

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's been another wonderful week at Forrest! There's been so much joy around the school with our much-loved Pet Parade to celebrating Sunny's third birthday. It's been a week full of fun!

Looking ahead, please note that Monday the 3rd of November is a Student Free Day. While students enjoy a well-earned long weekend, staff will be at school having a Professional Practice Day. The following day, Tuesday the 4th of November, is the Melbourne Cup Public Holiday.

Our Pet Parade was once again a highlight of the year! The creativity, care and enthusiasm from students (and their pets) made it such a special event. A big thank you to our families for your



support. We love seeing this tradition bring everyone together.

We have rescheduled our Fire Safety Planning Workshop to Wednesday the 5th of November. This session is open to all families and community members and will focus on both community and school-specific fire planning as we

DATES FOR YOUR DIARY

OCTOBER

27 Whole School Incursion – Places & Faces Performance
28 Art (MACC Visit)

NOVEMBER

3 Student Free Day
4 Melb Cup Public Holiday
5 Fire Safety Planning Workshop
7 Colour Fun Run @ 2.30pm
11 School Council @ 3.45pm
11 Art (MACC Visit)
18 Library (MARC Visit)
21 Forrest Formula 1 Day@ 10am
25 Art (MACC Visit)

DECEMBER

9 School Council@ 3.45pm

Students of the Week



prepare for summer. We encourage everyone, especially families new to the area, to come along.

Our Year 6 students attended a transition session at Birregurra Primary School with other small schools in our area. It was a great opportunity to build connections and take part in activities supporting their transition to secondary school.

Finally, our students participated in a Healthy Lifestyle session with a visiting nurse from Great Ocean Road Health. The activities encouraged students to think about what it means to live healthily, from food choices to physical activity, and were both informative and lots of fun.

Wishing everyone a relaxing weekend ahead,

Warm regards,
Megan Murfitt
Principal

WELLBEING NEWS

The Resilience Project – Taking Care of Ourselves as Parents

Here is a great article about how to take care of ourselves as parents:

Most people agree that parenting is one of the most challenging jobs out there. It can be taxing on every level. To do our best, we need to

resource ourselves with support, information, and self-care. When we are mindful to take care of ourselves, we then find ourselves in the best position to support and care for our children. In addition, when we take care of ourselves we model to our children what we ultimately want for them as they grow up. Such as to be happy, healthy, resilient, and live a fulfilling life.

How to take care of YOU.

If we put our self-care needs down to the bottom of the list, then odds are that we aren't going to be the calm and happy parent and carer that we want to be. In my many years of working with families, I've seen parents and carers completely burnt out as a result of neglecting their own needs. When we stop and think for a moment it makes sense. In order to be the best parents we can be, for our children's benefit, we must look after ourselves first.

Everyone knows about the airplane analogy of putting on your oxygen mask first.

If we aren't taking care of ourselves, then it can be so

much harder and not as enjoyable to take care of our children. It's important we stay healthy in mind and body. I suggest you take a little time to look at healthy food, exercise, and of course our gratitude, empathy, and mindfulness

WEEK 2 & 3 TERM 4 & PRINCIPAL AWARD

Audrey. I am very grateful for your organisational skills, keeping things in the correct place and for your help in finding the things that I am always losing!

Jem for his awesome participation at swimming this week and during our first music lesson with Brit. Well done for always giving things a go. Your enthusiasm is very appreciated.

Aarli for your incredible efforts during swimming this week. You worked very hard and also showed our school values at all times. Beautiful effort!

Tom - for always trying his best in and out of the classroom. You are always showing improvement Tom because you put in a huge effort! Keep it up!

Jack. You are an amazing learner and I love how you put so much effort into doing your best.

Tom for always trying his best. It is so awesome to see you take on new challenges with a positive attitude.

Dori, for your excellent participation in play rehearsals. You are reading with expression and making an effort to learn your lines - keep up the fantastic work!

Jack for being an allrounder at Forrest today, from great reading, extreme helpfulness at the Pet Parade to lots of kindness shown to others. You are a Forrest Superstar!

Albie - For showing kindness to both his peers and educators, offering help.



practices. Small changes can yield big results and starting with one thing a day that you can do to nourish yourself is a step in the right direction.

It's also important to have a break. Time away from your kids spent engaging in other things that feed your passion and soul is important. It's truly a process of parenting yourself with as much love and care as you would your children. As you become more empathetic to your own needs and wants, and exercise mindfulness and gratitude each day, you'll start to build up your own resilience. Once you become more resilient you are more likely to stay calm in a tough situation. Things are less likely to trigger you if your cup is full.

If you do find yourself getting angry on a regular occurrence I highly recommend talking to a listening partner or a professional, to work through the feelings that are being triggered within you. Becoming a parent can bring your own childhood stressors to the surface. By talking this through with another person we have the opportunity to be heard and express our own frustrations and hurts. This in turn allows us to have more patience and calm with our kids. As a result, the more you can feel heard as an adult, the more you can model true listening for your children.

How to look after yourself whilst handling your child's meltdown or tantrum.

In an ideal world, we

would meet all of our children's big explosions and meltdowns with calmness and empathy. However, this can be easier said than done. This situation may sound familiar to you. One moment, you are calm and responding gently to your child's needs. Then they start to push a bit further. You can sense your buttons being pressed and can feel yourself getting wound up. Before you know it, something snaps within you and you start to yell or get super frustrated.

All of a sudden, all that calm gentle parenting is out the window. You find yourself in a fight or flight response, where rage or anger are now doing the parenting.

How come, despite our good intentions, does this situation sound so familiar to us?

One thing that can happen when our child rages or tantrums, is it can trigger our own fight or flight mechanism. This is especially true if we grew up in an environment where yelling or violence occurred. Our child's tantrum or rage can tap into our own nervous system, where we still feel those danger signals going off. We are often in our own state of panic. The need to stop the feelings quickly becomes paramount. This can be why we move into yelling or wanting to punish our children when they get upset.

Belated Birthday & Upcoming Birthday Greetings for: Issac, Micah, Alexander, Finley and Remi



What to do when the storm happens.

First thing, try and calm yourself.

Take a breath or take three deep breaths. Breathing in through your nose and out through your nose. Nasal breathing activates the parasympathetic nervous system which acts to calm our internal systems. By becoming conscious of your breath, you can stop your slide down the slippery slope toward losing it. If we can focus on our breathing it can help you to be more conscious of how you choose to respond. Use mindfulness to create some space.

If you are feeling really triggered and overwhelmed, leave the room for a moment.

Take a moment to be mindful of what's happening and use gentle self-talk to remember that this is not an emergency. Your nervous system has been triggered and you can begin to deescalate it. Maybe go and wash your hands or step outside for a second and breathe. Giving yourself a bit of space will give you a moment to reset and begin to calm down. It can help to repeat the statement... "this is not an emergency, I can take a minute to find calm".

Use empathy to look behind the behaviour.

If you do feel reactive when your child has a tantrum or meltdown, try to remember

that it is your child saying, "I am having a hard time." They are not behaving that way just to annoy you. They are actually asking for your help. Using empathy to gain perspective can help you to position your response in a helpful way.

When we can be empathic to our child's situation and feelings, we can increase the connection and love. We can find a thought to interrupt that anxiety/panic loop they are experiencing, and in turn, increase our connection with them further and they will begin to feel safe again.

Choose to calm down.

The hardest part of calming down is choosing to calm down. When we're in the grip of

anger, we want to lash out, not calm down. Make a conscious choice to let the anger go. Know that the goal in this situation is to help your child through love and connection.

Repair with your child.

If you did explode or yell, when things have calmed down, make sure you repair. Apologise, look your child in the eye and open your heart. "I'm sorry I raised my voice. I was pretty frustrated." You then might want to say what you wished you could have said. "I was worried you were going to wake your sister with all that noise" or "I was just worried about where you were."

Repairing with your child

teaches them about apologizing and forgiveness, and that we all make mistakes.

Taking care of yourself each day means you will be more prepared for the tough times to respond with love and care. It also means you'll be able to enjoy the magical times even more. I encourage you to start 'self-parenting'. Remembering that small steps can make a big difference.

Resources:

The Aware Parenting Podcast on Self Care

Parenting from the Inside Out by Dan Siegel and Mary Hartzell

25 Simple Self-Care Tools for Parents

SENIOR ROOM NEWS

We are in the full swing of things in the senior room! It has been a very busy two weeks in the senior room and students have started the term with such a positive attitude!

LITERACY

We are continuing with our text based unit 'His Name was Walter' and students are loving this story. It has been great to see students volunteer to read aloud and develop their skills in being able to go back and look for comprehension answers within the chapters.

In Phonics, we are continuing to explore alternate spellings and morphology concepts and have embedded revision sessions into our lesson to help

students recall concepts previously covered earlier in the year.

NUMERACY

Students have finished their unit on fractions and have shown amazing growth in their understanding and ability to work with fractions and decimals. This was a challenging unit of work, and spending some extra time on these concepts has been well worth it - well done to all the seniors!

PLAY REHEARSAL

The 5/6 students had some extra play rehearsal time this week during Forrest Fridays. Students completed a read through of the

script, discussed tone and expression and practiced their scenes and musical numbers. It was fantastic to see students be so confident and help others. It was a very supportive environment and students are working hard to learn their lines.





SWIMMING

It was a HUGE week of swimming! The seniors did a fantastic job being so organised, respectful and helpful to younger students during our time at the pool. It was great to see the seniors have so much fun.



MIDDLE ROOM NEWS

MIDDLE ROOM NEWSLETTER!

What a fantastic, bustling start to Term 4! Our recent Pet Parade was definitely a highlight. On Tuesday morning, we also visited the neighbouring preschool to read aloud. The grade 2 and 3s did a wonderful job reading to them, and we're looking forward to returning later this term, perhaps to teach some fun games!

ENGLISH

In English this term, we've switched gears from last term's information reports to narrative writing and journalling. It's been great to watch the children unleash their

imaginations. I'm excited to see what creative stories they'll write and share. To support their creative process, we've been playing speaking and listening games with picture prompts: each student speaks for one minute inspired by an image. It has been a fun way to see the variety of ideas different minds bring!

MATHS

In Maths, we're continuing to revise problem-solving strategies in addition and subtraction. The students have done a great job with that, and next we'll be heading into our new unit on space.

For our inquiry unit, we kicked off with a touch of nostalgia

(mostly for me!) by watching classic cel animations. The students loved the original Steamboat Willie so much that we watched it twice! It's been fun to revisit these early animations and explore how they were made. We've discussed the differences between cel animation and stop motion, and later this term each student will pick their preferred medium to create their own frame-by-frame animation.

MUSIC

Music Fridays with Britt have been a blast! In the first two sessions we've focused on building confidence. Everyone has done a wonderful job experimenting with different





instruments and singing songs. Our karaoke session was a particular hit, with students braving the mic and performing different songs. We've explored a variety of genres and learned about harmonies. Next week, students are invited to bring an instrument from home if they have one—it'll be a fantastic chance

to share and showcase the many different instruments in music. A big thanks to Freya for bringing in instruments from home!

Apologies for the lack of photos this week—I've been fully immersed in all the excitement of Term 4!

JUNIOR ROOM NEWS

KEEPING BUSY IN THE JUNIOR ROOM

There is always something going on in the Junior room



Our swimming program saw plenty of smiles, splashes, and new skills as everyone grew more confident in the water. And the Pet Parade!

What a treat! From wagging tails to twitching noses, Forrest Primary School experienced a cuteness overload!

Learning so far...



LITERACY

In the Junior Room, our word work sessions are multimodal, combining explicit teaching that engage the visual, auditory, and kinaesthetic learning pathways. The Juniors are



showing great pride in their handwriting and are gaining the confidence to tackle unfamiliar words in their spelling. It's wonderful to see their excitement as they practice and celebrate their learning

NUMBER VALUE KNOWLEDGE AND PARTITIONING

The Junior learners have been exploring numbers using base ten and partitioning. They've been breaking numbers into smaller 'parts' using the Part-Part-Whole model, which helps them understand how numbers are made. This hands-on learning is helping them build confidence with addition, subtraction, and seeing patterns in numbers.

INQUIRY

Over the past few weeks, we've been acting like

detectives; observing, questioning, and noticing the little things around us. Just like great inventors, we've discovered that curiosity and creativity go hand in hand! The children have been exploring how paying attention helps spark new ideas.

THINGS TO LOOK FORWARD TO..

Not forgetting we have a long weekend next week with a pupil free day on Monday 3rd and Melbourne Cup Day on Tuesday 4th November.

IMPORTANT DATES

- Places & Faces performance: October 27
- Maurie (Rotary) with book presentation for the Juniors : October 30
- Student Free Day: November 3

- Melbourne Cup Day: November 4
- Fire Information evening with CFA: November 5

HOW CAN YOU HELP?...

Shared Reading at Home

Reading together every day is such an important routine! Using **decodable books** helps children practice the sounds and spelling patterns they are learning in class, building confidence and fluency. Just a few minutes of shared reading each day gives learners a love of books while strengthening their reading skills, plus it's a wonderful time to connect and have fun together!

Don't forget to send your Junior's readers back to school everyday so they can share their learning with their peers.

EARLY YEARS CENTRE NEWS

The last 2 weeks have been very busy for the children with lots of learning and play. We have covered fine motor skills using playdough to make insects, threading to make bracelets, drawing to create communal pictures and scissors to cut shapes in order to create more pictures such as ducks and submarines.

We explored the importance of washing hands with a fun game using gloves and water, we looked at healthy eating ideas with fresh fruit and vegetables paired with dips before

cutting out healthy and sometimes foods from a picture and grouping them on a plate for better understanding.

This week we say goodbye to Navneet as she finishes her placement with us. She has been an amazing addition to the Forrest family for the time that she has been here. This week the children helped Navneet



celebrate Diwali where they made a beautiful Rangoli then created their own firecracker pictures in recognition of the Festival of Lights celebration

Can all parents please remember that Term 4 means hats. The children are now expected to have a hat in their bag so that they can continue to play outside, without a hat they will miss out on going outside. We have a couple of spares, but these are becoming less and less so please make sure that all



children have a hat in their bags.

Just a small reminder that this service will be Closed on Melbourne Cup day, while this

Cheers Di, Vicki, Indi & Britt.

doesn't affect the children directly it does mean all staff will be non-contactable.

Please remember to send your child with many changes of

clothes, a jacket for outdoor play and if your child appears to be unwell, please keep them home to stop any spreading of illness throughout the service.

COMMUNITY NEWS

Victoria Police

Surf Coast PSA Neighbourhood Policing Forum

The Victoria Police Neighbourhood Policing Forum welcomes local services and community members to talk with police about what issues are important in your community.

The forum will explore topics including:

- Current crime trends and crime prevention
- Young people
- Family violence
- Road policing
- Drugs and drug related crime.

The Neighbourhood Policing Forum will be run by a Victoria Police panel and questions will be taken from the audience throughout the event.

Refreshments will be offered. If there are any dietary requirements, please include them in your registration.

Registration is a must. To attend, please register by sending your details to colac-community-engagement-mgr@police.vic.gov.au or scan the QR code.

Event details

Date: 6th November 2025

Time: 11am – 2:00pm (Doors Open 10.45am)

Location: Colac Otway Performing Arts Centre
95 – 97 Gellibrand Street, Colac



Scan here to register your attendance

Got a question for police?

Scan the QR code to submit prior to the forum





A SAFE VICTORIA

FORMULA ONE DAY

F1 race day with the speediest cars ever, in a little town called Forrest, that has a great street called Blundy Street!!!!!!

FRIDAY 21ST of November

The funniest day ever and everyone is invited.

You should come.






COLAC LITTLE ATHLETICS

SEASON 2025/2026

Registrations are now open for this seasons Little Athletics!

Meets: Saturday mornings in Term 4/1 (break over summer holidays)

FREE trial offer available to all new little athletes. Ages 6-17

ALL WELCOME!

Run, jump & throw with us this season!



SIGN-UP LINK



www.lavic.com.au

Keep an eye out on our socials for season updates, meet schedule and competition details

www.facebook.com/littleathleticscolac

EMAIL: COLAC@LAVIC.COM.AU

SCHOOL FUNRUN



SIGN UP HERE! SCAN OR VISIT FUNRUN.COM.AU

EASY FUNDRAISING!

RAISE FUNDS FOR YOUR SCHOOL WHILE YOU SLEEP! YEP, IT'S THAT EASY!

- 1 Head online to FUNRUN.COM.AU
- 2 Click on the Student **SIGN UP** button to create your fundraising page.
- 3 Share your unique link to friends and family via social media, text and email.

On average, each student gets four donations.



let's go!