeping. I lean upwards, grabbing the glass of water. I press the cup to my mouth and feel the cool rush down my throat. I slip it back onto the table and fall back onto the pillow and sigh.

Beside me behind the curtains, someone starts to snore. I look at the flowers left for me and pick a seed off the sunflower. My nails are cut short so it takes me a while to pry open the shell. I pop the seed in my mouth and savour the flavour. I remember running through a field of sunflowers, picking and eating the seeds.

I had a sudden thought. I want to escape my disease. No, I want to kill it. Smash it. I blink hard, trying to look for an answer, and when I open my eyes, I see a handle has appeared on the wall. I get out of bed, and open it. I look back at myself, and at the pulse machine. The green bumps that are usually there are replaced with a never ending line.

Inside the door I can hear laughter, and a bright light flows from it into the room. I squeeze through, and I’m about to shut the door, when I feel a thud on my chest. I double back, sprawled on the floor. Another thud. The small door disappears. My eyes snap open, and I see a doctor pressing his hands to my chest. I think I will see you again small door. Soon.

JUNIOR ROOM: This week’s student of the week goes to Ella Welch-Mayhew. Ella is to be congratulated for her positive attitude and the wonderful effort she has put into her work this week – particularly her writing. Well done Ella!

SENIOR ROOM: Maddy Seebeck for her excellent support during Athletics Practice. Maddy has been modelling some excellent techniques for us all.
Extra permission forms for the Ecolinc excursion were sent home with students yesterday. Can you please ensure your child's permission slip has been returned to school by Tuesday 24th March. Thanks, Kaz

**CHILD CARE AND AWESOME AFTERS (OSHC)**

For OSHC/ afternoon bookings please call:
Teresa 0419 536340

For MORNING Childcare bookings:
Caralyn 0412 953366

Just a reminder to parents using our childcare services, changes to existing bookings MUST be made the day before the care is required. This is to allow adequate time for planning. Only on exceptional circumstances will changes to bookings be accommodated on the day of care. Thank you, Caralyn

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<tr>
<th>TIMES</th>
<th>Monday</th>
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<tbody>
<tr>
<td>9:00–10:45</td>
<td>Outside Activities*</td>
<td>Outside Activities*</td>
<td>Outside Activities*</td>
<td>Pre-School (3 and 4 year olds)</td>
<td>Pre-School FORREST KIDS GO BUSH!</td>
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<td>10:45–11:15</td>
<td>Snack and Chat</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>
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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>
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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>Yoga, sing-a-long songs, storytime</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
PRE SCHOOL NEWS

More news from the pre school next week!

Hot of the Press—Polwarth Sports Day Photos!
Fundraising News

We are all set for making smoothies this Saturday for the Otway Odyssey bike riding event. I hope to see all parents down at the Forrest Recreation Reserve at some point of the day—come down and enjoy a uniquely made smoothie and support our fundraising mission. You might even get a turn on the bike and make your own....

Anytime between 9am—3pm, Saturday 21st March—Come and be refreshed!!!

You’re invited...

“THE TALK” - LIVE WITH NELLY THOMAS

All parents know that they need to talk to their kids about the “birds and the bees” but many are unsure how to go about it or outright dread it! The Talk is a fun, informative and light-hearted presentation that will give you some great ideas. The Talk is presented by comedian, author and health ambassador Nelly Thomas and is based on her ground-breaking sexual health and ethics DVD “The Talk” as well as her 12 years’ experience delivering sexual health shows to Victorian teenagers. Join Nelly and a panel of local health professionals to discuss this important topic.

A great way to help you get involved in your kids’ health!

Written by Nelly Thomas in association with Melbourne Sexual Health Centre and the Royal Women’s Hospital Centre Against Sexual Assault (CASA), this presentation is strictly for the parents/careers of grade 5/6 and secondary school students.

WHEN: Wednesday, April 29 2015 / TIME: 6.30pm–9pm
WHERE: Colac Otways Performing Arts & Cultural Centre (COPACC), Car of Rae St & Gellibrand St, Colac

REGISTRATION: Essential for admission to this event / COST: Free

AUDIENCE: Parents/careers of grade 5/6 and secondary school students

FOR MORE INFORMATION ON THE PANE LIST, FAQs & TO REGISTER:
Visit http://nellycolac.eventbrite.com.au

EVENT ENQUIRIES:
Julia Thompson, Women’s Health and Wellbeing Barwon South West,
5500 5490 or Jthompson@womenshealthbsw.org.au

www.womenshealthbsw.org.au
Junior Rovers Soccer Programme
Outdoors for Boys & Girls (Ages 5yo -13yo)

Age: School Term 2 - Begins Wednesday 22nd April
Length of Programme: 8 weeks
Time: 3.45pm - 4.45pm
Location: Coal Creek Soccer Centre, Central Reserve, Colac
Price: $80 per child

REGISTRATION DAY: Wednesday 15th April 9.00am - 5.00pm
Central Reserve, Colac

DEANS MARSH FESTIVAL
SUNDAY 22ND MARCH 2015

LOVE MUSIC & ENTERTAINMENT
ART & CRAFT
LOCAL HARVEST: BEER, WINE & PRODUCE MARKET STALLS
DEANS MARSH GIFT KITS, KIDS ACTIVITIES, DOG JOG

Any students interested in guitar lessons with Tim on a Tuesday during school hours? Please call Tim on 0410 097 796.

Louise Brown is offering Cello, Singing or Percussion lessons too—if interested, please let Darryl know ASAP.
Deans Marsh Top Dog Competition

Dogs of Deans Marsh
it’s time to show us who’s Top Dog.

Your dog could be named 2015 Deans Marsh Top Dog! Just bring him or her along to the 2015 Deans Marsh Festival. Sunday 22 March 2015. Competition will be held from approximately 12.15 - 12.45 in front of the main stage.

Judging will take 30mins and owners are required to attend.

Gold coin entry fee

Great Ribbons and doggy prizes to be won

Prizes for:
• 2015 Deans Marsh Top Dog
• Best dressed lead/collar
• Best golden oldie