

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 have reached the end of Term 3! It has been another busy term at Forrest and it is lovely to finish with some fantastic achievements to celebrate.

MOUNTAIN BIKE SUCCESS

A huge congratulations to Ned, Aarli, Tom and Alexander, who represented Forrest Primary School at the inter-school mountain bike competition. All four students raced incredibly well and should be very proud of their efforts.

A special congratulations to Alexander, who finished third overall in the state for his age group, an amazing achievement! Well done to all four riders for representing our school so well.

CONGRATULATIONS HANNAH!

We would also like to congratulate Hannah on her performance in the production of *Shrek* in Birregurra

yesterday. It is always wonderful to see our students getting involved in activities outside of school and having the confidence to get up on stage. Well done, Hannah!

STUDENT EXPO & JUNIOR SLEEPOVER

This Thursday, we will be holding our Student Expo, starting at 2:45pm. All families are welcome to come along, visit the classrooms and have a look at some of the work our

students have been doing throughout the term. Our students always enjoy having the opportunity to share their learning and we would love to see you there.

The Expo will be followed by our Junior Sleepover. All junior families are invited to join us for a barbecue dinner before our Year 1 and 2 students settle in for the exciting part, sleeping overnight at school! We are looking forward to a fun night together and a great way for our junior students to finish the term.



DATES FOR YOUR DIARY

SEPTEMBER

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
26th Pet Parade
27th School [Council@3.45pm](#)

NOVEMBER

2nd Student Free Day
3rd Melbourne Cup Public Holiday
24th Prep Transition Session 9-11

Students of the Week



GRAND FINAL – GOOD LUCK!

Good luck to Lachlan, River and Jem, who have made it through to their footy grand final this weekend!

The grand final will be played at 8:30am this Saturday at Central Reserve in Colac. We wish all three of them the very best of luck and hope they come away with a win.

LOOKING AHEAD TO TERM 4

I will be taking some long service leave at the beginning of Term 4.

While I am away, Jo will step into the Acting Principal role for Week 1, followed by Kaz in Week 2. I know the school will be in very capable hands and I am very grateful to both of them for stepping into these roles.

A reminder that our whole-school swimming program will take place in Week 2 of Term



4. More information will be provided to families, so please keep an eye on Compass.

We will also send out our Term 4 Key Dates at the end of this term. Term 4 is always a busy one, so make sure you pop those dates somewhere handy!

HAPPY HOLIDAYS!

Finally, I would like to wish all of our students, staff and families a fantastic school holiday break. Thank you for another wonderful term and for the many ways you continue to support our school.

Enjoy the break, stay safe, and I look forward to seeing everyone when I return in Term 4.



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

Principal Award – Alexander

Senior Room – Willa

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

SENIOR ROOM NEWS

This week the Senior Room newsletter has been organised by Dori and Aurora recounting their excursion to Biolab, one of the department’s science and innovation centres. It was a fabulous

day for the Year 5 and 6 students.





As the term comes to a close, we just wanted to say thank you for all your communication and support of the senior room students. We have had a term full of Bizarre Bazaar inquiry learning, thoroughly enjoyed our study of The Last Bear, Wellbeing, Science and Maths and of course our Design and Technology projects. We hope you can come and have a chat with our students on Thursday at the Class Expo!

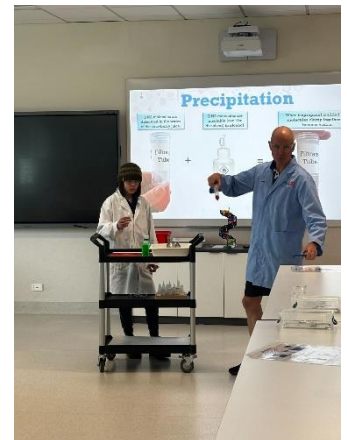
Bio Lab Report by Aurora

On the 7th of September Forrest primary and Deans Marsh primary students (grade 5 and 6) went to the Biolab in Geelong.

Firstly, when we arrived there we put our bags down and had something to eat. After that we went into a room and we lined up the bones on the human body. Then we learnt about the eyes and brain response and played a game where we had an iPad and had to click the tile that lit up.

After that we went to a new room and learnt about the different traits people can have. Then we extracted some DNA from some strawberries. Firstly, we mixed the strawberries with some DNA buffer. Then we added isopropyl to separate the strawberry DNA from the rest of the mush, then we used a stick to extract the DNA.

After lunch we worked on heart rate. We had to strap a heart rate strap to our chest. Firstly, we paired up and the first person laid down (Aarli) and rested, then jogged, then rested and then sprinted. Then it was my turn. Firstly, I rested, then I jogged, then rested again, then sprinted, then rested again, my top heart rate was 200, and my lowest was 95. We were tired at the end of the day when we left. Overall it was a fun day.



Biolab Excursion by Dori

At Biolab near Belmont Secondary College, we got to do lots of different activities. We first went into a bone sorting room where we all were put into groups and had to put bones where they go in the body on a table in the shape of a person.

Then we tested our heart rates with a partner. We were trying to get our hearts to beat above 200 bpm only 3 people got it (Aurora was one of them) and I got 195bpm as my highest.

Then we had a break to eat some food outside. There were a few outside games but the ones inside were harder and more fun. There was a reaction time game where you had to click buttons when they lit up and some other games.

After that we extracted DNA from strawberries, using isopropyl alcohol and detergent, which made this fluffy looking goop that was strawberry DNA.

Finally, we did a test-like thing where we had to look at a graph about "Jack's heart rate over ten minutes" and fill out the test with the info we had of Jack's run.

Overall, it was an educational day.



JUNIOR ROOM NEWS



And that's a wrap!

Sharing a few of our favourite moments of Term 3. So much to celebrate! Happy holidays.



EARLY YEARS CENTRE NEWS

Is anyone else enjoying the beautiful sunshine?

What a wonderful time we have had in kinder!

The children have been busy creating special Father's Day cards and gifts, including turning their own drawings into personalised keyrings. This experience provided opportunities for children to express their creativity and make meaningful gifts for someone special, while developing their fine motor skills through drawing, cutting, gluing and other hands-on experiences. We were also very excited to welcome Mary, who drives the Colac Otway Library bus. Mary shared her knowledge of the library and books with the children, encouraging a love of reading and helping children understand the important role that libraries play within our community.



The children have also been exploring early literacy through stamping individual letters to create words and beginning to learn and recognise letter sounds. We have introduced these sounds in a fun and meaningful way, building on the children's natural curiosity about letters, names and words. As we welcomed the beginning of spring, the children also created colourful clouds and rainbows, providing opportunities to explore seasonal changes, colours and the natural world around them.



These experiences support the **VEYLDF/EYLF Outcomes 1–5**, particularly **Outcome 1: Children have a strong sense of identity**, as children expressed themselves through creative experiences and made meaningful connections with family and community. **Outcome 2: Children are connected with and contribute to their world** was supported through our visit from Mary and our connection

with the local library community. **Outcome 4: Children are confident and involved learners** was strengthened as children explored, experimented, created and developed persistence through hands-on learning. **Outcome 5: Children are effective communicators** was supported through storytelling, books, early letter and sound exploration,



creating words and sharing ideas through drawing and conversation. These experiences provide children with playful, purposeful opportunities to develop early literacy, creativity, confidence and a growing understanding of their community and the world around them.

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 ★ TRIBES

Our Tribes program has been a wonderful way for students from Prep to Grade 6 to connect, learn and have fun together. Students are placed into mixed-age groups and spend three Friday afternoons with a teacher exploring a new skill or area of interest before rotating to a new Tribe.

So far, students have enjoyed outdoor cooking, sewing, science and technology, wellbeing and outdoor craft, including weaving and natural clothes dyeing – with plenty more exciting experiences to come!



Alexander enjoyed programming and driving the bee bots with Mrs Standish!

Stella enjoyed cooking damper by the fire outside with Liza and Freya, it made her feel happy!

River enjoyed tie dyeing tshirts with natural resources with Indi and Ella!

Aarli enjoyed sewing and making her own pencil case with Jo. She loved using the sewing machine!



EXTENDED TIME – SURVEY NOW OPEN UNTIL 18th SEPTEMBER



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 18th 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

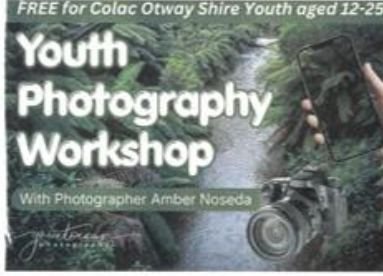
Colac Central Reserve Pavilion
32-40 Gravesend Street, Colac



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



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



SCHOOL HOLIDAYS

Explore, Play, Discover.

From sporting legends to interactive displays, Geelong Sports Museum offers something for every member of the family.

Find us at GMHBA Stadium!



GEELONG SPORTS MUSEUM
1000 Lakeside Drive, Geelong

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

Colac Otway SHIRE VICTORIAN YOUTH FEST VICTORIA State Government COLAC Neighbourhood House The Heart of the Community

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

SEASON 2026-27

WE ARE COMMUNITY

Come and try Athletics!



CLAIM YOUR 2-WEEK TRIAL PERIOD



SEASON 2026-27

WE ARE FRIENDSHIP

Bring a buddy and double the fun!



REGISTER TODAY





TUNING INTO TEENS

FREE 6-week program for parents & carers of teens 12-18yrs

[Register here](#)



Workshop Details:

-  headspace Colac
15-17 Hart St, Colac
-  13 Oct - 17 Nov
-  Tuesdays
6-8pm
-  headspacecolac@barwonhealth.org.au
-  (03) 5232 5520

The program helps parents to:

- Increase their understanding of the adolescent stage of development
- Improve communication with their teen
- Assist their teen to manage their emotions
- Assist in managing difficult behaviours
- Assist your teen to manage conflicts





International **OBSERVE the MOON Night**

Barwon Downs



Members of the public are invited to join us for International Observe the Moon Night on Friday Night, Sept. 18 at 7pm.
The free event will be held at Barwon Downs Community Hub
1599 Birregurra-Forrest Road, Barwon Downs
(Behind the CFA Fire Station).

Full Moon names
The 12 traditional full Moons are the Wolf Moon, Snow Moon, Worm Moon, Pink Moon, Flower Moon, Strawberry Moon, Buck Moon, Sturgeon Moon, Harvest Moon, Hunter's Moon, Beaver Moon and Cold Moon.


Strawberry Moon 2026




Buck Moon 2026

Tidal Locking
The far side of the Moon can never be seen from Earth. The Moon whirls around Earth with one side always facing our planet — and it's not as unusual as you would think.

International Observe the Moon Night is a worldwide public event that encourages observation, appreciation and understanding of our Moon and its connection to space science, exploration, and human culture.

Facebook

See you there.


Barwon Downs Astronomy Group

email: bdag2026@gmail.com

