Harmony Day 2014 was celebrated in style at Forrest Learning Centre with over 140 children visiting. Our students were joined by peers from Alvie Consolidated, Deans Marsh and Carlisle River Primary Schools for a range of fun activities. Teachers provided a range of activities, including science- where children investigated kitchen chemistry and made sherbet- YUM, Indigenous craft- making totems to remind us of our school values, Multicultural dance- from around the world, sport- including Cuban Kickball and English Four Corners and International music- reminding us we are we all different and to be celebrated. The Forrest Pre-School also participated by painting their own Totem and celebrating our rich cultural heritage.

A great pizza lunch was organised by the Forrest Guesthouse and children thoroughly enjoyed the socialising the day offered. The day finished with a song- “We Are Australian” and group celebration of what it means to live in our multicultural society. Feedback from the other schools was very positive and our Forrest PS staff praised for their extraordinary efforts in organising such a fun day.

It’s hard to believe that term one has almost finished— we have been so involved in planning and delivery of quality teaching and learning and developing effective classroom systems. I’d like to thank our staff for embracing all that has come about this term, especially our specialists for whom 2014 has brought new roles and challenges.

Planning has begun for Term 2 of course, as we launch our science program next week and staff collectively work on our Annual Implementation Plan for 2014. Term 2 will also bring about increased parent involvement through a parent helper program, so look out for that one. Administrative changes will mean the newsletter will be distributed on WEDNESDAYS and 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.

We are also looking for people to be trained in CHILDCARE to assist in 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— though not before June at the earliest- so we need many more qualified staff.) More information can be found on page 4. Please contact me if you’d like further information on this.

**HAVE A GREAT LAST WEEK OF TERM 1!**
Tara Hulonce
JUNIOR ROOM NEWS

Science
The Preps have been busy drawing and looking at Mini beasts – counting legs, checking for wings, describing the ‘bug’, discussing movement and where they live. The Year 1 and Year 2 students have chosen a Mini beast to research. They will then use this information to produce a fact sheet and begin presenting their information from next Tuesday. I have done a great deal of work in class, and provided a detailed work sheet, explaining the areas the students are expected to cover and the presentation standards they have to achieve. While there is class time to work on this project, many have started doing research at home – they are incredibly keen. Students are welcome to take A3 and coloured paper home to work on this project.

Maths
This week we have been focusing on ‘Time’. The concepts of yesterday, today and tomorrow have been challenging for the Preps. Year 1 students are learning about the days of the week and months of the year. The Year 2 students initially found calendars difficult to master – given that days and dates change, the number of days in a month vary and the first day of the week is a Sunday…..hmmmmm.

Harmony Day
Despite the weather, the students enjoyed all the Harmony day activities organised by our teachers and those of the visiting schools, Deans Marsh, Alvie and Carlisle River. Thanks to Craig for the great totem poles he fashioned out of trunks of wood. With the help of students, and Mrs Huloncse, these poles stand very straight and proud near the aquiculture tanks. Being outside ‘in the elements’ didn’t deter the students, clad in garbage bag art smocks, doing an excellent job of painting their school’s pole. While the rain did smudge the artwork slightly they still look fantastic! The surprising hit of this activity was the ochre painting of the aquiculture tanks. The students loved painting with the ‘mud’….. as our Forrest Kids Go Bush program can attest, Kids love Mud!

Special Mention
Sophie Lane has put an amazing effort in over the last few weeks with her spelling. She has attained her personal best of 100% in three consecutive spelling tests. Good luck today Sophie!

Miss Mac,
Junior Room Teacher

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

JUNIOR ROOM: This week’s student of the week is Reuben Freddi. Reuben has an enthusiastic approach to learning. He has done an excellent job this week concentrating in class and completing all of his work. Fantastic effort!

SENIOR ROOM: This week’s student of the week goes to Ayden Ferrari for his persistence when undertaking all learning tasks.
Mathematics
The unit on estimation is almost complete. Some students still need to master some concepts in order to achieve the expected >90% on their final assessment. Those children will have a chance to resit their assessment today. We started fractions this week, and are starting at the basic concepts and ensuring we all have the base level knowledge to solve fractions problems. The entry point for some students is very high for this topic and these children will continue to be challenged with more advanced problems. Children always perceive fractions as difficult, however the concepts and skills required to solve fractions problems are quite simple. This year I am aiming for mastery of concepts by ALL students, so it will be interesting to see how we all go.

Homework
This week we asked all students to undertake writing tasks for homework. Surprisingly the quality of writing work completed at home was pretty unsatisfactory for nearly all students, compared with what is produced in a controlled classroom environment. It seems the work was rushed at home. I have asked all students to go home and repeat their writing task and to come back with their best quality work. I plan to give the children one writing task per week to undertake at home, along with their reading. All students should now be reading a Lexile levelled book every night for a minimum of 20 minutes. Students with a Lexile level of less than 1000 will need to complete a reading record every day. Some students will choose to take extra maths work home.

Science
This week we students finished their observations of a growing seedling. Each student produced a digital journal. This included a table with a photograph for each stage of growth and a range of observations. These were printed out and put on display, everyone is very proud of their work. It was an opportunity to develop some presentation / ICT skills as well.

Humanities
Our unit of work on Yonglu Culture has been completed. Students worked in pairs to focus on one of 9 areas: Ancestors; Creation; Ceremony; Language; Seasons; Macassans; First White Men; Thomson Time and Nowadays. They listened to oral histories and stories, explored visual work and produced their own displays. On Wednesday we filmed each pair of students as they presented their knowledge. Students then undertook a self-assessment task.

Harmony Day
Harmony Day was a great success and ran very smoothly. Thank you very much to Mrs Hulonce for organising it. Our wooden Totem Poles ended up a little worse for wear after the rain, however we will work to fix them up. Beccy Foster (local artist) has offered to come and work with the kids to fix up the damaged parts early in term 2.

SUPER SCIENCE FACT
The shock from an electric eel is about 650 volts! This is powerful enough to kill a horse and gives a nasty shock to an elephant.
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 an 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 bookings please call our Educator: Millie 0433 210886

For 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>
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<td>Outside Activities*</td>
<td>Pre-School</td>
<td>Pre-School</td>
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<td>(3 and 4 year olds)</td>
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<td>10:45-11:15</td>
<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>
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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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<tr>
<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 he held providing weather is suitable
Harmony Day
Harmony Day is about highlighting and appreciating the diversity in our community/country. The Pre-school children had a lot of fun watching all of the children visiting our school—some dressed up in different cultural clothes, as super heroes, American Indians or even as a camel. There was also some African dancing that they could watch through the fence. Craig and some of the older students had kindly put in a Totem pole for the Pre-school children to paint on the day. The children really enjoyed painting the Totem Pole.

New Toys
Today we received a donation of toys from Caralyn. Two more dolls (with nappies), a fairy dress, and a pram. With so many girls in the group we quite often run out of dolls. The children took turns with the new pram and were very good at sharing. They also had great fun playing Hairdressers. All having their hair cut with pretend scissors by the Hairdressers Amelia and Ella. They also had a waiting area with books to read while waiting.

Bush Program
I believe the forecast for Friday is showers. Please make sure everyone has their overalls, gumboots and a rain jacket.

Parent – Teacher interviews
I usually conduct Parent-Teacher interviews in Term II. This year I’ve decided to start them in Term I and then continue in Term II. I will make a time with each family. Please take this opportunity to discuss your child’s progress and wellbeing.

Lena Collopy
Pre-school Teacher

DATES TO REMEMBER

Thu 27/3 Speech Screening
Fri 4/4 Last Day Term I
Fri 4/4 Committee Meeting, 2pm.
“BIG BIG SKY”
- ALBUM LAUNCH -
TIFFANY ECKHARDT & DAVE STEEL

Carlisle River Hall
Saturday
5th April 2014

Doors open at 7pm - Music starts at 8pm

Tickets - $20

Food and Drinks can be purchased at the venue.
Food from 7pm all night. No B.Y.O.

Catering by the Ridge Café

Support act: Tyler Lunn & Meg O’Brien

Come and visit Carlisle River - tucked into the folds of the western Otway Ranges. A 30 minute drive south west of Colac and 20 minutes from the Ridge.

Enquiries on 52350207 and 52350270

Tickets available from:
Carlisle River Primary School 5235 0261
The Ridge Café: Main Road, Beech Forest 5235 9279
Winchelsea Tearooms: Princes Highway, Winchelsea 5267 2769
Gellibrand General Store: Main Road, Gellibrand 5235 8219
The Farmers Wife: 136 Murray Street, Colac 5231 5666

Consequential learning is the best way I know to help children to regulate their own behaviour. **And I highly recommend that be your aim as a parent.**

The use of consequences shouldn’t be your only strategy (others include giving visual and verbal reminders, using time-in, and prompting kids to stop & think, before doing) however it should be the mainstay of any modern parent’s behaviour management toolkit.

Some parents tell me they struggle setting consequences for their kids. Let’s see if I can help. Effective consequences are........

- **Doable**
- **Related (to what kids do)**
- **Reasonable**
- **Respectful**

Let’s go look a little further:

1. **Doable consequences**
   
   Ever threatened you kids, knowing that deep down you can’t follow through? Cancelling Christmas fits that category. **Whatever you say to kids must be doable.** Even very, very young children can see through a veiled threat at a 1,000 paces. So think before saying something you can’t follow through on. If you do blab something outlandish, don’t back yourself into a corner by stubbornly standing your ground. Be smart and modify the consequence accordingly.

2. **Related (to what kids do)**
   
   Avoid a ‘one consequence covers all’ strategy that our parents may have used. (WRITER’ NOTE: When I was young “go to your room and don’t come out until I say” covered everything from fighting with my brother through to coming home late from school!) ‘One consequence covers all’ ensures that your consequence is met with resistance. As much as humanly possible, logically relate the consequence you impose with the right they have infringed upon. E.G. They lose the right to watch TV because don’t stick to the agreed finish time.

3. **Reasonable**
   
   Make sure your consequence is suitable for your child’s age and stage of development and that you don’t go overboard. “You’re grounded for a year” maybe what we feel like saying but a grounding for a day is easier to cop, as long it’s related to going out, not being home on time, etc.

4. **Respectful**
   
   Your consequence needs to pass the **dignity test.** That is, your child maintains theirs (so don’t tell them off in front of their friends) and you maintain yours (so yelling is out). Most days you can sell anything to any child, it just depends on your delivery. So, if possible, choose a time when you’re calm when you deliver a consequence, which may mean you have to control your impulse to.........well you fill in the gaps. **Parent self-regulation comes before children’s self-regulation, but that’s a topic for another article.**

I know consequences aren’t always easy but stick to these four consequence and you’ll take your parenting to a new level.

FROM: Parentingideas newsletter – see web address above.
ITEMS OF INTEREST

WANTED FOR THE SCIENCE PROGRAM

Would any families have a few coat hangers spare? We need approximately 23 coat hangers for the lab coats! Please send them into school. We are still in need of a coat rack so if you do have one lying around, this is your chance to offload!!!! Many thanks.

Kaz Standish
Science Specialist Deans Marsh/Forrest Primary School

OPEN NIGHT

All grade six students and their families are invited to our Open Night on Wednesday, April 2nd

Presentations will be held at:
5.00 pm, 5.45 pm and 6.30 pm

CELEBRATE SCIENCE AT FORREST PRIMARY SCHOOL

Tuesday 1st April 2014
9.30am-12.00pm

Students will be taking part in fun science experiments. Parents very welcome!
Also featuring a tour of the magnificent Earth Ed Renewable Energy Trailer: solar energy, wind energy, concentrated solar thermal energy batteries.

All Welcome
ITEMS OF INTEREST

NET-SET-GO!

The Colac & District F/L Netball Association Net-Set-GO! is a Netball program for 5 (as of the 1st of May) to 8 year old children. Registration Day is on Sunday the 13th of April at McDonalds Colac, from 10.00am to 12.15 pm and 2.00pm to 4.00pm. The program run’s for 10 weeks and will be held on Sunday’s at the Central Reserve Netball Courts starting on the 27th of April 2014. Registration forms are at your school office. For further information contact Val Russell on 5231 5663.

Piano Lessons

Lessons are conducted during school on Fridays. They go for 30 minutes and cost $20.

If interested please contact Joanna Latham
0409 008818 or 5231 4439
wyrdjo@gmail.com