PRINCIPAL’S NEWS

Camp last week in Ballarat was a huge success, thanks to our teachers, Deans Marsh staff for organizing and our students for their excellent behavior. Everything went smoothly, and our students enjoyed learning more about our colonial history, the gold rush and socializing with their peers from Alvie Consolidated and Deans Marsh Primary schools. Special thanks to Kaz Standish and Craig Donahoo.

This week, our students in Grade 3 and 5 have been completing NAPLAN testing. It has taken a little restructuring to organize timetables and such but we managed and our students are confident and so far happy with their efforts. Thanks again to staff for assisting with supervision and organizing different activities to ensure Grade 4 and 6 students were learning whilst the testing occurred.

We have a special leadership event on this Friday for our Grade 5/6 students at Birregurra PS, which will be interesting and inspirational. Other schools will also be attending the event (run by BATFORCE) so it will be another opportunity for us to link up for socialization.

Science testing has also occurred this week, and our students will have all participated in an activity by the end of the week. Unlike more traditional assessment methods, Mrs Standish has conducted activities to assess children’s understanding of scientific concepts through experiments and group tasks. Plenty of fun was had!

So next week we will be back to our normal timetable, and we are certainly looking forward to it.

School jumpers— some of our families are missing school jumpers. These items have been named but have somehow been misplaced. Please check at home to see if you have a jumper with another child’s name on it. THANKS!

Parent Helper Program session MONDAY 26th MAY 11.30am

Have fun,
Tara Hulonce
Maths

This week our focus topic has been length. The Preps have been learning about the language of length - long, short, thin, thick, high and low. The Year 1 and Year 2 students have had the task of making length estimates of specific items and distances. Using both formal (a metre ruler) and informal (paper clip chain) units of measurement they have been comparing their estimates to actual measurements. Estimating provides an insight to the students’ understanding of length while the measurement task consolidates or improves their understanding.

Literacy

Our writing emphasis for the next few weeks is Narratives. We have been deconstructing narratives – identifying the beginning, middle, complication, and solution/ending of stories. The students will begin by writing very short stories using ‘and’, ‘but’, ‘so’ to help them follow a narrative structure. Preps will draw a picture of their story and begin to write a sentence to accompany their picture. The focus for preps is letter formation.

Unit of Inquiry – Farms

After determining all the physical elements required for our farm, a shed has been ‘built’, a quad bike ‘purchased’, our farm has been named, Forrest Farm, and fencing is being constructed. The first animals to be acquired are cows, 17 to be exact. It seems to be a bit of a mixed herd, some with udders and horns in unusual places, but the students enjoyed making them and they were all ‘born’ with four legs, although a couple were broken and repaired.

The Year 1 and Year 2 students will create a fact sheet for their chosen farm animal but I have noticed in the past that some students struggle with the research. We are going to do the research as a class with the findings given to the relevant student to write up and present.

Forrest Kids Go Bush (FKGB)

A change to our routine!

It takes a lot of time on Fridays for the students to change into their clothes for FKGB and then for me to make phone calls to follow up on missing necessities, like jackets and boots. I can’t let those students, who are able to prepare quickly, participate without my supervision and therefore the whole class is held up.

So….. on Fridays the students are asked to arrive at school dressed in their overalls, jacket and boots ready to participate. Hopefully this will mean that any missing elements of their FKGB attire can be located before they leave home. School uniform and a change of socks are to be packed to change into afterwards.

Miss Mac.
Junior Room Teacher

**SUPER COW FACTS:**

Cattle are herbivores that eat vegetation such as grass.

Cattle stomachs have four chambers which help break down what they eat

There are well over 1 billion cattle in the world.

Cattle are sacred in India.

There are an estimated 300 million cattle in India.

Young cattle are generally known as calves.

Adult females are generally called cows.

Cattle are red/green color blind.
SENIOR ROOM NEWS

This past week has been all about the Sovereign Hill Camp. Initially the lolly shop and gift shops were the main attraction, and before long we had some pretty energetic excited kids. Thankfully Sovereign Hill is situated on a hill and by the time they did a few laps looking at everything, they had calmed down. Until of course the next lot of raspberry drops or lollipops larger than their faces were consumed, and off they went again. Many children purchased wooden walking sticks, fans, candles and an array of Mother’s Day gifts. Gold Panning was VERY popular, as kids could do it during their spare time and were all pretty much guaranteed to find gold. Everyone enjoyed the attractions; mine tours; The Vault; Chamber of Secrets; Blood on the Southern Cross (Eureka story); Gold Fever (in character game on the goldfields); Chinese Village; Bowling; Candle Dipping; Stage Coaches; Gold Museum and of course all of the free time!

By the end of day 2, kids had either run out of money, seen everything or were just worn out and ready to go home. That night we held the Red Faces competition, it was a lot of fun with quite a good level of participation. The Deans Marsh acts got the most points, which meant they get to display the “FAD Award” guitar trophy at their school for a year. Last year’s winner was Alvie, so next year it will be up to Forrest to bring home the FAD Award.

For both teachers and students it was a great camp. Overall the kids behaved brilliantly at all times. The teachers all slept well and were still very relaxed and happy by the end of the camp. Next year we are off to the City Camp!

This week we have started the NAPLAN testing. Tuesday children did two tests, Language Conventions and Writing. Wednesday was Reading and Thursday will be Numeracy. This years writing genre could have either been persuasive or narrative. It turned out to be persuasive and the topic was quite challenging. It appears from my general observations that the results will be quite varied this year for Forrest PS.

This Friday we have a leadership program for the Grades 5&6 students at Birregurra.

Next week, back to normal – Phew… -- then it is assessment and reporting time!

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

JUNIOR ROOM:  This week’s student of the week is Kohima Sprunt. Kohima is a thoughtful student who is generous with his time and willingly helps others. He made the effort to research additional information about cows for Sophie’s fact sheet. Great work Kohima!

SENIOR ROOM:  This week’s Student of the Week is Tim Macdonald for overcoming challenges whilst on school camp.
Staff have met to discuss how we can best address the quality outcomes as set in the VEYLDF (Victorian Early Years Development and Learning Framework) and have come up with some great plans to streamline our systems. Areas of focus will be; planning documents, staff records, and student/child observations.

Please note: we still have some childcare vacancies—so please let friends and family know.

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**EARLY LEARNING CENTRE/ OSHC PROGRAM**

For OSHC/afternoon bookings please call: Millie 0433 210886

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>
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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 (3 and 4 year olds)</td>
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<tr>
<td>10:45–11:15</td>
<td>Snack and Chat</td>
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<td>FORREST 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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<tr>
<td>12:30–1:00</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>
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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</td>
<td>Yoga, sing-a-long songs, story-time</td>
<td>Arts and crafts: child-centred craft activities</td>
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<tr>
<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 be held providing weather is suitable
Smile for Miles/Healthy Eating

Thank you to all of you who came earlier on Friday and took part in Tanja Brunner’s parent session. I hope you’ve found it useful. The children had some fun time with Tanja learning about teeth-brushing and healthy eating. It is an ongoing topic for us so most of the children are very aware of what is everyday food and what is sometimes food.

Quality Improvement Plan

One part of the Pre-school Committee’s job is to help with the Quality Improvement Plan (QIP) for Forrest Early Learning Centre. During the last meeting, the Committee worked on Quality Area 1—Educational Program and Practise. From 2013, all Children’s Services are assessed against seven quality areas in the new National Quality Standard (NQS). Different rating levels can be awarded for each quality area, as well as an overall rating. More information about the ratings can be found on the ACECQA website. [http://www.acecqa.gov.au/](http://www.acecqa.gov.au/)

Parent-Teacher Interviews

I will keep conducting parent-teacher interviews during Term II. I will approach each family for a suitable time.

Scrapbooks

New for this term will be that every time your child has the Show and Tell bag sent home, they will also have their scrapbook in the bag for you to look at. This is to give you an idea of what your child is doing at the Pre-school and a chance for him/her to talk about his/her art or experiences. Don’t forget to put the scrapbook back into the bag after looking at it.

Lena Collopy
Pre-school Teacher

DATES TO REMEMBER:
Fri 23/5, 12:00 Colac Dental Health, second visit.
Forrest Primary School ‘Jump Off Day’: Thursday 22\textsuperscript{nd} May

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support!

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child (ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

Jump Rope for Heart is also a great way to encourage children to get involved in our community and support Australia’s leading heart health charity, the Heart Foundation. The Jump Rope team provide us with lots of resources and support to implement the program and in return we ask that students help by seeking sponsorship for their involvement.

Sponsorship is easy – simply go online to www.heartfoundation.org.au/jumprope, click on the green ‘Kids Join Now’ button, and register your child today!

A secure fundraising page will be created as soon as you register; all you need to do then is click the ‘Email Sponsors’ link to send your family and friends an email asking them for their support… It’s that easy!

This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

We have had several practice sessions and are really enjoying our skipping!

To finish the program we will be holding a Jump Off, an event to celebrate and culminate the Heart Foundation Jump Rope for Heart program. This will be held on Thursday 22\textsuperscript{nd} May. The Jump Off day is a great opportunity for you to witness how much fun skipping can be, come along and pick up a rope!

Additionally, we ask that your child wears red to school on this day to raise awareness of heart disease.

A healthy lunch will be provided on this day also for all to enjoy!

Thank you for your support and joining us in the fight against heart disease.

Jo Ridgeway.

Fundraising News

Further to my last week report I’ve now tallied the final figures and I’m pleased to report the smoothie fundraiser made a profit of \$294.45. This is amazing, seeing as this year there were fewer smoothies sold and the demand was dramatically different!!!!

Thankfully for us, Garden of Eden took back some of the excess fruit we had ordered and Woolworths also refunded some money to the school for the excess milk and juice. The next time you frequent either of these businesses please be sure to thank them for supporting our small school and assisting with our fundraising efforts.

Once again – thanks to all for your help, together we all make a great fundraising team!

Sarah Lane
OPTIMISTIC KIDS

Children learn optimism or pessimism from their experiences of success and through their interaction with parents, teachers and significant adults. An optimistic attitude is a great asset to a child as it teaches them to keep trying and not to give up. An optimistic child believes in themselves and their ability to make a difference. Pessimists on the other hand often feel helpless and often look on the worst side of a situation.

What can parents do?

Be a good role model. Parents model an optimistic or pessimistic attitude by the way they react to both adverse and positive experiences in their lives.

Help your child to experience success no matter how small. When children come to try new experiences they can draw on past experiences when they succeeded.

Use optimistic language and explanatory style when things don’t go as you planned. Optimists explain adverse situations in the following way.

Adverse events are temporary rather than permanent.
“It takes time to make new friends at a new school” rather than “No one likes me.”

Situations or causes are specific not global.
“I am not so good at football” rather than “I am hopeless at sport.”

Blame is rationalised rather than personalised.
“I got a C on my test because I didn’t study” rather than “I got a C on my test because I’m stupid.”

Avoid excessive negative exaggerations when things don’t go as planned.
“You are hopeless” rather than keeping comments relevant to the specific issue.

Expose your children to stories and videos that have a theme of optimism, i.e. The Lion King, The Tortoise and the Hare, The Little Red Engine, The Karate Kid, and Little Giants.

Draw your child’s attention to media and/or public figures that have overcome hardships or have persisted and achieved their dreams.

Give encouragement. Every time children achieve something, they start to believe they are capable individuals who are capable of success.

Encourage children to use positive self-talk. An “I can do it” or “I’ll give it my best shot” attitude.

Catch children when they do use pessimistic language and help them to think about things in a more rational way. Stating “You have passed all your other maths exams and you just need some extra help on this topic” could challenge “I am hopeless”.

Build the basic foundations of optimism by encouraging kids to have a go, come to terms with both success and failure, plan for the best outcome and problem solve, have the belief and confidence to try again.

BIRREGURRA PET CALENDAR
2015

The CWA Birregurra branch 2015 calendar will feature ‘District Pets’

Would you like your perfect pet in the calendar?

Entry is free!

How it works:

• Send a photo of your pet, the pet’s name, your name, your address and your telephone number to:
  ❖ Email: birrewcacalendar@hotmail.com or
  ❖ Post: 88 Strachan Street, Birregurra 3242
• Entries close **8.30pm, 17 May 2014.**
• A photo board displaying all entrants will be displayed at the Birregurra General Store.
• Voting for entrants can occur at the General Store ($1.00 per vote) from **1 June to 5 July 2014.**
• The 12 pets with the most votes will be featured in the calendar.
• The 12 winning entrants will be notified and must be available for a professional photo shoot by Nick Jenkin
• Calendars will be on sale at the CWA stall at the Birregurra Festival 2014.

Conditions of entry:

• Only one entry per household.
• Pets must live in Birregurra and district or be a pet of a Birregurra CWA member (Birregurra district includes the postcodes of 3242, 3103, 3243, 3235, 3241).
• Between 1 June 2014 and 5 July 2014, you can purchase as many votes as you like; you just need to write the name of the pet you are voting for on a ticket and pay $1.00 per vote.
• The pet must be alive at the time of entry.
• If you want to enter four pets from the one household you must have one photo with all four pets in it – as there can only be one entry per household.