Principal’s News

What a wonderful term this has been. We have collectively achieved many things including: adding childcare to our Early Learning Centre services, the launching of our specialist science program, beginning our new Indonesian language program, Polwarth Sports, Harmony Day, Welcome BBQ, Values work, A Quality Beginning program amongst normal classroom teaching and learning. Staff have been impressed with how well children have settled into classroom programs and we are really making excellent progress.

Staff held a planning day this week to organise activities for next term around our themes – Junior Room– FARMS, Senior room– First Fleet, Colonisation/ Gold Rush. We developed curriculum planners which enable us to meet all learning outcomes in AusVELS, whilst integrating curriculum areas for a streamlined approach to learning. Our professional learning activities for Term 2 have been developed with a focus on assessment, visible learning, improving student outcomes and student engagement. We have collaboratively worked developed our Annual Implementation Plan which will guide our professional practice for the next 12 months. Once this is approved by School Council, I’ll put some info in the newsletter.

We need CHILDCARE qualified people for our Early Learning Centre and OSHC programs. (NOTE: There is a possibility that we will be able to run these programs during school holidays in the future.) Please contact me if you’d like further info.

Thank you to Robyn Ferguson for co-ordinating the Scholastic Book orders for Forrest PS. We now have Nerrida Macdonald in this role. NOTE: we will have a parent helper program beginning in Term2, training will start in the first few weeks. More information to follow.

Enjoy your holidays! Tara Hulonce

Newsletter Articles:

For Term 2, the school newsletter will be distributed on Wednesdays.

All items need to be received by Nadeesha in the office by 10am each Wednesday.

Items may be emailed to forrest.ps@edumail.vic.gov.au.

Late items will be published the following week.

Upcoming Events

April

4th– Last day Term 1, school finishes 2:30pm

22nd– Term 2 starts

25th– ANZAC Day Holiday– No School

28th– POLWARTH Cross Country at DEANS MARSH (students aged 9-12)

May

7–9th– SOVEREIGN HILL CAMP

Grade 3-6

BIKE SAFETY

Please ride carefully- being alert to your surroundings. The new path in Forrest is fantastic but riders need to slow down when riding past the shop. THANKS!
JUNIOR ROOM NEWS

Science

Thanks to Kaz for organising Tuesday’s science launch – it was fantastic! The Junior students participated with great enthusiasm in several of the science activities on hand. All of the activities were popular – coloured milk, making slime, dancing sultanas, drops of water on a coin, digging for fossils and of course the Earth ed display. We can’t wait to begin science with Kaz next term.

Mini Beast Information reports

The Year 1 and Year 2 students have put in a huge effort, and lots of enthusiasm, to produce very informative, and well-presented, information reports on their chosen mini beast. Many have worked on their posters at home and the care, and time, they have dedicated to this project is outstanding. We have begun oral presentations and these should be finished, and the projects marked, by Friday.

Special Mention

Term 1 is full of new challenges, not only the Prep students but the returning students as well. All of the students have done a great job settling into the classroom routines, taking on new responsibilities and working hard to become independent learners. I must particularly thank the Year 1 and Year 2 students for being so helpful and kind to the Preps. Well done!

Enjoy the holidays! I look forward to seeing your energised and smiling faces in Term 2.

Miss Mac,
Junior Room Teacher

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

JUNIOR ROOM: This week’s student of the week is Luca Sprunt.

Luca’s organisational skills have really improved. He knows how to get ready for our ‘Soundwaves’ lesson - book open at the right page, pencil and glue stick ready, work sheet named and dated. This is a great start to becoming an independent learner – Well done Luca!

SENIOR ROOM: As voted by his peers, Jarrah had been chosen as student of the term for being the best student. This included his attitude to school work his organisation and the way he interacts and contributes in our school. Well done Jarrah!
SENIOR ROOM NEWS

Over the past week students have finished off their Yolngu culture study and done their presentations, finished our science unit ‘Plants in Action’, finished their library project ‘Famous Indigenous Australians’, published a number of writing pieces and completed their maths tasks. Along with all of this we had a very engaging visit from ‘Joffa’ a published cartoonist who worked with children on cartooning skills and values. We also had the launch of our fantastic Science Program with students engaging in a range of science experiments and earth ed van. We hope to finish the week off cleaning up and getting some seeds planted in the veggie Gardens.

Thank you to all of the staff, students and parents for a fantastic term. The children in the Senior Room have all expressed their enjoyment of the many programs that they have been engaged with this term. With Science, Indonesian, Health and Welfare, Art, Library, Cooking and Gardening combined with our Numeracy and Literacy programs, Forrest PS students have been engaged in some rich learning experiences.

Next term is going to be a very busy one .. watch this space.

<table>
<thead>
<tr>
<th>Student comments on the term (by Jahla)</th>
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<tbody>
<tr>
<td>How they felt?</td>
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<tr>
<td>Grade 6, Aphrodite maths, interested</td>
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<tr>
<td>Grade 5, Jarrah, science day/ Earth Ed  happy</td>
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<tr>
<td>Grade 4, Maddy, Earth Ed exciting</td>
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<tr>
<td>Grade 3, Alicia, science day/ Earth Ed happy</td>
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<tr>
<td>Grade 2, Kohima, science day/ Earth Ed awesome</td>
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<tr>
<td>Grade 1, Henry, Science Day/ Earth Ed happy</td>
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<tr>
<td>Prep, Bryanna, Beach day happy</td>
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<tr>
<td>Over all liked science day happy</td>
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SCIENCE NEWS

News from the Forrest Science Laboratory:
Thanks to all the families who have donated recyclables to the Science Lab. I am happy to report that we have enough; in fact we are spilling over with generosity and containers!

Primary Science Launch:
What a scientific fiesta of ideas and experimentation we had at school on Tuesday! The students and teachers all got on board and dabbled in making slime, learning about floating and sinking objects, mesmerising milk, finding fossils (choc chips!) making sultanas dance, learning about the properties of water (surface tension), learning about capillary action and other chemical reactions!

A fantastic highlight of the Science morning was definitely the Earth Ed Renewable Energy trailer. The sun was shining kindly and the students were completely engaged in participating in activities that demonstrated concepts related to solar energy, wind energy and concentrated solar thermal energy. The students used solar panels, wind turbines, hand generators, Fresnel lenses and water. They loved using reflected sunlight from mirrors to heat a solar collector and watching the temperature rise! The whole school was delighted with the tricks and properties of Liquid Nitrogen! What a fantastic way to learn about solids, liquids and gases and renewable energy!

Looking forward to Term 2 Science…..

Enjoy the photos and the stories told by the students!

Kaz Standish
Science Specialist
FEELINGS OF ATTACHMENT TO THE FAMILY

Adolescence can be a challenging time for all family members. Adolescents are grappling with developing their own identity and gradual independence in preparation for adulthood. They have to adjust to many changes, which include physical, emotional, social and cognitive changes. Parents and adolescents need to gradually make changes in their relationship to adjust to this new stage. Adolescents can move between wanting freedom and at the same time still needing the security of their family. Parents may want their adolescent to learn independence and decision making gradually but fear for their adolescent’s safety.

Some research indicates that adolescent perceptions of being attached to or connected to their family are related to adolescent health and well being. If adolescents don’t feel loved and connected to their family they may look for this attachment elsewhere.

Some ideas for parents/carers to build attachment include:

- Respect, good communication and setting reasonable limits and demands can reduce conflict and protect young people from behaviours that are a risk to health. Setting limits lets them know you care.
- Adolescents taking age appropriate responsibility for jobs or tasks around the house can assist them to develop a sense of attachment, competence and meaningful participation in the family.
- Plan times when the family can do things together to help maintain a sense of family, such as, playing cricket, camping, bike riding, watching a video, going out to dinner or a movie. Their initial response may be reluctance but don’t let that put you off. In an effort to find their own identity adolescents tend to question most things.
- Acknowledge the things you appreciate and the things they do well e.g. “I like the way you do your hair” or “Thanks for entertaining your little sister it helps me get things done” The main thing about acknowledgment is that it is sincere.
- Show interest in your adolescent’s activities e.g. their music, sports, school.
- Try and see things through their eyes- things that seem trivial to you may be important to them. If you listen you may gain insight into how they think and feel about issues. Listening does not mean you have to agree. It gives your adolescent the message you respect them enough to listen to their ideas.
- Maintain family celebrations and rituals e.g. celebrating getting a learners permit, attending family birthdays, a special tea for making the team.

We all need to feel we belong and that people care. Sometimes when adolescents seem the most difficult they may need reassurance they are still loved even though you may not always like or agree with some of their behavior.

Reference; Article “Families”- Centre for Adolescent Health Parkville VIC 3052
This week has been busy and children have enjoyed a range of different activities. We'd like to thank Michelle and Liza for helping us out this week in Millie’s absence. We hope Millie is feeling better and will join us again soon.

***** We been contacted by DIVERSITAT TRAINING—a Geelong based organisation who are offering courses in Childcare, which are self paced off campus and may be suitable for some members of our community. **Costs are minimal at approx. $724.50 for the course and $200 for materials.** Qualifications offered include Certificate III in Children’s Services, Cert IV in Education Support and Diploma of Children’s Services. We have a few people interested and it would be good for a group to study together even.

If you need more info please contact the office.

### 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>
<td>Snack and Chat</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>
<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, 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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<td>3:30–4:00</td>
<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
PRE-SCHOOL NEWS

Bush Program

Last Friday, everybody used their overalls for the first time this season. It seems like Ruby’s overalls have gone missing though. Can everyone please make sure that they haven’t got Ruby’s overalls at home? Can all families also please make sure that their children have spare clothes in their bags every day, and a plastic bag for dirty overalls/clothes? The overalls will be sent home every Friday that they need to be washed.

Board Games

With the holidays coming up I thought I would suggest a great activity for pre-schoolers. Simple board games or card games are good ways for children to learn to wait their turn, follow rules, and learn to win and lose. Games with dices are good for learning to count. Board games are also family fun time, doing something together. It’s important though, not to let your child win without actually deserving it.

Thank You

The first term is nearly finished, and I would like to thank everyone for a great term. It’s been very satisfying seeing the children developing friendships, learning and growing. They are all very special, and so interesting to be with.

WISHING YOU ALL A HAPPY AND RELAXING EASTER HOLIDAY.

Lena Collopy
Pre-school Teacher

DATES TO REMEMBER

Fri 4/4 Last Day Term I
Fri 4/4 Committee Meeting, 2pm.
Wed 23/4 Pre-school Starts, Term II
Fri 25/4 ANZAC Day Holiday.
**Joffa’s Toon School by Kayla**

I really enjoy having Joffa come to visit us. He is a famous cartoonist and his message to us was that everyone can draw, and to believe we can! He showed us how to draw cartoon characters using a framework that helped us make our own choices and unique cartoons. I liked guessing the fishy picture and also how he made us write the little sentences about ourselves in speech bubbles to show that cartoons are more than just a picture, they send messages as well!

**Joffa’s visit, by Aphrodite**

From Joffa’s visit we learnt that there’s no such thing as a mistake, everyone can do it! Not to second guess yourself, just to have a go! I really appreciated him coming and inspiring me to keep trying!

**Joffa’s toon school, by Britt**

Joffa was really funny and he is a great drawer. He can also do tricks with just a marker – like the popcorn song and making it bend! His main message was about listening to people and making healthy choices like choosing to have a go! I learned that it is always best to listen with your ears and not just copy what you see!

**Joffa’s toon school, by Ayden**

I thought Joffa was really smart and funny. He can notice things that nobody else can see. He taught us never to assume things, and if you do you may get into trouble. He is a great drawer and that helped me to feel a little bit more confident with my drawing. He was good a making things simple and seem easy to achieve. This is a message I will use in my life when things are hard.
From the Science Lab—Sherbet recipe

Below is a simple sherbet recipe to try:

**Ingredients** (for 2 to 3 people):

- 1 tablespoon Icing Sugar
- ¼ teaspoon Sodium Bicarbonate (baking soda)
- ¼ teaspoon Citric Acid
- 1 teaspoon Flavoured jelly crystals

**Instructions:**

Make sure all your utensils are completely dry. Spoon the ingredients into a bowl and mix thoroughly. Keep the sherbet dry so that the reaction doesn’t begin before you eat it.

**How it works?**

*Vinegar is a type of chemical called an acid. Sodium bicarbonate is a type of base. When acids and bases are mixed, a chemical reaction usually follows. The fizzy sensation you get from sherbet is also caused by a reaction between an acid and a base. In this case, the acid is citric acid, which is a dry white powder. The base is sodium bicarbonate, which is also dry. In sherbet, the chemical reaction doesn’t begin until the dry ingredients become wet. As soon as they dissolve into the saliva in your mouth, the reaction begins.*

Kaz Standish

Science Specialist

Forrest Primary School/Deans Marsh Primary School

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**SUPER QUIZ**

Q. How does ink get its colour?

A. Ink gets its colour by absorbing some of the colours in white light and reflecting others.
ITEMS OF INTEREST

Fundraising News

The donated Easter Egg basket & the guess record sheet is now at the school - bring in your gold coins & have a crack at guessing the weight – one gold coin + one guess! The person with the correct weight will win the basket & all the eggs.

All monies will go directly to the school

Please support this fundraising opportunity.

If you haven’t done so already, please complete the note attached to the newsletter this week regarding fundraising. The Kona Odyssey Mountain Bike event is fast approaching and it represents an opportunity to fund raise a large sum of money for the school. Please nominate how you can help with this event, even if you can only help for an hour. Please return the note to the school ASAP. The more volunteers & parental support the better – MANY HANDS MAKE LIGHTWORK.

Thanks

Sarah Lane