**Principal’s News**

Stephen Covey’s & Habits of Highly Effective People is a resource I find often guides my daily practice, and this week has been no exception. We have been very busy here, completing Urgent work such as excursion forms, camp planning, student Attitudes to School Survey data collection and Not Urgent Important tasks including Staff Performance and Development Reviews, Annual Implementation Plan (goal setting for 2014), the Early Learning Centre Quality Improvement Plan, Long Day Care Child Care Benefit application process and so much more. Of course the odd Not Important Not Urgent task has slipped in there also.

Here’s an explanation:

<table>
<thead>
<tr>
<th>URGENT</th>
<th>NOT URGENT</th>
</tr>
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<tbody>
<tr>
<td>IMPORTANT</td>
<td></td>
</tr>
<tr>
<td>Crying baby</td>
<td>Exercise</td>
</tr>
<tr>
<td>Kitchen Fire</td>
<td>Planning</td>
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<tr>
<td>Some phonecalls</td>
<td>Goal setting</td>
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<tr>
<td>NOT</td>
<td></td>
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<tr>
<td>Important</td>
<td></td>
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<tr>
<td>Interruptions</td>
<td>Trivia</td>
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<tr>
<td>Distractions</td>
<td>Busy work</td>
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<tr>
<td>Other calls</td>
<td>Time wasters</td>
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Popular thought concludes that if you spend 30 minutes at the start of each week considering your tasks with this in mind, you will be 10 times more effective during that week. Having spare time to do this can be an issue, but quickly calculating the value of each major task can work at a pinch. Spending around 30% of daily time on the Not Urgent Important tasks is ideal and something I aim to achieve, always best to aim high!

Working within the Not Urgent Important quadrant enables us to be our best, continually strive for improvement and make considered decisions based upon evidence and relevant information. This practice is often found at Forrest PS, as our staff are driven to pursue best practice and improve teaching and learning for all students. Being in the middle of Staff Performance and Development process has once again reminded me how lucky we are to have such a dedicated team.

Have fun,
Tara Hulonce

For more info: http://www.franklincovey.com/
Science Excursion
Last Thursday’s excursion to Ecolinc in Bacchus Marsh provided a terrific conclusion to our Mini beasts Science Unit. We inspected trays of compost, examining our numerous ‘findings’ under magnifying glasses; searched for mini beasts and plant species in the especially designed native garden and scrutinised trays of very clear water from the Werribee River. The water was alive with very interesting aquatic mini beasts that we examined under microscopes. Thanks to Kaz for organising this very educational excursion.

Maths
This week we continue to work on addition. The preps are adding to five using an array of concrete materials including stringing beads, base ten grids with discs, drawing dots and adding more and using their fingers. Any help to reinforce their understanding at home would be greatly appreciated. Year 1 students are adding numbers to 30 and the Year 2s are adding 3 single digits, using the strategy of seeing whether 2 digits add to 10 first and then adding the third number.

Literacy
The 20 minute writing recount challenge continues to proceed with great success. This week we are focussing on improving the quality of our writing by including adjectives.

Forrest Kids Go Bush
Thanks to all parents for ensuring their child was properly equipped for last Friday. Don’t forget to include the overalls, which were sent home last Friday for a wash, a wet weather jacket and change of clothes to wear under the overalls, including socks, for this Friday.

Mothers Day
I hope all mothers manage to enjoy a few treats, maybe a cooked breakfast in bed, this Sunday. The students have made gifts and cards. Thanks to Nerrida for all of her help on Tuesday. Many of the students learnt a new skill and without Nerrida’s help the gifts wouldn’t have been completed. It might be prudent to ask your child if there is something they need to hide from their bag before going through it looking for left over lunch. Many of the students are very excited about where they are going to hide your gift until Sunday.

Miss Mac.
Junior Room Teacher

SUPER SCIENCE FACT:
The surface of the sun is nearly 60 times hotter than boiling water. It is so hot it would melt a spacecraft flying near it.
CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

JUNIOR ROOM: This week's student of the week is Cassia Vermeend-Jones. Cassia works very hard during literacy sessions and always tries her best. She makes a great effort to write neatly and thoughtfully illustrate her writing. Her consistent reading at home has enabled her to read blue words. Great work Cassia!

SENIOR ROOM: This week's Student of the Week is Ayden Ferrari for his active contribution to classroom discussions.
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.

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 –</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 –</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>(3 and 4 year olds)</td>
<td>FORREST KIDS GO BUSH!</td>
</tr>
<tr>
<td>10:45 – 11:15</td>
<td>Snack and Chat</td>
<td>Snack and Chat</td>
<td>Inside Song and Dance Activities</td>
<td>Inside Free Play</td>
<td></td>
</tr>
<tr>
<td>11:15 –</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>
<td></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>
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<tr>
<td>3:30 – 4:00</td>
<td>Healthy SNACK</td>
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<td>Healthy SNACK</td>
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<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
Mother’s Day

Last week the children started to make a little gift for their Mums. It is meant to be a surprise for Mother’s Day but I’ll guess that most of the children have already told their families? To keep a surprise is not easy when you are a pre-schooler. Anyhow, the children have enjoyed making the gift and talking about their Mum.

Autumn Colours

During the Bush Program we picked a lot of autumn leaves from the Pin Oak. Later in the day, the children made some pictures with the leaves that I have displayed on the notice-board.

School Playground

We had another fun play in the school playground last week. One of the favourite imaginative games at the moment amongst some of the girls is to play “School Child/Children”. They call each other School Child and pretend that they go to school. The game reached another dimension when they actually played in the school yard.

Welcome Laura

The children warmed to Laura very quickly last week. Laura is studying Certificate III in Children Services, and she is currently doing her placement with us. Laura’s days will vary from week to week because she already has a job, and has to fit in her placement around her normal roster. Last week Laura came Wednesday and Thursday. This week she won’t be able to come at all.

Smile for Miles/Healthy Eating

Tanja Brunner from Otway Health will visit us on Friday 9/5 after the Bush Program. She has invited parents to attend a short session at 1:30PM (please see the separate information sheet from Tanja). Please let me know if you are attending so I can let her know.

HAPPY BIRTHDAY TO ELISE

DATES TO REMEMBER

Fri 9/5, 11:30 Visit from Tanja Brunner, Otway Health.

Fri 23/5, 12:00 Colac Dental Health, second visit.
Cycling Starts Saturday May 10th at Beeac Rec Reserve

Start time: 1.30pm  Registration for 2pm start time.


All riders must have a current Cycling Australia RACE licence.

Current Juniors (U11/13) must upgrade licences to a Race Licence for the winter road racing series cost is $49,

New Juniors (U11/13) cost is $73. These Licences are valid till December 31, covering Winter Racing and Summer Racing (Oct-Dec) – approximately 20 racing opportunities at local venues.

Junior riders must be 8 years and over and confident riding on the road (parents are able to ride with riders).

All riders must have a road worthy bike and Australian standards helmet.

All enquiries to Bike Guru — phone 52312006

Still need to get your 2014 License? Go to www.cycling.org.au

TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by volunteering to host one of our exceptional international students arriving in Australia in July 2014 for their 3, 5, or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaustr@sccce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

INSPIRATIONAL QUOTES

Some say opportunity knocks only once.

This is not true.

Opportunity knocks all the time,

But you have to be ready for it.
POSITIVE COMMUNICATION

Parents often say they want their children to be happy, feel good about themselves and see themselves as capable, lovable human beings. The way we communicate to our children and the words we use can either increase or decrease their feelings of confidence and self worth.

Positive communication includes using encouraging words, listening with all your attention and using a calm tone of voice. It also includes checking to make sure you have understood.

One of the best ways to encourage your child and develop their confidence is to give them positive messages about themselves. You could say, “I love you,” “That was great the way you helped me tidy up” or “You really tried hard well done”. Children also love to feel accepted for who they are, not just what they do. Messages like “You’re a good kid”. Look for your children’s strengths and catch them being good. Some parents are good at commenting on the things children do wrong and forget to comment on when their children are doing the right thing.

We communicate a lot through non-verbal messages such as facial expressions and body language. Giving your child a wink, pat on the head or a smile when they have done what you asked can build children’s confidence. When you get down to the same level as your child, look them in the eye and smile, they will more likely hear what you have to say rather than yelling from another room.

It can also be helpful to communicate to children what you would like them to do, rather than what you do not want them to do. Instead of “Don’t mess up the lounge room” try “Remember mum wants you to keep the lounge room clean.” This lets your child know in a positive way what you would like them to do. Saying what to do takes a bit of getting use to, as most of us are more used to saying what not to do.

Being clear when we give messages to children is another important skill we need to practice as parents. Rather than saying “Be good” let your child know exactly what behaviour you want them to do, such as, “Sit up in your chair when you are drinking.”

It is important to let your child know that they don’t have to achieve and succeed at everything they do. Encourage them to accept their mistakes, because nobody is perfect and making mistakes can often be a learning experience.

The message parents and other important people in children’s live give them can stay with them into adulthood so the messages we give our children can be extremely powerful. Let’s try and program our kids to feel good about themselves and give them the ability to believe in themselves so they will have the confidence to try new things and feel good about who they are.
CROSS COUNTRY SEASON

Calling all to Colac Little Athletics Cross Country
Where: Colac Botanic Gardens
When: Commencing Monday 12th May 2014
       Time: 4:00pm – 5:00pm
Cost: Existing members no charge
      New members $50 to cover LAVic insurance
      All ages Under 6 to Under 16 welcome
      Differing distances depending on age
Contact: Kim Tucker 0411452046 for more info