

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,

It is hard to believe we are already halfway through Term 3! There is lots happening over the next couple of weeks, with plenty to look forward to.

EARTH ED EXCURSION

Today our Year 3 and 4 students are heading to Ballarat with the Year 3 and 4 students from **Deans Marsh Primary School** for an excursion to EarthEd. It is another great opportunity for our students to spend time together and continue building the connections between our two schools. We hope they have a fantastic day and look forward to hearing all about it when they return.

SCIENCE WEEK

This week we are celebrating **Science Week**. Throughout the week, students will be learning a little more about science and the many different jobs scientists do. We will finish the week with an afternoon of experiments and hands-on activities across the school.

GOOD LUCK TO OUR MOUNTAIN BIKE RIDERS!

We would like to wish our students competing in the **Interschool Mountain Bike Race** this coming weekend the very best of luck. We hope they have a fantastic day and are very proud to have them representing Forrest Primary School.

BOOK WEEK IS COMING!

Next week we will be celebrating **Book Week** and all things reading and books.

Our **Book Week Parade** will be held on **Thursday**, so it is time to start thinking about those costumes! We always love seeing the creativity that comes out for our parade and are looking forward to seeing which book characters arrive at school this year.

BOOT SCOOTING

Next Thursday, we are looking forward to having Maddi come along to teach our students some **Boot Scooting**. It should be a fun session and a great chance for everyone to get moving and learn something new.

August 17, 2026 Edition 11

DATES FOR YOUR DIARY

AUGUST

17th Earth Ed Excursion Grade 3&4
19th Art (MACC)
28th Book Week Parade

SEPTEMBER

2nd Art (MACC)
7th Biolab Excursion Grade 5&6
9th Library (MARC)
15th School Council @3.45pm
16th Art (MACC)
17th Junior Room Sleepover
18th Last Day of Term 3

OCTOBER

5th Term 4 Commences
12-16th School Swimming Program

Students of the Week



After school, Maddi will also be putting the staff through their paces with a Boot Scooting session of their own!

There is certainly plenty happening as we head into the second half of the term. We are looking forward to another busy couple of weeks at Forrest.

Megan Murfitt
Principal

GARDEN NEWS

It's starting to feel like spring with some warmth in the sunshine and the garden is ready for spring growth. The citrus crop is bountiful, and we will be making cordial to use some of the fruit.

Students have also planted lots of tomato seeds (Roma, a heritage colour mix and some cherry tomatoes) and these will be available to families in time for planting into home gardens in late October/early November.

We have loved the kitchen garden sessions in the

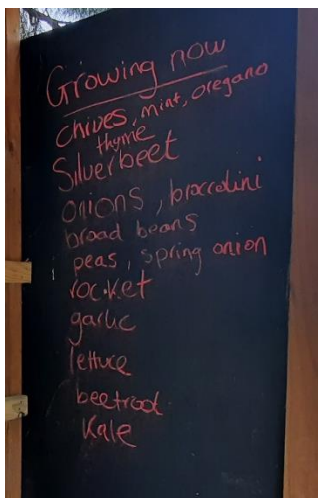


outdoor kitchen and garden area. The first Tribes group experimented with damper, flatbread, frittata, and in their last session made chocolate bananas and apples on the fire. The second group has started off with damper and

minestrone soup. The students are learning about the plants in the garden, food preparation and new recipes - and are all tasting the results.

We will be doing some garden-related science week activities this week learning about pH and how it affects plant growth.

Freya



STUDENT OF THE WEEK & PRINCIPAL AWARD (WEEK 4 & 5)

Principal Award – Ned & Anya

Senior Room – Maya & Loch

Junior Room – Sunny H

2026 Voluntary Parent Payment Schedule Available on Compass

Victorian schools provide students with free instruction to teach the standard curriculum. Your voluntary contributions help us to provide enhanced learning materials, special programs, and improved classroom resources. All contributions remain completely voluntary. The payment schedule is live and can be viewed and paid through your Compass Portal under "Course Confirmation/Payments".

Thank you for your ongoing support of our school community

Birthdays

Archer D 🍕



SENIOR ROOM NEWS

Over the last fortnight, the Senior Room students have been delving deeper into their inquiry unit, *Bizarre Bazaar*. The students have been looking at the elements of a persuasive advertisement, considering who their target consumers would be and thinking up a catchy jingle! In the next week or so, students will experience the elements of the 'manufacturing and design process' through the production of a pencil case with a zip. Students will make a pattern, construct the pencil case and evaluate the end product.



LITERACY

As part of our text-based unit, we are studying *The Last Bear*. Students have completed some excellent work developing their understanding of

different sentence types and the features of a persuasive letter. The students are very engaged in this story, which is set in the Arctic and deals with themes such as relationships, loss and climate change. We even watched a segment from the latest *Race Around the World*, where the students got to view footage from Svalbard and learn about issues surrounding polar bear and human interactions.

MATHS

In maths sessions, we have looked at data representation and operations such as addition, subtraction and multiplication. The Koalas have worked hard to master addition and subtraction with regrouping and to develop their understanding of place value. The Emu group have interpreted and constructed line graphs—well done to all groups for their excellent attention!

SCIENCE

In Science, we continue to learn about setting up investigations, developing teamwork and building science inquiry skills. Last week, we set up an experiment looking at the effect of liquid type on mould growth on bread. Students loved making predictions and setting up the specimens in the Petri dishes.



JUNIOR ROOM NEWS

Term 3 Week 6



How Many Spoons Did You Bring Today?



Sometimes a learner walks through the classroom door and they are ready to learn. And sometimes they walk through that same door having already used half their energy for the day. We have been talking in the Junior Room about spoons.

We have been talking in the Junior Room about spoons. Spoons are a simple way of thinking about our energy and capacity. We all have a certain amount of energy available to us each day, and different things use different amounts of that energy.

For some children, putting on their socks is simply something that happens. For others, the sock doesn't feel right. The seam is irritating. The shoes feel funny. The noise in the bathroom was too much. Perhaps breakfast didn't happen. Perhaps there was a tricky moment with a sibling. Perhaps the morning routine changed.

None of these things may be particularly visible when a learner arrives at school, but they have all used precious spoons. And this is why it is important for us, as educators, to know how many spoons our learners have brought with them to school today.



A learner who arrives with all their spoons may be ready to tackle a challenging piece of writing, navigate a friendship problem, sit through a whole lesson and have plenty left over.

A learner who arrives with only some of their spoons may need something quite different. It isn't that they don't want to learn.

They may simply have less available capacity. And this is where our job becomes less about asking, "Why aren't you doing this?" and more about wondering, "What has happened to your spoons today?"

But there is another important part of the spoon story.

Some things give our spoons back. A quiet space. Time outside. Movement. Drawing. A chat with a trusted person. A laugh with a friend. Having a snack. Having some time without being asked to do anything at all.

We are learning to notice the little things.

What fills them up? What drains them?

What helps them feel calm? What makes them feel safe and ready to learn again?

In the Junior Room we are learning to understand ourselves, to recognise what our bodies are telling us, to communicate our needs and to develop the skills to regulate ourselves. We are learning that capacity changes. We are learning that everyone is different. And we are learning that sometimes, before we can expect a child to learn, we need to help them find a few more spoons.

A little something for home...

NeuroWild has some wonderful infographics that explain Spoon Theory in a really accessible, visual way. They are a lovely resource to explore with your children and perhaps even start a conversation at home.

"How many spoons did you bring today?"

It might just become another way of saying,

"How are you really doing?"

EARLY YEARS CENTRE NEWS

Over the past two weeks, the children have been engaged in a range of experiences that have supported their learning across the VEYLDF. Together with the senior students, the kinder children explored the Indigenous story *You and Me, Murawee*, developing an understanding that stories can share important connections to people, culture and place.

Following the story, the children drew the aspects they felt were important, the start, the beginning, important places and animals they encountered, encouraging them to recall details, express their ideas through visual representation and develop their communication and comprehension skills.

The children also explored Dental Health Week through hands-on and playful experiences, including practising brushing teeth using shaving cream and

large models rather than their own teeth, counting the number of teeth in a mouth and creating their own mouths with the corresponding number of teeth. These experiences supported early numeracy, fine motor development, problem-solving and an understanding of healthy self-care practices.

Throughout the program, the children also participated in puzzles, board games and felt-play experiences, which encouraged turn-taking, cooperation, concentration, language development, memory, problem-solving and persistence. Collectively, these experiences support

VEYLDF Outcome 1 – Identity, as children develop confidence and a sense of belonging

through shared experiences;

Outcome 2 – Community,



through exploring culture, stories and connections with others; **Outcome 3 – Wellbeing**, through learning about dental health and self-care; **Outcome 4 – Learning**, through developing curiosity, problem-solving, persistence and numeracy skills; and **Outcome 5 – Communication**, through storytelling, drawing, discussion and sharing ideas with others.

Each child will need to bring a change of clothes, a raincoat and a pair of gumboots with them every Friday. Please remember to put lots of changes of clothes in your child's bag just in case.

If you have any questions or comments, please feel free to speak to Di or Vicki or you can contact us on the service mobile – 0419 357 886

Cheers Di & Vicki.



WELLBEING NEWS

WELLBEING UPDATE – DOGS AT SCHOOL

Sunny and Moose have become such a normal part of life at Forrest that it is sometimes easy to forget how much thought goes into having dogs at school.

As part of our recent annual policy review, School Council reviewed our **Dogs at School**

Policy. It is a good opportunity to remind everyone that having dogs at school works because our students, staff and families all understand the expectations around keeping people and dogs safe and happy.

Sunny and Moose are supported by

Dogs Connect, which helps guide the routines and practices we use to ensure having dogs at school is a positive experience for everyone. Our students learn how to approach and interact with the dogs appropriately, recognise when they need some space, and understand that the wellbeing of Sunny



and Moose is just as important as the enjoyment we get from having them here.

We feel very lucky to have Sunny and Moose as part of our school. They bring plenty of calm, connection and smiles to our days, and we love having them as part of the Forrest PS community.

COMMUNITY NEWS



Save the Date

THURSDAY 10th DECEMBER 2026

Join us as we celebrate our Year 6 students and enjoy a whole school dance performance at

1:00 PM

Followed by afternoon tea - more details will be shared closer to the date.



FORREST
PRIMARY SCHOOL &
EARLY YEARS CENTRE
Learning
for Life



Department
of Education

2026 Parent / Carer Opinion Survey

WE WANT OUR PARENTS / CARERS TO TELL US WHAT THEY THINK!

Our school is conducting the annual Parent / Carer Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage and appreciate your participation. Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent / Carer Opinion Survey will be open online from **Monday 24 August to Friday 7 September 2026**.

All families are invited to participate in the survey.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones. The link to the survey and the PIN to access will be sent to all parents via our School Portal, Compass.

Please speak to your child's teacher if you would like more information.

FREE for Colac Otway Shire Youth aged 12-25



YOUTH PODCAST & RADIO TRAINING

Learn, create and record!
Join our **FREE** Youth Podcast & Radio Training and learn about broadcasting, interviewing, audio production, and presenting.

Thursday 24 September
10:00am - 12:00pm

Colac Central Reserve Pavilion
32-40 Gravesend Street, Colac



www.colacotway.vic.gov.au/Youth-Events



YOUTH FEST

FREE workshops for young people aged 12-25!

YOUTH SOUNDCHECK WORKSHOP

Interested in music and live events? This workshop is for you!
Learn about the basics of sound production, lighting, and event setup.



Friday 25 September
10:00am - 12:00pm

Colac Neighbourhood House
6 Myers Street, Colac

YOUTH DJ WORKSHOP WITH DJ BARKSY

Learn how to DJ including mixing, beat matching, and track selection

Friday 25 September
1:00pm - 3:00pm

Colac Neighbourhood House
6 Myers Street, Colac



Register now
www.colacotway.vic.gov.au/Youth-Events



FREE for Colac Otway Shire Youth aged 12-25

Youth Photography Workshop

With Photographer Amber Noseda



Snap Into Creativity!
Discover the fundamentals of photography and experiment with creative techniques. Bring your phone, tablet, device, or camera and let's get snapping. Suitable for beginners and emerging photographers aged 12-25.

Wednesday 23 September
10:00am - 12:00pm

Marrar Woon Neighbourhood House
6 Pengelly Avenue, Apollo Bay



www.colacotway.vic.gov.au/Youth-Events





2026/27 Summer Domestic Basketball Season

Sign Up to Play!

Register Now: <https://www.playhq.com/basketball-victoria/register/e7eeec>

Registration closes on 28 August, with teams to be released by 18 September.

