

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,

COLOR FUN RUN SUCCESS!

A huge thank you to our wonderful families and community for supporting our Color Fun Run last week. We're thrilled to

share that we raised over \$1900, which will go towards building a GaGa pit for our students next year!

Thank you to all the families who raised funds and to those who volunteered their time to help set up and run the event.

A special mention also to our amazing students for doing

such a fantastic job packing up at the end of the day. What a team effort!

FORREST FORMULA 1 – NEXT WEEK!



Our Forrest Formula 1 Race Day is happening next week! We're still looking for volunteers to help with the event. If

you're planning to attend and are not looking after a small person, we would greatly appreciate your help to support the wider community who'll be joining us on the day.

GYM

Gym Sessions for Years 5/6 Starting next Monday, our Year 5 and 6 students will return to the gym with Matt for weekly sessions. We appreciate Matt's ongoing support in helping our students stay active and confident.

LANDCARE EXCURSION

Foundation to Year 3
Next Monday

Landcare will be taking our Foundation to Year 3 students

November 10, 2025 Edition 16

DATES FOR YOUR DIARY

NOVEMBER

- 11 Remembrance Day
- 11 School Council @ 3.45pm
- 11 Art (MACC Visit)
- 17 Landcare Local Excursion
- 17 Senior Room Gym with Matt
- 18 Library (MARC Visit)
- 19 Prep Transition 9-11.30am
- 21 Forrest Formula 1 Day @ 10am
- 24 Senior Room Gym with Matt
- 25 Art (MACC Visit)
- 26 Prep Transition 9-11.30am

DECEMBER

- 1 Senior Room Gym with Matt
- 2 Library (MARC Visit)
- 2 Small Schools Transition Day – Grade 6's
- 3 Prep Transition 9-1pm
- 8 Senior Room Gym with Matt
- 9 School Council @ 3.45pm
- 9 Art (MACC Visit)
- 9 Statewide Transition Day - Prep Transition 9-11.30am
- 11 End of Year Concert/Graduation 11.30am
- 11 School Play 1.30pm
- 19 End of Term 4 1.30pm finish

Students of the Week



out for a special environmental activity. Parents are very welcome to come along! If you'd like to attend, please let the office know or contact me directly.

Warm regards,
Megan Murfitt



WELLBEING NEWS SCHOOL LUNCH IDEAS

Kids often get bored of sandwiches for a few simple (and very human) reasons:

1. Repetition fatigue

If sandwiches show up in their lunchbox every day, kids start to associate them with “the same old thing.” Even if it’s a good sandwich, too much repetition makes it feel unexciting.

2. Sensory monotony

Sandwiches usually have a similar **texture** (soft bread, same chewiness) and **temperature** (room temp or cold). Kids tend to crave variety — something crunchy, warm, or juicy can feel more satisfying than another cold sandwich.

3. Visual predictability

Children eat with their eyes first. A plain sandwich looks... plain. Other foods (like colorful wraps, bento boxes, or foods with dipping sauces) grab their attention more.

4. Taste development

As kids grow, their taste buds and preferences evolve. A sandwich they loved at age 5 might feel too sweet or boring at age 8 or 10.

5. Peer influence

At school, kids see what others are eating. If everyone else has pasta, wraps, or

leftovers, their sandwich suddenly feels less appealing.

Here are some **fun, healthy, and easy sandwich alternatives** for kids’ lunch boxes — perfect for keeping things interesting while still being nutritious and packable!

WRAPS & ROLL-UPS

- **Tortilla pinwheels:** Fill a wrap with cream cheese, turkey, and shredded carrot, then roll and slice into spirals.
- **Lettuce wraps:** Use large lettuce leaves instead of bread—fill with chicken salad, tuna, or hummus and veggies.
- **Cheese and ham roll-ups:** Roll cheese slices and ham together; secure with a toothpick.

MINI BITES & RICE-BASED IDEAS

- **Mini rice cakes or rice crackers** with hummus, cheese, or guacamole.
- **Sushi rolls:** Use cucumber, avocado, or cooked protein like chicken or crab.

PROTEIN-PACKED

- **Mini quiches or egg muffins:** Bake eggs with cheese and veggies in a muffin tin.
- **Chicken skewers (boneless)** or grilled

chicken strips with a dipping sauce.

- **Hard-boiled eggs** with veggie sticks and crackers.

SNACK BOX / “LUNCHABLE” STYLE

Pack a little bit of everything:

- Cubes of cheese
- Crackers or pita chips
- Cherry tomatoes or cucumber slices
- Fruit (grapes, berries, apple slices)
- A small treat like a couple of chocolate chips or yogurt-covered raisins

CARB ALTERNATIVES

- **Pasta salad:** Use whole grain or veggie pasta with diced veggies, cheese, and a simple vinaigrette.
- **Cold noodles:** Soba or spaghetti tossed with sesame oil and soy sauce.
- **Mini pancakes or waffles:** Spread with nut butter or cream cheese for a fun twist.

SNACKY & FINGER-FOOD LUNCHES

- Fruit & yogurt
- Veggie fritters or mini savory muffins.

Kidspot.com.au has 150 lunch box ideas that aren’t sandwiches – check it out!



SENIOR ROOM NEWS

I hope everyone enjoyed their long weekends and stayed cosy during the cold snap!

LITERACY

We are continuing with our text based unit '*His Name was Walter*' and will be powering through chapters during the next two weeks. Reading circles will be beginning to help students further develop their collaborative working skills and ability to discuss points of view and interpretations of context clues within the text. Grade 6 students have been working hard on the graduation speeches and will start rehearsing with staff members to refine them shortly. Targeted phonics lessons continue with students working to consolidate their knowledge of concepts through revision lessons.

NUMERACY

Students will be beginning their unit on chance and

probability this week with some fun activities planned. This unit is a great way to further incorporate fractions into their learning.

PLAY REHEARSAL

Play rehearsals continue with students beginning to take the stage to learn blocking and choreography. It has been fantastic to see students really take on their roles and watch their confidence shine.

COLOUR RUN

The colour run was incredible and students did an amazing job - most off, it looked like they were having lots of fun! A big shoutout to Jasmine who showed a lot of dedication in raising money for the event. All funds raised will go towards getting a Gaga pit for the school and the colour run, well done Jasmine - what an amazing effort!

WEEK 4 TERM 4 & PRINCIPAL AWARD

Abi, for being calm and positive person in and outside of the classroom. You are always giving things a go and encouraging other to take on a challenge with positivity

Aurora for your absolutely amazing participation in our play rehearsals! You are doing an incredible job and everyone is very impressed with your dedication and your ability to learn and memorise your lines - keep up the amazing work!

Aarli for outstanding persistence towards her schoolwork, especially reading. You should be very proud of your efforts!

Sunny - I love watching you learn. Your writing and word work are amazing! You legend!

Oliver for your bouncing persistence, when you keep going you are bound to improve AND YOU DID! Super Champ

MIDDLE ROOM NEWS

It's been another 2 weeks of fun! We started off week 5 with a circus performance on 'places & faces' and wrapped up Week 6 with the Colour Fun Run. In the midst of the fun and the long weekend, we've also been busy in the classroom:

WRITING:

We've been revisiting word-groups and thoughtfully weaving them into our



FORMULA ONE DAY UPDATE – from the Forrest Men's Shed.

For the past few years, members of the Forrest Men's Shed have partnered with the school on community projects. This year, 30 small wooden cars for the primary students and 12 smaller ones for the early years children have been made. The students have painted and decorated their cars, complete with flags, names, and logos, in preparation for a community event we are calling the Forrest Formula One. The event will be held at **10:00 am on Friday, 21 November**, outside the Men's Shed in Blundy Street, Forrest. The slope there provides a perfect hill for the students to race their cars, creating a lively and fun atmosphere. The road will be temporarily closed, with family, friends, and community members lining the "track" to cheer on the children and their creations.



recounts and stories. The students are working hard to make their writing more detailed and structured. We also had a fun writing activity on Halloween where students came up with their own 'monster' and wrote a fact file about them. It was awesome to see their imaginations come out as they all drew and wrote about their monster in very different and funny ways.

MATH:

We've been tackling both word problems and number challenges, and we've also begun our next unit on 'Space' by embarking on whole-class treasure hunts. Students are collaborating to read maps and follow direction-based clues as they search for treasure.



INQUIRY:

Our Frame-by-Frame animation unit continues! Students have explored different types of cel animations and let their creativity shine by making their own flip books. Next, we'll continue the creativity through stop-animation activities.



MAGAZINE PAGES:

Grade 2 and 3s have dived into the digital realm of Canva to design their own magazine pages. Every student has put a unique spin on their page, making it personal and fun. I'm excited to see how they all come together.



**Upcoming
Birthday Greetings
for: Jem & Aarli**



JUNIOR ROOM NEWS

KEEPING BUSY IN THE JUNIOR ROOM

As the term continues, the Junior Room is thriving with curiosity, collaboration, and a love of learning.

Learning so far...

LITERACY

Mondays in the Junior Room begin with independent writing, where learners love sharing their weekend adventures with a partner before putting their ideas on paper. Using the idea that '*if they can say it, they can write it*,' students record their thoughts to help

remember details and use the sounds and irregular words they've already learned. They finish by reflecting on their work through *Stars and Wishes* — celebrating what they did well and thinking about what they might improve next time.



DAYS OF THE WEEK

In Maths, Juniors are learning about the days of the week and linking them to familiar events in our routines. Using *The Very Hungry Caterpillar* as our starting point, students have enjoyed exploring what happens on each day and making connections to their own weekly experiences.

INQUIRY

In Inquiry, our focus has been on *discovery* - seeing and finding new things! We started by watching a video of babies exploring new tastes and learning how their bodies work and watching their reactions to the new discoveries.

Inspired, Junior

Room learners went on to investigate the yard with magnifying glasses, noticing details they hadn't seen before. They were then challenged to work with a partner to design an invention to help an animal, combining

creativity and teamwork to explore and learn together.

WELLBEING

Last week, we focused on recognising our own strengths and those of others, building strength based vocabulary and using it in our everyday. Junior Room learners are exploring what friendships look and sound like in the classroom and the yard, and take time to acknowledge when someone has been a kind and supportive friend.

THINGS TO LOOK FORWARD TO..

The Preps for 2026 will be joining us for some shared time next Wednesday. Our current Preps and Year 1s look forward to showing them the ropes!

IMPORTANT DATES

- Remembrance Day
November 11
- Landcare excursion :
November 17
- Prep orientation 9-11.30am: November 19
- Forrest Formula One race
Day: November 21

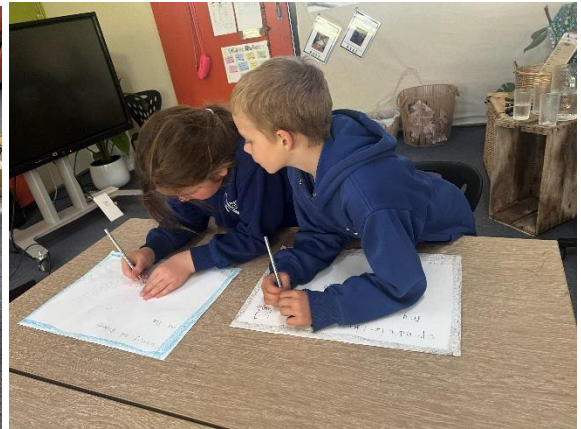
HOW CAN YOU HELP?...

Supporting Strength based learning at home

At home, you might enjoy noticing and talking about the ways your learner shows



kindness and support to friends and family. Sharing stories about helpful or thoughtful actions, taking turns, and celebrating small acts of friendship can extend the conversations we have in the classroom and help learners reflect on what makes a positive, caring friendship.



EARLY YEARS CENTRE NEWS

What a big couple of weeks we have had, very busy times indeed.

We have just completed our Assessment and Ratings process, culminating in a visit from a Dept of Ed representative. We are assessed on everything from policies and procedures, educational programs, interactions with children, families and communities to all of the mountain of paperwork that goes into running a service. I would like to say a massive thank you to Megan, Vicki and Indi for showcasing what an amazing service we have here at Forrest and to also to all of the families and community members who

demonstrated how fantastic Forrest is.

We had our annual Walk to Kinder Day yesterday with



guests from local laws, the Colac Otway Shire and Cr McCrickard coming to help our children further understand the importance of crossing roads safely and eating healthy fruit and veg each day.

We will be sending out info sheets soon on transition days for the students starting foundation at Forrest in 2026 and also important end of year date information so stay tuned!

Term 4 means hats are now expected to be worn so please make sure that all children have a hat in their bags.

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.

Cheers Di, Vicki, Indi & Britt.



Protect yourself in five ways from skin cancer



COMMUNITY NEWS

 **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 schedules and competition details.
www.facebook.com/littleathleticscolac
EMAIL_COLAC@LAVIC.COM.AU

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.



Apollo Bay Wants Nippers!

SUN, SAND, SURF, AND FUN,
NIPPERS TIME FOR EVERYONE!

- JOIN THE APOLLO BAY LITTLE NIPPERS.
- MAKE NEW MEMORIES.
- MEET NEW PEOPLE.
- LEARN IMPORTANT LIFE SKILLS.

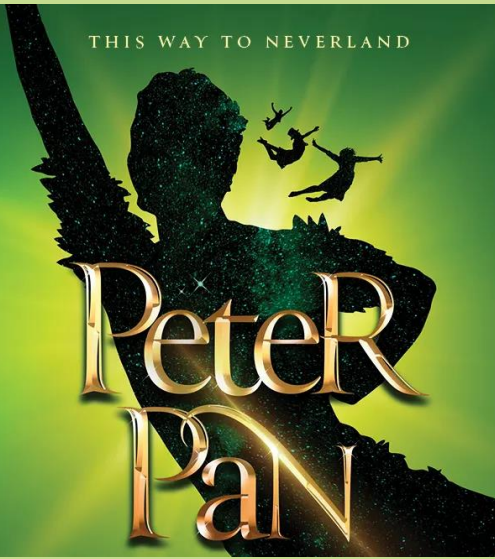
<https://www.apollobayslsc.com.au/nippers>

Contact Colleen
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telephone 0419374751

2026

THIS WAY TO NEVERLAND



Peter Pan

SAVE THE DATE

Our End of Year School Play and Year 6 Graduation will be held on 11th December.

Year 6- and 4-Year-Old Kindergarten students will be graduating in the morning, and the School Play will be in the afternoon, so all students will be able to join in the fun!