**Principal’s News**

**Working Bee This Sunday**

This special community event this Sunday Oct 18th will begin at 10 am and we are hoping you can join us for a couple of hours. The “Bee” will be followed a barbecue and drinks. Food and drinks will be provided. Tasks to be completed (and it continues to “grow”) include: 1) finish gravel footpath, 2) remove ivy from EYC wall, 3) Garden shed tidied, 4) clean dirty bubble tap basins, 5) trim netball court edging, 6) re-border the sandpit with new sleepers, 7) remove low lying limbs from trees and 8) construct outdoor chess board. We also are hopeful of lighting the bonfire too. So we have lots to do. If you unable to assist on the day, you may like to offer your “assistance” in doing one of the listed items at another time. If so please let a school councillor know and we will be happy to assist you with your kind offer.

**Bike Ed/Road Safety Program**

Our planned Bike Ed/Road Safety Program commences next Monday Oct 19th for all Year 3—6 students as part of our Sport Program. Craig and I will be conducting these sessions in 2 groups from 2.30pm on Mondays. Students are to bring their bikes and a helmet to school on these days. Bikes can be stored at school. The program will conclude on Nov 30th.

**Sporting Schools Program to Begin**

Mountain Biking on Mondays and Tennis fun on Thursdays starts next week. We have received good numbers for both activities. A limited number of spaces are still available. Please contact the school office for more details.

**Special Welcome Back**

This week we welcome back the Broomfields from their special OS trip to Japan and the Freddis from their special trip to Central Australia. It is great to hear the marvellous life experiences both families shared with us upon their return.

**Birregurra Festival Report**

Wow x 2! Another fantastic performance by our students last Sunday. It is such a wonderful promotion of our school along with the Deans Marsh and Birregurra schools. Congratulations to all the children for working so positively with teachers and parents to produce a first class performance. Well done to all involved in particular Louise Brown.

**Books for Beginners**

Forrest Primary School has recently become involved with the Colac West Rotary, ‘Books For Beginners Program’. This fantastic program encourages young children to read and enjoy books. Each term three books are selected by the Rotary Club to be read to our Prep students. The students are then able to select their favourite book which is then presented to them, from a member of the Rotary Club. Fr Graham Snell will visit Forrest PS for the special presentation.

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UPCOMING EVENTS

**October**

18th — Working Bee 10am
19th — Neighbourhood Watch Day
19th — SSP starts—Mountain Biking 1
19th—School Council Meeting @ 6.30
22nd — SSP—Tennis Fun Session 1
26th — SSP : Mountain Biking (2)
27th — Walk to School Brekky @ 8.45
29th—Pre-School Colac Trip
29th — SSP: Tennis Fun Session 2
30th — World Teachers Day

**November**

2nd — SSP : Mountain Biking (3)
5th — SSP : Tennis Fun (3)
6th — Colac Show Day Holiday
JUNIOR ROOM NEWS

Some further examples of writing from the Junior Room!

Birregurra Festival

On Sunday I went to the Birregurra Festival with my family. First I watched the choir sing. Next I did rock climbing. After that my brother and sister and I got a slushie. I liked rock climbing the best. They buckled me up in a harness and away I went. I got to the top and rang the bell. Then I went down and they unhooked me and took off the harness. I felt scared when I got to the top because it was a long way up.

By Bryanna Crabbe

Birregurra Festival

On the weekend I went to the Birregurra Festival. I went to the Lego stand. I played Laser Tag and went rock climbing. I like Laser Tag.

I like Laser Tag because you get to chase people.

By William Hunt

Birregurra Festival

On Sunday I went to Birregurra with my family. First I sang a song then I looked at Lego and then Mum bought me some. After that I got a slushie.

The day was awesome!

By Julian Tung

My Time at Willaroo

In the holidays Maddy, Charles and I went to Willaroo to see our cousins at their farm. Their farm is in the Northern Territory. The most exciting things are cracking the whip, going to the water hole and riding the horses.

The water hole was on their land and when we got there the water was hot. There was a rock that we jumped off at the side of the hole. When we were about to leave there was a hot rock. I laid down on the hot rock when I was cold to warm up.

By Henry Seebeck

What a fantastic day we all had at the Birregurra Festival, thanks to all the children for singing together and sounding so wonderful.

Looking forward to this term and working with Louise in preparation for the end of school year concert.

Miss Mac – Junior Room Teacher

Helping Hands

William S. for weeding the garden during lunch time. Alicia for watering the garden. After only one week of term 4 we already have 11 Helping Hands nominations. Forrest Kids!
**SENIOR ROOM NEWS**

**Celgene visit a success for Forrest PS:**
Dirk Hoenemann MD, Medical Director Celgene Corporation Australia and some of his team came to speak with our students about what Celgene does, being scientists and specifically about genetics. Dirk is a part time resident of Forrest. The Celgene team showed us a double helix DNA model and discussed the concepts of DNA being the basic code / building blocks that make us who we are. Students were highly curious and very engaged, resulting in a number of very well thought out questions being asked, in fact we had to cut short the questions. The Celgene team later commented on how impressed they were by the quality of the student’s questions. We were very lucky to be presented with a double helix kit from Celgene. The kit requires children to build a 3D model of a double helix, whilst simultaneously learning about DNA. It contains an educational DVD.

Afterwards the Celgene team worked on building our greenhouse in the undercover area over a period of about four hours. It was a team building exercise for them. They did a marvellous job, considering the scant instruction manual... Colin Parrott, Seniors Students and Craig will take the greenhouse down to the garden on Wednesday and Thursday this week, when we will complete the final touches. Very, very BIG thanks to the Celgene team for their kind community work.

**Birregurra Festival – Om Choir:**
Well again we are very pleased to be a part of the ‘Om Choir’ at the Birregurra Festival. I think it was the best performance so far. The kids loved the whole process, from learning the songs through to delivery. Louise Brown is an inspirational and creative music teacher, who has again put together a magnificent performance. We are very excited about working with Louise this term to prepare for our special end of year music creation. Thanks so much Kristin for all of your awesome work on creating the colourful t-shirts!!

**Local Excursion: Neighbourhood Watch Schools Day at Winchelsea:**
Next Monday 19th of October Forrest PS students will be attending the Neighbourhood Watch Schools Day at the Leisure Time Centre – Winchelsea Primary School from 9.30am – 1.30pm. Selected children will be presented with ‘Good Neighbour’ awards for community service (in our respective schools). Children will have a chance to meet various members of emergency services and have a look at their equipment. They will also be entertained by the Police Band. The Forrest PS year 6 students will make a 5 minute presentation about our community and school.

**JUNIOR ROOM:** Amelia Gili—For challenging herself to be a focused writer.

**SENIOR ROOM:** Claudia Schuhmann—For all her great work, helping out around our school and for showing us how resilience can be an effective learning tool.
SCIENCE ROOM NEWS

News: Aussie volcano chain

The longest chain of continental volcanoes in the world was recently discovered in Australia. It stretches from near Mackay in Queensland down to Cosgrove in Victoria.

Don't be alarmed. These volcanoes aren't going to erupt anytime soon. It has been millions of years since any of the volcanoes in the chain have erupted. We've known about each individual volcano for a long time, but didn't realize they were related.

A team of scientists had a hunch that these volcanoes were linked, so they decided to investigate. The first clue was that all the volcanoes lay very close to a straight line. The volcanoes were also lined up in order of age – older volcanoes in the north, and younger ones in the south.

Since they erupted one after the other, the team thought that they might all have the same cause. Say there was one volcano that moved slowly down Australia, erupting as it went. The team calculated the speed and direction that such a volcano would move and found it matched Australia's continental drift. Australia is moving towards Indonesia at about seven centimetres a year. It was like the volcano was staying still, while Australia moved over the top.

This explained a lot, but there was still one mystery. In some areas there were lots of volcanoes, but in other areas there were none. Why? The scientists used seismic data to measure the thickness of the Earth's crust. The hard outer layer that sits on top the mantle. Areas with lots of volcanoes had a thin crust, less than 100 kilometres thick. In areas with no volcanoes, the crust was much thicker – over 150 kilometres thick.

The volcano chain has been named the Cosgrove hotspot track.

Try this: Cool crystals 2

Safety: This experiment uses copper sulfate, which is poisonous and can irritate skin and eyes. Wear gloves and eye protection, and remember to clearly label your experiment so others know to be careful.

You will need

- Gloves and goggles
- Glass or cup
- Copper sulfate, which can be found in some garden stores
- Hot (not boiling) water
- Spoon
- Paper and pen
- Jar with a lid
- Steel wool (don't use a brand that says it is protected from rusting)

What to do

1. Put on your gloves and safety goggles.
2. Half fill the glass with hot water.
3. Put one spoonful of copper sulfate into the glass, and stir until it dissolves.
4. Add another spoonful and stir until it dissolves. Keep adding copper sulfate until it no longer dissolves.
5. Put the glass into the fridge. Label it 'Cautions, copper sulfate' so no-one drinks it or throws it away.
6. Take off your gloves and wash your hands.
7. A few hours later, check on your glass. There should be crystals of copper sulfate growing on the bottom.

Clean up

Copper sulfate is not okay to tip down the sink. To clean up we'll need to do some more chemistry.

1. Put on some gloves and safety goggles.
2. Pour the extra copper sulfate solution (liquid) into the jar.
3. Add a few bits of steel wool, then put the lid on the jar.
4. Label the jar 'Cautions, copper sulfate' so no-one drinks it or throws it away. Place the jar somewhere it won't be disturbed for a few days.
5. The solid crystals left in the glass can be put back into the copper sulfate container.
6. Clean the glass well with hot soapy water.
7. Take off your gloves and wash your hands.
8. After a few days, the water in the jar will get less blue, and the steel wool will go a coppery colour.
9. Put on some gloves and safety goggles for the last step. You've changed most of the copper sulfate into iron sulfate, so the liquid is much safer to pour down the sink. Rinse the sink with water after. The steel wool is now copper wool, and can be put in the bin.
10. Wash the jar well with hot, soapy water. Take off your gloves and wash your hands.

What's happening?

This experiment is similar to last fortnight's crystal experiment. In both experiments, salt dissolves in hot water. When the water is cooled, the salt ions slow down and start to connect together to form crystals.

If you compare the two crystals, you will notice they are very different shapes. Epsom salt crystals are long thin rods, and copper sulfate crystals are much blockier. The two have different crystal structures, which means that the arrangement of ions inside these two crystals is different.

To clean up after this experiment, you get rid of the copper sulfate using steel wool. Steel wool is mostly made of iron, and sulfate ions prefer to stick to iron than copper. Over time, the iron changes into dissolved iron sulfate and the copper sulfate changes into solid copper. In the end you have copper wool and iron sulfate.
It was nice to see the children back at kinder last week; they seemed happy and rested. The weather has been nice so we have started outdoors every morning which has been very pleasant.

**Vegie Box**

The children love looking in the vegie box and seeing things grow. Last week, we planted sunflowers and corn. Hopefully the seeds will grow into nice plants for the children to water and care for. The strawberries have started to flower which made the children—especially Stanley—very excited. All of the children are very eager for the strawberries to grow so they can eat them. Fox is very keen on making a scarecrow (with a mean face), so hopefully we can make one this week. We’ve got clothes for it, but no straw. If anyone has some spare straw to donate for the scarecrow it would be most appreciated.

**Indonesian and Juniors**

Last week we had Bimo teaching Indonesian to the Pre-schoolers. Bimo comes every second Wednesday. On Thursday afternoon, all of the Preppies came over. First we had a group chat on the mat, and then I read “The Pig in The Pond”. After the story, the children were asked to draw something from the story. The Preppies seemed to enjoy themselves and were very chatty. The Pre-schoolers enjoyed the company of the older children. They all had time for a play outside before it was time for the older children to go back to the Junior Room.

**Craig visited**

We had no Bush Program last Friday due to the school children going to Birregurra for music practise. Craig kindly came back early to give me a coffee break. He also brought his guitar and had a very interactive time with the children playing and singing songs while they were doing actions to the music. Thanks Craig it was greatly appreciated.

**Children’s Week**

Glastonbury is again organising a fun day with lots of free activities for Children’s Week. This year it will be held on Thursday 29th Oct in Colac Botanic Gardens, 10:00 AM - 2:00 PM. Forrest Pre-school will take this opportunity and join in the fun. This requires parental participation, so I hope by giving you the date early, that you are able to come along; siblings are welcome too. More info closer to the day.

**Please remember that we have library every Friday.**

Lena Collopy
Pre-school Teacher

**Dates to remember**

- Fri 23/10 Committee meeting at 2:15 PM.
- Thu 29/10 Colac Botanic Gardens, 10:00 AM— 2:00 PM.
**SUPER SCIENCE FACT**

The average person walks the equivalent of five times around the world in a lifetime.

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**CHILDCARE AND AWESOME AFTERS (OSHC)**

For Child Care or After School Care bookings please call: Caralyn 0412 953366

<table>
<thead>
<tr>
<th>TIMES</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>9:00-10:30</td>
<td>Childcare</td>
<td>Childcare</td>
<td>Childcare and Pre-School</td>
<td>Pre-School (3 and 4 year olds)</td>
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<td>Outside play and activities *</td>
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<td>10:30-11:00</td>
<td>Snack and Chat</td>
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<td>11:00-11:30</td>
<td>Interactive play with school children</td>
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<td>12:30-1:00</td>
<td>Lunchtime</td>
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<td>1:00-2:00</td>
<td>QUIET TIME/ Activities</td>
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<td>FREE TIME Inside</td>
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<tr>
<td>2:00-3:30</td>
<td>Fine Motor</td>
<td>Gross Motor</td>
<td>Imagination</td>
<td>Childcare Sound and Movement</td>
<td>Childcare Visual Arts</td>
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<td></td>
<td>Play-dough, felt picture play, puzzles, threading beads, cutting and pasting, small building blocks</td>
<td>Sand-pit play equipment, cubby house, ball games, large building blocks, equipment from the shed</td>
<td>Home comer, puppet theatre, dress-ups, cubby luts, drama, story acting</td>
<td>Yoga, dance, action songs, music, instruments</td>
<td>Yoga, dance, action songs, music, instruments</td>
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<td>Healthy Snack</td>
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<td>Sporting Schools</td>
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<td>4:00-5:00</td>
<td>FLOOR TIME ACTIVITIES</td>
<td>ART ROOM ACTIVITIES</td>
<td>COOKING</td>
<td>FLOOR TIME ACTIVITIES</td>
<td>ART ROOM ACTIVITIES</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>
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</tbody>
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* Outside Activities will be held providing weather is suitable

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**WANTED:**

Shoe boxes, cereal boxes with lids for the science program. Please drop any boxes you have to the school office.

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**SUPER SCIENCE FACT**

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OTHER ANNOUNCEMENTS

FORREST & DISTRICT NEIGHBOURHOOD HOUSE PROGRAM OCT 2015

REGULAR ACTIVITIES AT THE FORREST HALL (unless indicated otherwise)

FIRST MONDAY EACH MONTH (EM)
Bingo 1-3pm. $5 Afternoon Tea Inc.

TUESDAY COS Fitness Class 11am $3

WEDNESDAY Tai Chi 6.30-8pm
Hoy (Card Game) 1.30-3.30pm $5
2nd Wed EM Afternoon Tea Inc.

THURSDAY Gentle Exercise & 10-11am.
Mind Games 11am-12noon. $2
Community Lunch 12.30-2pm $6
FRIDAY (School Term)
Diploma/Cert IV Visual Arts 10am-5pm
LAST SUNDAY EM Pizza & Jam 3-6pm.

COMMING UP WEAVING WORKSHOPS RANDOM WEAVE FRI 16 OCT 12-5
TOWN GARAGE SALE SUN 1 NOV FREE WiFi DURING OFFICE HOURS

OFFICE CLOSED DURING SCHOOL HOLIDAYS SEP 21- OCT 4 • NEXT YOUTH GROUP MEET TBA • CHECK WITH TUTORS FOR REGULAR ACTIVITIES

For info & bookings T: 5236 6591 E: forrest.nh@gmail.com Office Hours: Mon, Wed, Thur 10-6pm
Please note:

There will not be a community lunch at the Neighbourhood House this Thursday. Students who normally order a community lunch will need to wait till next week. (21/10).