PRINCIPAL’S NEWS

Scabies has been an ongoing problem at Forrest LC this year. Following discussions with the department’s school nurse around how to fix the problem, I urge everyone to read the important information found later in this newsletter. It really does require everyone working together to eradicate this problem. THIS Friday will be FUN FRIDAY NIGHT with everyone checking for scabies—yes that’s the whole family! If signs of scabies are identified, source a cream/lotion from your local pharmacist. Cost is $15 and local pharmacies have quantities currently in stock. If unsure or require more information please contact the school to gain further free advice. Please read the Scabies attachment from www.betterhealth.vic.gov.au. Thanks for your anticipated support in regards to this matter.

Forrest Learning Centre plays to offer Holiday Long Day Care starting on MONDAY January 5th from 9 am until 6pm daily. Please contact the school office asap on 52366393 if you are interested in using this service on any days in the upcoming school holidays.

No doubt parents are beginning to plan for 2015. School Term Dates are as follows:

Term 1—January 29 to March 27
Term 2—April 13 to June 26
Term 3—July 13 to Sept 18
Term 4—Oct 5 to December 18

The November School Council Meeting is planned for this coming Monday November 17th beginning at 6.30pm in the Flexible Learning Centre.

As the weather temperatures rise, we have encouraged students to use their Water Bottles for refreshment and hydration of their brains. Yesterday we had 64% of students having their water bottles located in their work areas. We hope to improve on this figure over coming weeks.

Yesterday we had a lovely Remembrance Day Ceremony at 11am with a minute silence undertaken by all our students to reflect on the significance of the day and as a sign of respect. On Monday, we had a special visitor, Mr. Colin Parrott who spoke to our senior students explaining Remembrance Day, why we still commemorate Remembrance Day and who we commemorate. Col is the grandfather of Lily and Claudia and we thank him for giving up some of his time to speak to our students. It was positively received by all students.

We extend our best wishes to our specially selected senior students who will participating in the South Western Somers Camp experience next week. We hope Jahla, Kay, Britt, Jarrah and Kai have a great time and bring back to Forrest lots of happy memories to share.

School/Kinder Photos were taken today. The children brought along their happy smiles and looked great in their uniforms. Thanks to parents for supporting this special event.

Hoping you enjoy the remainder of the week.
Darryl Harty
JUNIOR ROOM NEWS

Someone mentioned that Christmas is only 6 weeks away. Hmmm……

As the end of the year seems to be rushing towards us and report writing is looming it is wonderful to start reviewing the students full year of work and see how far their learning has progressed.

SMART learning goals

The students’ learning goals were sent home last week. They each have a desk ‘triangular prism’, with their 3 goals attached, to provide a gentle reminder of the areas that require a little more focus. Sorry about the delay, but SMART goals, although they look simple, can be difficult to write and the ‘visual’ display took quite a few design revisions. I also think it is really important that, as parents, you know what your child’s goals are and can help support them at home. You are their main ‘teacher’ and by working together we can increase your child’s confidence in themselves and their abilities.

Engagement – the key to learning

In small groups, the Year 2 students are working on a maths investigation – ‘Planning a Party’. Guest numbers, food and drink requirements, costs and other party essentials, including invitations are all under consideration. This project consolidates their understanding of maths including measurement and money and extends their literacy and ICT skills as they write and design their invitations. The only sticking point has been working out the costs as few of us get ‘junk mail’ supermarket flyers. They have been navigating supermarket websites to locate their wish list of ‘party food’, calculate quantities and cost. Needless to say they haven’t ventured much past the frozen food section and confectionary. Although keen to submit their orders – that would make the sugar hit and this project a little too real.

Classroom news - Focus Topics

Maths – Preps: Addition and Subtraction using 10s frames and concrete materials.

Year 1: Investigation – 3D shapes - Making party decorations and writing a procedure.

Year 2: Investigation – Planning a party and writing invitations.

Reading – Reading for understanding – Comprehension.

Writing – Preps – Recount sentences to accompany drawings, focus: Capital letters and full stops.

Year 1 & Year 2 – Completing narratives for a specific audience – the Preps.

Starting a narrative about a party – what could go wrong? Focus: Interesting words.

Spelling – Sound waves – Preps ‘_e y’ & ‘oa, o_e, o’, Year1/2 Unit 31 ‘ou’ /'ow'

Prep Transition Days – 2 weeks to go!

Tuesday November 25th from 9.00am – 1.00pm

Tuesday December 2nd from 9.00am – 1.30pm

Tuesday December 9th from 9.00am – 2.00pm

Miss Mac

Junior room teacher

Helping Hands Week 6

Charles volunteers to take the fruit snack or water bottles to “Forrest Kids Go Bush”.

Bryanna picked up windcheaters from the school yard.
SENIOR ROOM NEWS

Lions Club Peace Poster Prize: Congratulations to Aphrodite Shomaly for winning the Lions Club Peace Poster competition in Forrest – see picture. The whole Senior Class responded to the theme, ‘Peace, Love and Understanding’ by drawing poster sized images. Children eligible to win the prize were aged between 11-13. We also created a competition for the 9-11 year olds, won by Alicia Pain – Congratulations Alicia. All children put a significant effort into their peace posters and made our school proud. The judges included, members of the Lions Club, parents, teachers and artists. Aphrodite’s painting will go on to the next ‘District’ stage of the competition. Good Luck Aphrodite!

Remembrance Day was very special this year. On Monday Colin Parrott spoke with the Senior Class about concept of war and the meaning of Remembrance Day. He shared a number of treasured artefacts which included: a bullet from the War of Independence (US); a range of Colin’s of military medals; photos; a rock from the sea at Gallipoli; a dog sculptured by Colin’s Grandfather whilst serving in Darwin (during the bombing) made from aluminium salvaged from a Japanese Fighter plane which was shot down; newspaper articles; books; images on tins. Colin also shared some of his experiences as a soldier during the Vietnam War. Some of the stories were very serious and some were very funny. Colin also gave us some resources to help us learn more about these times in our history. We were deeply honoured and grateful to have Colin come and speak with us.

On Remembrance Day we all participated in a ceremony to honour those who had served and been affected by War. This Ceremony lead by Mr Harty took place at the Flagpole. Children brought flowers to school from home, and some picked flowers at school to place at the base of the flag. All children were very respectful, and the ceremony was quite moving.

Mr Donahoo, Senior room teacher

JUNIOR ROOM: This week’s student of the week is Sophie Lane. Sophie is working hard to achieve her writing goals. She did an excellent job of editing her work to include the correct spelling of known words and consulted the dictionary to determine the correct spelling of unknown words. Sterling effort Sophie!

SENIOR ROOM: This week’s Student of the Week is Kai Broomfield for his fantastic work and high success in Mathematics. Kai has mostly led and controlled his own learning in Mathematics this year. He has been persistent and paid attention to accuracy and detail during his learning tasks.
**PRE SCHOOL NEWS**

**Sick children**

We only had four children each day last week due to illness. Hopefully everyone is feeling better and can participate when the photographer comes today.

**Planting**

Last week, the children planted sunflower and corn seeds in the vegie box. Hopefully they will grow nice and tall for the children to watch and water. We have also read books about seeds and talked about how amazing it is that tiny small seeds can grow into big trees. The Pre-school garden is full of flowering bushes at the moment which we all enjoy.

**Bush Program**

The weather has been very dry and warm lately, so the Bush Kinder area is not wet at all at the moment. I still suggest that you send your child to Pre-school in boots and have overalls, but make sure that they have long pants underneath in case it gets too hot to wear the overalls. The children need to wear long pants (old ones that can get dirty) to stay protected from sharp bushes and twigs.

**Documenting the day**

In addition to the Program plan, I’m trying out a new way to document what’s happening during the session. I am using a big notebook to write down things we do as the day progresses. I will leave the notebook at the table next to the sign-in book for you to look at. Of course it’s not possible to capture everything that’s going on, but I’m hoping it will give you, as a parent, more of an idea of what we are doing during the day. It would be great to get some feedback, as this is just a trial at the moment.

**Fire Drill**

We will have a practise fire drill this week, discuss fire safety, and have a practise at dialling 000. We will also practise giving full names and addresses.

**Transition to School**

The transition to school dates for Elise, Madeleine, Ella, Poppy and Jaxon are: **Tuesday 25/11, Tuesday 2/12 and Tuesday 9/12**. Please check Miss Mac’s Newsletter articles every week for any additional information. If you have any concerns regarding your child starting school, or something else, don’t hesitate to talk to me any time after the session.

Lena Collopy
Pre-school Teacher

**DATES TO REMEMBER**

- Fri 14/11 Committee Meeting (New date).
- Fri 05/12 Committee Meeting, 6:30 PM at the Guest House.
- Thu 18/12 Christmas Break-up Party and Clean-up of the Pre-school.
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>Outside Activities*</td>
<td>Pre-School</td>
<td>Pre-School (3 and 4 year olds)</td>
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<td>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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<tr>
<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>
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<td>2:00– 3:30</td>
<td>Inside play: toys, trucks, drawing,</td>
<td>Colouring pages and decorating art</td>
<td>Inside play: puzzles, drawing, home</td>
<td>Yoga, sing-a-long songs, story-time</td>
<td>Arts and crafts: child</td>
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<td></td>
<td>painting</td>
<td>projects</td>
<td>corner,</td>
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<td>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</td>
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<td>quiet games</td>
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* Outside Activities will be held providing weather is suitable

**SUPER SCIENCE FACT**

*Antarctica is the coldest place on Earth. Temperatures of -89.2°C have been recorded there.*
SCABIES

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:

- 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.
OTHER ANNOUNCEMENTS

Dental Van

Barwon Health

Qualified dental staff will be attending your community for a short period of time to carry out the following Dental Services in a mobile dental van:
- Full examinations
- Dental treatment including fillings
- X-rays and further treatment where required

If you would like to secure yourself or a family member an appointment, please contact the Barwon Health dental van.

Contact Dental Van

0417 057 358

It's Not OK To Be Away

Going to school every day is the single most important part of your child’s education. The building blocks for a great education begin with students coming to school each and every day. Students learn new things at school every day – missing school puts them behind. There is no safe number of days for missing school – each day a student misses can affect their educational outcomes.
**OTHER ANNOUNCEMENTS**

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**Fundraising News**

Thanks to those that have offered their time for helping out with the upcoming Kids Mountain Bike Race (as part of the Forrest Festival). The schedule is looking like this:

**Saturday 29th November**
- Fruit preparation & serving to riders (times to be advised)
  - Sarah Schuhmann
  - Robyn Ferguson
  - Sarah Lane

**Sunday 30th November**
- Kids Race (times to be advised)
  - Andrew Broomfield – Race announcer & caller/prize announcer
  - Peter Ashton – Devising course/supervising rider on race
  - Craig Donahoo – Devising course/assessing skill set of riders/supervising rider on race/first aid
  - Richard Schuhmann – Assisting with set up/assessing skill set of riders/Pack up
  - Sarah Lane – Set up/registration

I am still looking for volunteers to:
- Help with registration
- Marshall along the course
- Give out lolly bags

If you have an hour or two to spare & would like to be involved on Sunday 30th November, please let me know & I can give you a job…….5236-6172 or 0421 103 042 or sjlane@swarh.vic.gov.au

**Please encourage your children (& anyone else you think may be interested) to enter the race/s or else come along on the day to support their friends. The races are due to start after 11am and cost $10 to enter – prizes are to be awarded to winners & every participant will get a lolly bag!!!**

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**Traffic Alert**

7 November 2014

**Changed traffic conditions along Great Ocean Road**

VicRoads advises that road works at various locations along the Great Ocean Road continue throughout November 2014, weather permitting.

**Vegetation trimming**

VicRoads’ contractors will continue to trim vegetation behind guard rails, including mulching and cleaning debris off the road, at the following locations:

- Radfords Road – Old Peterborough Road
- Gellibrand Lower – Lavers Hill
- Evans Road – Glenaire
- Horden Vale Road – Cape Horn
- Marengo – Apollo Bay
- Wongarra – Cape Patton
- Reedy Creek – Big Hill
- Big Hill – Cinema Point
- Cinema Point – Fairhaven
- Anglesea – Torquay.

**Retaining wall**

VicRoads’ contractors will be building a new retaining wall at Moonlight Heads, near Yuulong from Monday 10 November until Friday 28 November. These works are to provide support to the road and prevent road movement.

**Road repair works**

VicRoads’ contractors will be rebuilding, resurfacing and patching sections of the road close to Skenes Creek, Moggs Creek, Spout Creek and Bellbrae roundabout throughout November.

**Changed traffic conditions**

Speed will be reduced during the works and traffic will be reduced to a single lane in each direction. These reduced speed limits are aimed at ensuring the safety of both road workers and road users.

Motorists are encouraged to plan their journey and allow for extra travel time, as minor delays are expected. VicRoads thanks drivers for their patience.

**More information**

For more information about the upgrade programme, please view this [Great Ocean Road Upgrade Fact Sheet](#).

**Contact us**

Email: greatoceanroad@roads.vic.gov.au
Write to:

VicRoads Great Ocean Road Project Director
180 Fyans Street
South Geelong, Victoria 322
OTHER ANNOUNCEMENTS

Scabies

Summary
Scabies is caused by small mites called Sarcoptes scabiei that burrow into the skin. The skin reacts to the mites, causing red itching bumps or blisters to form. If you develop scabies, your sexual partners and all members of your household should also be treated with a scabies cream or lotion.
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:
- 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 dry-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.