

FORREST PRIMARY SCHOOL AND EARLY YEARS CENTRE NEWSLETTER



LEARNING FOR LIFE

FORREST PRIMARY SCHOOL AND EARLY YEARS CENTRE IS A CHILD SAFE ENVIRONMENT AND HAS A ZERO TOLERANCE OF BULLYING.

PRINCIPAL'S NEWS

Dear Forrest Families,

This Friday, 15th August, we're excited to be learning the art of orienteering! Our school has been specially mapped, and a coach will be working with both staff and students to build skills in this fun, active pursuit. Please note that Bush Kinder will be postponed for the day and will resume on Thursday 22nd August.

Our Book Week Parade will take place on Friday 22nd August at 9:00am in the undercover area. Families are warmly invited to join us as we celebrate the joy of reading. Students are encouraged to dress as their favourite book character — we can't wait to see all the creative costumes!

As part of our School Wide Positive

Behaviour Support (SWPBS) program, we continue to focus on respectful and responsible behaviour across the school. Last week, our focus was "*We walk inside,*" and we've been pleased with how consistently students have followed this

expectation. This week, we are turning our attention to respectful behaviour in the toilets. We appreciate families taking the time to discuss these expectations at home and thank you for your ongoing support.

A big congratulations to Lucas, Layla, Stella and Tina, who represented Forrest Primary School at the Interschool Badminton

competition last week. They displayed outstanding sportsmanship, persistence and teamwork, competing confidently against students from across the district. We're incredibly proud of their efforts and are pleased

August 11, 2025 Edition 11



DATES FOR YOUR DIARY

AUGUST

- 12 Library (MARC Visit)
- 15 Sporting Schools Orienteering
- 19 Art (MACC Visit)
- 22 Book Week Parade @9am
- 26 Library (MARC Visit)

SEPTEMBER

- 2 Art (MACC Visit)
- 2 School Council @ 3.45pm
- 3 Grade 4-6 Excursion
- 9 Library (MARC Visit)
- 10 Life Ed Van Visit
- 16 Art (MACC Visit)
- 18 Junior Room Sleepover
- 18 Student Expo 3-4pm
- 19 End of Term 3 2.30pm finish

Students of the Week



to share that they finished in third place — well done!

Finally, please save the date for our End of Year Graduation and School Play, which will be held on Thursday 11th December. More details will be shared closer to the time — it's always a highlight of the year!

Thank you for your continued support.



Warm regards,
Megan Murfitt

WELLBEING NEWS

Australian website 'Raising Children' has some fantastic information about the benefits of cooking with kids. Here is some information to help you get cooking with your children.

COOKING WITH SCHOOL-AGE CHILDREN

School-age children often love to help in the kitchen and make menu suggestions. This is a good age to involve your child in choosing fruit, vegetables, meat, beans and other foods for mealtimes. You can teach your child about which fruits and vegetables are in season.

At this age, your child can help to choose and pack their own [healthy lunch box](#). When you include your child in

choosing and preparing food like this, they're more likely to eat the food you've made together.

You and your child can now try more complex kitchen creations like:

- Fried rice
- soup, casserole or stir fry
- gnocchi and pasta
- hamburgers or homemade pizzas
- different types of bread, including sandwich loaves, focaccia or roti
- homemade muesli
- pancakes or pikelets.

Your child can help do the dishes and clean the table now. You'll still need to help your child with any tasks that involve the oven, hotplates or hot liquids, and supervise carefully if they're using sharp knives or other utensils.

Here's a fried rice recipe to try:

Serves 4

Preparation time: 10 mins

Cooking time: 10 mins

INGREDIENTS

- 2 tablespoons oil (sesame, peanut, canola, sunflower or extra virgin olive)
- 2 eggs, lightly whisked
- 100 gm green prawns, peeled, deveined and chopped (optional)
- 1 carrot, grated

- 1 stick celery, finely chopped
- ¼ Chinese cabbage, shredded
- 2 cups cooked brown rice
- 1 cup frozen peas
- 2 tablespoons reduced-salt soy sauce
- 2 tablespoons tomato sauce

METHOD

1. Heat a wok or large frying pan over medium-high heat. Add half the oil and pour in whisked eggs. Turning the wok in a swirling motion, run the egg around the sides of the pan to make a thin omelette. When cooked, turn the omelette out onto a board, roll up and cut into thin slices.
2. Reheat wok. Add remaining oil. Cook prawns until cooked through and prawns change colour. Remove from wok and set aside.
3. Reheat wok. Add carrot and celery, and stir-fry for 3-4 minutes. Add cabbage, stirring for a further 2 minutes.
4. Add rice, prawns, peas, soy sauce and tomato sauce to the wok. Toss until combined and heated through.
5. Spoon into serving bowls and top with sliced egg.



TIPS

- Use any vegetables or meat to make this recipe. If you have a mix of leftovers in the fridge, throw them in as well – anything goes!
- If you're cooking brown rice in advance, make sure to cool and store it safely. You can also buy precooked rice in sachets at the supermarket.



Upcoming Birthday
Greetings for:

Archer & Carter

STUDENT OF THE WEEKS 2,3 & 4 & PRINCIPAL AWARD

Leah for showing amazing listening skills during transitions. You are always ready for learning. Great work!

Alexander for setting himself up for success first week back of school and for all his help around the school.

Dori for your excellent participation in our daily review activities this week. You have had a go at every question and used this as an opportunity to show what you know or to grow your skills. Well done!

Stella for demonstration the behaviour expectation of listening to others when they are speaking. You always show respect when others are talking. Well done!

Oliver for being a great classroom helper! He takes care of our things, like putting the glue sticks and markers back where they belong. Well done, Oliver!

Jem for always setting himself up for success in learning as well as challenging himself! You are a kind and funny classmate and we appreciate all your efforts in the middle room.

Stella for your incredible effort during maths this week. You have approached challenging activities with patience and persistence and given everything your very best effort. You have a fantastic work ethic. Well done and keep up the great work!

Maya for demonstrating resilience and persistence when participating in games. You demonstrate great sportsmanship Maya!

Finley for always showing kindness to his friends and trying hard in everything you do.

Sunny for being a great role model and always walking safely inside, even in the seniors' room when everyone else wanted to run out to recess. Thank you, Sunny, for showing us how to be safe and make good choices!

Abi for her enthusiastic and kind nature in and out of the classroom. It's awesome to see you challenge yourself in learning and encourage others to do the same.

Aarli for always showing kindness and respect for everyone in the senior class. You are always there to help others if they need it and check in on those that may be having a tough time. You are a great role model, well done!

Alexander for working with River to keep our school safe and tidy. Everyone appreciates your help.

Ned for such wonderful role modelling in play and group times showing everyone how ready for school you are. Well Done Ned!

Sunny H for showing resilience, perseverance and kindness during challenging moments and always displaying care for your friends.

SENIOR ROOM NEWS

Although it has been FREEZING the last two weeks, the Seniors have had some excellent success in the classroom!

LITERACY

Our targeted phonics program continues, with students working through morphology concepts such as suffixes and prefixes, while others are focusing on building their knowledge of alternate spellings, such as the different ways we can make the long /ay/ sound. Students are showing lots of growth in their phonics knowledge and it is great to see them becoming more confident in these areas.

NUMERACY

We have finished our unit on area and perimeter, with some students extending their learning to learn the formulas for finding the area of a circle, triangles and parallelograms, while others focused on mastering finding the area of composite shapes. We are now moving on to mass and capacity.

INQUIRY

We have continued our inquiry into social justice, with students using infographics to advocate for global issues affecting children, including poverty, malnutrition, and sanitation. Students will begin to work on their own spoken word piece to raise awareness for one of these key issues to showcase at the end of the term.

HOMEWORK REMINDER

This year, senior students are expected to complete three nights of home reading each week and record it in their reading logs. Unfortunately, many students have not been completing their homework or are regularly forgetting or losing their reading bags/logs. Building independence and responsibility is a strong focus in the senior room, and developing a consistent reading routine supports this.

Please support your child in maintaining and building this important habit.

MIDDLE ROOM NEWS

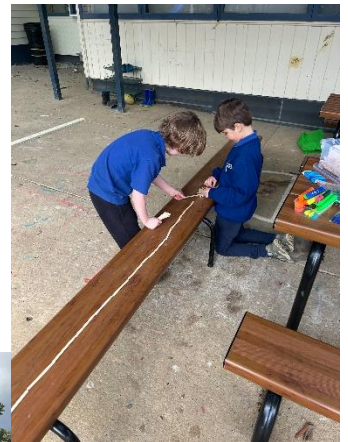
It's been a fun & busy 2 weeks kicking off our new topics & themes for the term. It's been awesome to watch the kids curiosities grow as they start to deepen their understanding on certain areas of their learning and also consider fresh new perspectives!

INFORMATION REPORT WRITING

The middle room have been busy learning about how to write informative texts – specifically the key features and structure of fact files and information reports. Already they have completed a

fact file on themselves – which was great to learn more about all the unique quirks of each student – like their favourite animal, or a funny memory! They have also researched information on an animal of choice – where they gathered a variety of information like appearance, habitat, diet and lifecycle. We have had some documentary viewing time this term to broaden our understanding of informative texts. We have really enjoyed diving into David Attenborough – Life

on Our planet and more recently, learning about Steve Irwin and his career as the Crocodile Hunter.



MEASUREMENT

We have been looking into formal and informal measurements so far this term. We have had a fun few sessions estimating and measuring objects around the classroom with formal measurements. We also took the class outside last week to measure a variety of objects and parts of our school grounds. They chose from a variety of informal measurements like their feet, icy pole sticks and counters before putting their measurements in order. They did great!!



INQUIRY

We have continued exploring our theme 'Social Justice' over the last 2 weeks. We simplified and discussed the definition by breaking down each word and came up with – 'Fairness to Everybody'. We have explored what this means and how to be an 'Ally for inclusion' to all. The middles explored ways to embody this through team building activities. They also interviewed each other to

determine the similarities and differences of the classroom and were able to see that although we have some similarities, we are all individual and unique – which is a strength in the Middle Room.

I have loved to see the kids work together in and out of the classroom over the last few weeks. They have displayed great leadership and kindness to different people around the school.



JUNIOR ROOM NEWS

It's been another joyful and productive week in the Junior Room, and we're excited to share what we've been up to—and what's coming next.

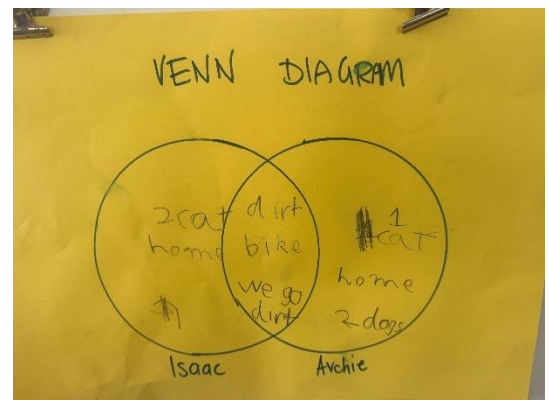
First, we would like to extend a very warm **welcome to Liza**, who has joined us in the classroom each morning. It has been absolutely wonderful having her with us—her calm and kind presence is already making a positive impact. The students love having you in our room, Liza!

beautiful story has sparked meaningful conversations and provided a springboard into our current writing focus. We have been learning how to use **prepositions** to add more detail to our writing, particularly to describe **when** and **where** things happen. The students are becoming very skilled at enriching their sentences with thoughtful details.

MATHEMATICS

Maths has been a blast as we introduced the early concepts of **multiplication and division**. Through engaging hands-on activities, students

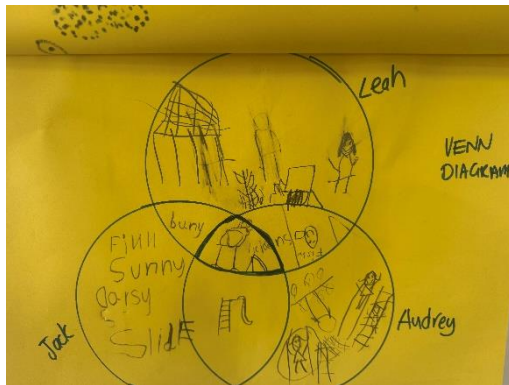
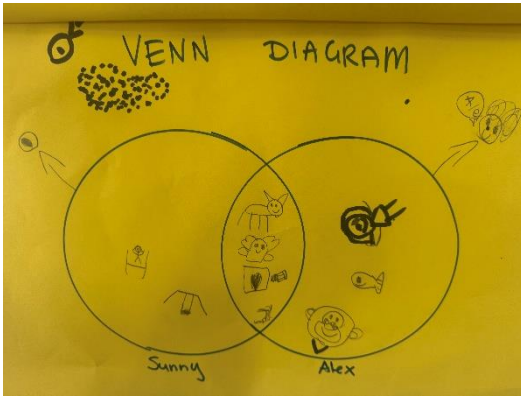
explored **sharing, grouping, rows and arrays**. This week, we are building on this foundation by linking our learning to **skip counting**, helping students recognise patterns and connections in numbers.



ENGLISH

Last week, we enjoyed reading the book *The Boy Who Tried to Shrink His Name*. This





INQUIRY

In Inquiry, we've been learning about **recognising and celebrating differences**. The children have shared their own experiences and stories, and it has been heartwarming to see their empathy and curiosity grow. This week, we're turning our focus to **celebrating multiculturalism**, learning about a variety of traditions, celebrations, and cuisines from around the world. We'll be exploring events like **Diwali, Lunar New Year, and Eid al-Fitr**—a great opportunity to build

understanding and respect for others.

COMING UP

This **Friday**, we're looking forward to a fun-filled session of **orienteering!** Students will learn basic navigation skills and put their knowledge into action through playful outdoor exploration. It's sure to be an exciting and energetic day!

Thank you, as always, for your ongoing support. If you have any questions or would like to share something related to our Inquiry unit (like a family tradition or recipe), we'd love to hear from you!

EARLY YEARS CENTRE NEWS

In response to recent developments within the early childhood education and care sector nationwide, we have introduced a carefully selected book series to support children's understanding of consent and body safety.

As part of this learning, we have read four books with the children and engaged in discussions about recognising personal boundaries. The children also practiced using assertive language, including saying "No" and "Stop" clearly and confidently. Additionally, we explored the concept of trusted adults — identifying safe and supportive individuals in their lives.

Families are welcome to review the books should you wish to continue these important conversations at home. If you have any questions or would like to discuss the content further, please feel free to speak with

me directly.

Thanks. Di.



COMMUNITY NEWS



\$25- 6 week ALL GIRLS PROGRAM
JOIN WITH FRIENDS
PLAY TOGETHER

CRICKET VICTORIA – ALL GIRLS CRICKET BLAST
VENUE: COLAC SECONDARY COLLEGE OVAL
DATES: MONDAY 25TH AUG, 1ST, 8TH, 15TH SEPT & 6TH, 13TH OCT
TIME: 4.00PM–5.00PM
SCAN THE QR CODE TO REGISTER!



OFFICIAL KIDS PROGRAM

Play Cricket




RED NOSE DISCO
FRIDAY 22ND OF AUGUST
AT THE COLAC LOG CABIN SCOUT HALL

ENTRY TIMES
 Preps and Grade 1s from 6pm to 7pm
 Grade 2s to 4s from 7 to 8pm
 Grade 5s to Year 7s from 8 to 9pm

COST
 Entry is \$5 per person.
 Small canteen available with
 \$1 and \$2 lolly bags.
 Water and cordial free.
 Strictly no pass outs.
 Parents must come into the hall to
 collect their child, and are welcome to stay
 during the event.



Additional donations can be made at
<https://www.rednoseday.org.au/fundraisers/jonathangraham/disco-2025>



MENTAL HEALTH FIRST AID COURSE


Approximately 20% of Australian adults experience a common mental illness each year.
 Spotting the signs and symptoms of a mental illness in a friend, family member or colleague and knowing how to help them can change lives.
 Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide, and poor quality of life.
 The standard Mental Health First Aid course teaches you the skills required to help someone who may be struggling.

Upcoming Dates:
 8.45am to 4.00pm Friday 22nd August & Friday 29th August
 FORREST and district neighbourhood house
 47 Grant street, Forrest, VIC

Bookings essential: <https://www.trybooking.com/CZZGG>

Please note you must attend both full days of the course

Cost: \$20



DIGITAL DANGERZONES
 WHAT EVERY PARENT MUST KNOW BEFORE THEIR CHILD GOES ONLINE.
 Is your child:
 • starting high school?
 • already using devices, social media or gaming?
 Then this **free session (18+!)** is a must!



Register here

- knowledgeable guest speakers
- step by step setup for parental controls
- where to turn to for help & support

WEDNESDAY | 3 SEPTEMBER | 6PM
AT COPACC | 95-97 GELLIBRAND STREET COLAC



proudly funded by
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