PRINCIPAL’S NEWS

Firstly a reminder about our Parent Helper Program – the second session will be held next Monday 2nd June at 11.30am in the school staffroom.

This program is designed to explore what being a helper means, how you can help with literacy (especially reading and writing) and to inspire parents to want to get the inside “scoop” on the classrooms at FPS. Please let the office know if you can’t make it and we can look at an alternative time.

We wish Mrs Ridgeway the best of luck as she moves on to her very important work in the health promotion arena. It has been a huge decision for her as she has thoroughly enjoyed her time at Forrest. Thanks Mrs Ridgeway for all the work you have done here over the years – you will be greatly missed.

Speaking of big decisions and change… I also have some news – and it is with a heavy heart I write this- my husband is moving overseas for employment and DEECD have granted me leave to accompany him. This means an acting principal will be appointed to look after Forrest PS from Term 3, 2014 until Term 4, 2015. I have no doubt that the person successful in gaining the acting position will be super impressed with our professional staff, dedicated children and supportive school community.

A reminder about next week’s curriculum day on FRIDAY – staff are travelling to Birregurra to meet up with others from surrounding schools and learn more about effective teaching and learning of science. Kaz Standish will be running this program with Mrs Dodds from Birregurra and we are looking forward to an excellent day of learning and science fun.

Have fun,
Tara Hulonce
JUNIOR ROOM NEWS

Maths
This week we have been revisiting the topic of ‘Shape’. The students found objects in the classroom to classify as either 2D or 3D. Physical shapes enabled the students to consolidate their understanding of the names of shapes and terms such as edges, faces, corners, flat and curved.

Writing
We have been continuing with our work on Narratives. Improving and re-writing a rough draft is very challenging for the students but it is important to see this writing project through to a published copy.

Farms – Term topic
Last week the Year 1 and Year 2 students received a detailed outline of my expectations as to the information, and presentation, of their farm animal fact sheet. These expectations have been discussed in class and we have all been very reflective as to how this will lead to improvement.

Soundwaves Phonics Program
The Preps are very enthusiastic about this program, especially the chants and actions that introduced them to the 43 phonemes (letter sounds) and their associated icons. We have completed ‘Exploring Sounds’ and now will consolidate sound-letter correspondence with Discovering Graphemes in Terms 2, 3, and 4.

Reading
It is pleasing to note that most students are now reading on a nightly basis. It is very challenging to find the time to individually hear each student read, more than once a week, during class time. Thanks to Teresa for attending the parent helpers’ information session. I look forward to some assistance in the near future.

Forrest Kids Go Bush
Don’t forget to come to school dressed for this program. While the weather has been warm it is also unpredictable. Wearing a jacket to school maybe cumbersome but please remember to pack one – and school clothes to change back into. A few children were left without pants! If your child has blue gumboots could parents please check they have two boots of the same size? Students probably won’t notice if one boot seems a bit big. Unfortunately Joe Broomfield was left with a mismatched pair and faced the prospect of hopping home.

Miss Mac.
Junior Room Teacher

SUPER SCIENCE FACT:
"Laughing has been proved to lower levels of stress hormones and strengthen the immune system in humans. Six year olds laugh on average more than 300 times a day, whereas adults only laugh 15-100 times a day."
SENIOR ROOM NEWS

Last Thursday’s Jump Rope for Heart day was a fantastic success. Raising over $1000 is a mammoth effort for such a small school. On the day children skipped for one hour with small breaks for drinks at the ‘drink stand.’ They skipped on their own and in groups, demonstrating new skills, laughing and generally having a great time. In the weeks leading up to the event, Mrs Ridgeway worked with children by modelling and using videos to inspire children to skip rope. As a result all of this term the yard has been full of skipping kids, trying different techniques and collaborating with one another in many different ways. They’re still skipping, I just wish they would pick up the damn ropes!

Thanks to Mrs Ridgeway for organising everything, including the great music and the food! Mrs Ridgeway also worked with a small group of children on healthy eating. They collaboratively chose a healthy menu, gathered the ingredients and prepared the food before the jump off began. Then there was a feast of healthy wraps, fruit, dips and seeded slice!

Mrs Jo Ridgeway has done a marvellous job with our students in the areas of welfare, PE and music. Jo has worked very hard to develop in collaboration with staff and students a values program. This meant really honing in on what values Forrest PS wants to live by. To get this right the process needed to be slow and well considered, students gave feedback as well as teachers and parents. Mrs Ridgeway has consistently worked to reinforce these values in all of her dealings with children and staff in our school and we are now beginning to develop language and behaviours to reflect them. In the Senior Room we plan to create a display and for students to continually reflect and refer to these values during all aspects of school life. In music, student’s creations have focussed around values and feelings, and this I believe has been very successful on many different levels. We wish to thank Mrs Ridgeway for all of her wonderful work and we wish her all the best in her pursuits in the disability sector.

This week all students are focussing on developing their writing portfolios. We are asking everyone to include at least six pieces of writing. They must include their draft copy that has been edited and revised and their published copy. Students writing will be assessed for their mid-year reports on their portfolios, so they have been asked to present what they consider to be their ‘best’ work. Children will reflect on their completed work and choose the best examples and also will produce new works. We are also able to learn a lot of other things about a child as they undertake this process.

Testing has started already, this week we are using the ‘Essential Resourcing’ AusVELS aligned tests to assess students against the standards. These are rigorous tests and it will be interesting to see how they go. I have given different tests to students based on their individual abilities. This will enable me to accurately and fairly assess their current performance against the AusVELS standards.

Parent Teacher Interviews are coming up in the last week of term. These are three way conversations, parents, student and teacher. This is an opportunity to for us to share and celebrate your child’s learning and for us to have a shared understanding of your child learning goals for the rest of the year.

Have a good week.

JUNIOR ROOM:

This week’s student of the week is Jordi Roberts. Jordi is a thoughtful and polite member of our class who is trying very hard to improve his reading. Keep up the great effort Jordi!

SENIOR ROOM:

This week’s Student of the Week is Braeden Kurzman for his persistence when reading, especially during his reading test.
CHILDCARE AND AWESOME AFTERS (OSHC)

- **PROGRAM** - This week we began using our new planning documents that met program requirements and address the quality outcomes as set in the VEYLDF (Victorian Early Years Development and Learning Framework). Look out for these on the noticeboard and in Children’s Portfolios.

- **FEES REMINDER** – Please be prompt when paying fees, each term Pre-School fee invoices are sent, and every month we try to send out Childcare/OSHC invoices. If you’d like to discuss your invoice please see the office.

- **INVOICES** – there has been some confusion regarding invoices and “Estimated Fees” - this we have found to be a system issue and should be rectified in the next invoice period.

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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>
</tr>
</thead>
<tbody>
<tr>
<td>9:00–10:45</td>
<td>Outside Activities *</td>
<td>Outside Activities *</td>
<td>Outside Activities* Pre-School</td>
<td>Pre-School (3 and 4 year olds)</td>
<td>Pre-School (3 and 4 year olds)</td>
</tr>
<tr>
<td>10:45–11:15</td>
<td>Snack and Chat</td>
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<td>Snack and Chat</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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<tr>
<td>12:30–1:00</td>
<td>Snack and Chat</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>
</tr>
<tr>
<td>3:30–4:00</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
<td>Healthy SNACK</td>
</tr>
<tr>
<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>
</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.
Baking
Caralyn baked mini pies with the children last Wednesday. They were filled with ham and cheese. All of the children helped baking and they really enjoyed eating them at lunchtime. The pies were super delicious.

Friendships
To avoid stress getting to the table at lunchtime, the children have made a placemat each, and I will decide where they are sitting. There has been a bit too much of “I want to sit next to so and so” lately. As the children are maturing, they become more aware of friendships and it can sometimes become a little obsessive. Although, it’s great to have best friends, it’s also important to be able to share that friend with peers, and let other children join in during play. Parents can help by talking about this at home.

HIPPY-Program
Last week all of you got a small leaflet about the HIPPY Program that is run by Glastonbury, Colac. I have only heard good things about this program from previous parents, so if you think this would be good for your child I recommend that you ring Glastonbury or speak with me. Three year-olds can start this year and keep going next year. Four year-olds can do it until the end of this year.

Treasure Hunts/Puppet Theatre
Last week the treasure hunt activity was reignited by the children. The children love making little presents for everyone and then wrapping them up in paper with lots and lots of sticky tape. They then hide the present and take the rest of the group on a hunt. Great for fine-motor skills (making the presents), confidence (sitting in front of the group) and thoughtfulness (making sure everyone gets a present). They really love doing this. Another activity that was instigated by the children was to have Puppet shows using the Puppet Theatre.

Dental Health
The Dentist visited again without any major drama. The children had their teeth checked the same way as the last visit.

Thanks
Thanks to Chris Hulonce for gluing back the tile that came loose last week on the veranda. Very much appreciated.

Lena Collopy
Pre-school Teacher

DATES TO REMEMBER
Fri 13/6,  2:00pm. Committee Meeting.
Fri 27/6,  Last day of Term II.
WIN A BIG BOX OF BOOKS WORTH $500 FOR YOUR SCHOOL

We know that globally all MINECRAFT books have been the number 1 hottest titles on Book Club, working well to engage those reluctant readers and get screen fiends to pick up a book.

A great opportunity exists to restock and refresh your school library simply by encouraging your students to enter the ULTIMATE MINECRAFT COMPETITION in this issue of Book Clubs. Your school will be able to choose prize books from an extensive list. Titles will vary from those shown above.

ONE LUCKY STUDENT WILL ALSO WIN AN iPAD AIR!

易 to enter.

Dents have to do is place an order on Lucky, Arrow, Star and/or Extra Club, fill in the entry form on the back of the brochures (near the order and return this to school with their order and payment.

more classrooms that participate, the greater chance your school has of winning!

Includes Busy Bee, Wombat and TBS. To enter, an order must be placed on Lucky, Arrow, Star and/or Extra Book Club and the entry form on the brochures must be completed in and returned to Scholastic. For each order that is placed, a separate entry form must be filled out to be entered in the draw. Authorised under NSW Permit number LTPS/14/0210, SA Permit number T14/503.
Building Your Child’s Confidence

Building your child’s confidence involves helping your child feel good about themselves and giving them the message they are a valuable, worthwhile person. Confidence and belief in their own ability enables children to try new things without too much fear of failing.

Here are some ways to build your child’s confidence:

- Tell your child frequently and sincerely that you love them.
- Give your child descriptive praise when they engage in behavior you like i.e. “Thank you for packing up your toys so well”.
- Show your child you value them by being available when they want to show you something or want to talk to you.
- Let your child know you value their opinion by listening to them.
- Support your child with their interests e.g. by looking at their work they bring home from school or by watching them play sport but avoid taking over or pressuring them.
- Support them to develop social skills by encouraging friendships.
- Help your child feel they are capable and needed in the family at a level appropriate to their age and skill level. Each child in the family might have a couple of jobs appropriate for their age e.g. setting the table, making their bed.
- If your child does the wrong thing avoid messages that globally label or attack the child e.g. “lazy,” “bad,” “stupid” rather focus on the behavior “You know the family rule is you hang your towel up after your bath”. By stating the behavior you want you are being clear and avoiding emotional put-downs.
- Avoid labeling your child as “shy.” Focus on the strengths your child has and teach them how to be sociable.
- Teach your children new skills at a level appropriate for their age. We are our children’s first teachers.
- Keep special family rituals e.g. story at bedtime, kiss goodbye, going for a Sunday bike ride, all these activities help your child know you value spending time with them.
- Celebrate achievements and successes.
- Show your child you have faith in them by helping them solve problems. If possible ask them their ideas about options then evaluate these with your child and together solve the problem.
- Show your child you believe in them and encourage them to try new things. Give them the message it is good to have a go and have fun.
- When your child makes a mistake see the mistake as something to learn from, mistakes are a normal part of life and the learning process.
- Set clear boundaries with your child that can help them feel safe and learn limits but also allow them to grow and develop an appropriate level of independence.
- It is important as parents to look after yourselves and have fun, as parents we are role models for our children.
FUNDRAISING NEWS

Thank you to all those that have responded and offered time to run the coffee machine/hand out scones for the upcoming Otway Soup fest – Shortly I will be drafting up a roster & I will email it out to all those that I have email addresses for or otherwise I shall place a copy in here next week.

Super, super, big thank you to our keen baker Robyn Ferguson, who has already started madly baking scones and thanks to Emma Ashton for providing the oven space & then freezer space to be able to bake the quantities we need. Great job so far!

I am in the process of organising a night with Gillian at the Forrest hall before Sunday 8th June, for all those who need to brush up on your coffee making skills – stay tuned!!!

It’s not too late to volunteer for anything planned for supporting the Soup fest – If you have time and are keen to serve Devonshire teas or handle the cash box – let me know. I can be contacted on 5236-6172, 0421 103 042 or email sjlane@swarh.vic.gov.au.

Big thank you to Paul Troughton (and his helpers!) who have successfully created a second entrance to the school via the Colac Forrest Road. This will enable us to offer car parking for the event, with an opportunity to ask for a gold coin donation. Gravel is yet to be laid but it looks like we will be able to have cars entering and alighting from the one spot rather than have cars directed through the front bitumen entrance where the path proceeding is starting to get a bit boggy!! I have had some interest from people willing to direct traffic but any further takers, please let me know!

Thanks, Sarah Lane

Community Get Together and Send Off for The Schuhmann’s Holiday – Saturday 31st May 5pm Onwards, The Evans House/Shed (Birregurra – Forrest Road, Forrest), BYO Meat & Salad to share – ALL WELCOME!!!!!!

A message from JUMP ROPE FOR HEART ORGANISERS

Wow! What an incredible result! A huge thankyou to you, the staff and students of Forrest Primary school 😊 It’s so great to see small schools like yours get so involved. And since I went to a school of a similar size, I have a soft spot for the smaller schools!

$1072.30 is a huge jump up from your previous amounts – with $345 being the most you’ve raised and that was in 2011.

Thanks so much for all that you have done with the program this year as well, the fantastic result is a reflection of all of your hard work!
**COMPETITION ENTRY FORM**

**Sunday 8 June 2014 - Forrest Public Hall**

All entry nomination forms, together with entry fees, to be received and delivered on day of competition by 11 am

*Please see information below regarding volume of soup, and other instructions regarding Food Safety requirements*

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin Soup - Traditional</td>
<td>$5</td>
</tr>
<tr>
<td>Soup - Open (eg Minestrone, Chicken etc)</td>
<td>$5</td>
</tr>
<tr>
<td>Children’s Soup – Open</td>
<td>$2</td>
</tr>
<tr>
<td>Home Brew Beer</td>
<td>$5</td>
</tr>
<tr>
<td>Home made Wine (White, Red, Sparkling)</td>
<td>$5</td>
</tr>
<tr>
<td>Conserves (Jams, Marmalades, Jellies etc)</td>
<td>$2</td>
</tr>
<tr>
<td>Sauces, Relishes &amp; Pickles</td>
<td>$2</td>
</tr>
<tr>
<td>Largest Vegetable of any kind</td>
<td>$2</td>
</tr>
</tbody>
</table>

**Soup**

Your soup must be stored in a thermos, no more than 500 ml and no less than 250 ml.

**List of ingredients must be attached to your entry.**

Hygiene is most important and must be adhered to at all times.

**Beers & Wines**

Competition open to only amateur Wine & Beer makers 18 years and over.

Each entry to be clearly labelled stating ingredients and type/style of beer or wine.

(i.e malt or grain beers; fruit, grape or vegetable wine)

Each entry to consist of one standard 750ml bottle or two standard 375ml bottles.

**Conserves, Sauces, Relishes & Pickles**

Jams, sauces, relishes and pickles to be entered in jars/bottles of 250ml or less and sealed.

- All entries must be submitted by 11.00am on day of competition (8 June, 2014)
- All entries must be clearly labelled - name and category, and ingredients listed.
- It is your responsibility to retrieve your containers at competition conclusion.

**Please tick your entry above –**

Name

Address

Phone Number

Fee $__________

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This competition is being run by the Forrest & District Lions Club

All entries to be forward to Kay MacDonald, C/- Post Office, Forrest 3236

Ph 5236 6008 Email: lionsforrest@gmail.com
Forrest & District Lions Club invites you to a family day of Heartwarming Winter Fun

LIONS INTERNATIONAL

9TH ANNUAL

OTWAY SOUPFEST

SUNDAY 8 JUNE 2014

(QUEENS BIRTHDAY WEEKEND) Forrest Public Hall from 10am

A Winter Festival Day

COMPETITIONS
- Homemade soups • Conserves
- Sauces • Pickles & Relishes
- Homebrew Beer & Wines
- Largest Vegetables (any kind!)

ALSO
- Market Stalls
- Family Entertainment
- Small Animal Farm
- Raffle - Handmade Quilt valued at $1000
- Explore Forrest and its history on the Courtesy Bus

Something different every year!
Enjoy a lunch of tasty homemade Soups - BBQ - Woodfired Pizza Devonshire Tea and Coffee

Sponsored and Supported by:

LIONS
Colac Otway Shire
Barwon Water
Forrest River Valley B&B