

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 has been another full and rewarding fortnight at Forrest Primary School and Early Years Centre.

ODYSSEY FUNDRAISER THANK YOU

Thank you to the parents who volunteered their time at the Odyssey car parking fundraiser over the weekend. Community events such as this rely on the generosity and flexibility of our families, and we are very fortunate to have such strong support.



Together, we raised **\$2,937.75**, which will go directly towards building a GaGa pit and improving the Early Years Centre outdoor space.

A very special thank you to Nicky Howland for the organisation and the many hours she dedicated behind the scenes to ensure everything ran smoothly. Your commitment to our school community is greatly appreciated.

POLWARTH ATHLETICS DAY

Our students enjoyed a fantastic day at the Polwarth Athletics Day, hosted by Alvie Primary School. The sun was shining, spirits were high and students gave their absolute best in every event. We were incredibly proud to finish fourth overall, our strongest result in several years and a wonderful reflection of the effort, determination and teamwork demonstrated throughout the day.

March 10, 2026 Edition 3

DATES FOR YOUR DIARY

MARCH

- 10 - 18 Somers Camp
- 11 MARC Library
- 11-23 Naplan
- 16 Bike Ed Session 4
- 18 MACC Art
- 24 School Council @3.45pm
- 25 MARC Library
- 27 Student Expo
- 31 P-6 Excursion to Deans Marsh

APRIL

- 1 MACC Art
- 2 Last Day of Term 1 2.30pm finish
- 3 Good Friday Public Holiday
- 20th First Day of Term 2
- 24th Anzac Day Ceremony

Belated & Upcoming Birthdays

Maya, Aurora & Willa



Cultural Diversity Week
#CDW2026

21 - 29 March 2026
Get involved
Culture connects us all



Victorian Multicultural Festival 27-29 March 2026

LEARN MORE



multicultural commission

VICTORIA
State Government

GRAZELAND



BIKE EDUCATION

We have one remaining Bike Ed session on 16 March. Students have shown growing confidence and skill development throughout the program, and it has been wonderful to see their persistence and teamwork in action. Thank you to families for ensuring bikes and helmets continue to be ready for participation.



SOMERS CAMP

Our Year 5 and 6 students will soon

Most importantly, students supported one another, represented Forrest with pride and embraced every opportunity to participate. It was also a valuable chance to connect with other small schools within the Polwarth Cluster. A highlight for many was enjoying the sausages cooked by the Lavers Hill secondary students.

attend Somers Camp. This experience supports independence, resilience and teamwork, and is a significant milestone in their primary school years. We know it will be a memorable opportunity for students to challenge themselves, build new friendships and represent Forrest with pride. We look forward to hearing about their experiences when they return.



Thank you to our staff and the parents who supported the day. Events like this rely on strong community support and we greatly appreciate your involvement.

NAPLAN

NAPLAN begins next week for our Year 3 students. Year 5 students will complete their assessments when they return



from camp. NAPLAN provides one snapshot of student learning, and we encourage all students to approach the assessments calmly and simply do their best. We are proud of the consistent growth and effort demonstrated across our school.

Thank you, as always, for your continued partnership and support.

Megan Murfitt
Principal

WEEK 5 & 6 TERM 1 & PRINCIPAL AWARD

Due to Polwarth Sports Day (27/2) & a Curriculum Day (6/3), assemblies were not held & awards were not presented.

SENIOR ROOM NEWS

Term 1 is whizzing by! We wish all our Year 5 and 6 students to have a brilliant time at Somers Camp this week. In the Senior Room we will keep up the excellent learning and will get stuck into our hands on Inquiry projects. These Inquiry projects focused in a theme of All About Me, are providing students with opportunities to create a cushion and more recently we are decorating a mask. There are so many wonderful ideas to be translated to these projects!

Over the last two weeks, we have focused on the 4 basic operations of addition, subtraction, multiplication and division. Students are very motivated to learn their basic number facts, even asking for



some home practice! Well done everyone!

We are working through our text based unit- Uncle Xbox which is a terrific book. We have started looking at British Colonisation as part of the supplementary text and the students have been looking at this through the lens of a factual recount.

Finally, through our wellbeing sessions the class is benefiting from activities that encourage teamwork, creativity and developing empathy. We are playing lots of games during the day as brain breaks but also to provide students with opportunities to

develop an awareness of their character strengths.



JUNIOR ROOM NEWS

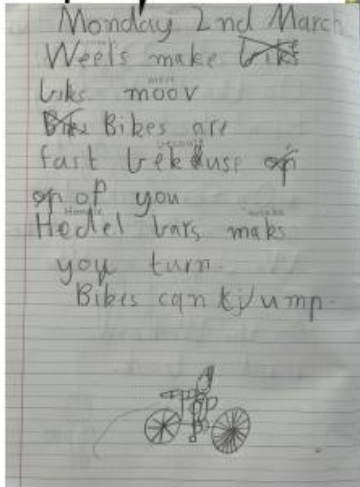
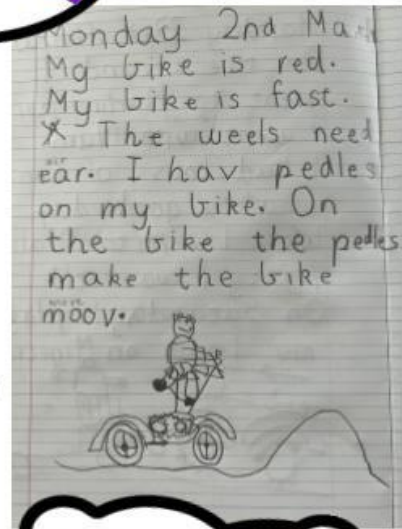
We are loving Bike Ed in the Junior room

Over the past few weeks, Bike Ed has offered more than just an opportunity to learn how to stay safe on our bikes. It has also provided valuable learning experiences in the classroom, where the Juniors have refined their fine motor skills by drawing detailed diagrams of their bikes and strengthened their writing skills by creating clear statements - complete thoughts, ideas, and opinions - using correct punctuation to share what they have learnt.



Growth

Bravery



Confident

EARLY YEARS CENTRE NEWS

It has been a very quiet past 2 weeks with children being absent, school sports and what seems like short weeks, however the learning going on has been just as much fun as usual.

The children have been exploring Sea-week and with that sustainability and caring for our environment. We have been extending our fine motor skills through painting our very own ocean on foil before being asked to peel and place stickers into our ocean views. Painting, peeling stickers, glueing and such movements

all support children in their fine motor development.

There has been lots of play outside, with the children loving the new sand pit, enjoying the boat that Indi secured for us, hoola-hoop play and lots of jumping and climbing.

We are looking for any old adult-sized clothes for dress-ups that you may be wanting to get rid of, if you do, please drop them off to Di or Vicki.

School holidays are approaching fast with the **service closing at 2:30pm on**

Thursday 2nd April. We will reopen again on Wednesday 22nd April.

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

After a few weeks of waiting due to different things on at school, we had our first kitchen garden session in the senior room. To match with the season of summer and harvest time, we made 'Picasso Sun Bread' with orange zest, sun dried tomatoes and fresh oregano from the garden. The children worked in 2 teams to make the dough, knead, rise and decorate the bread to share with the juniors at the end of day. Whilst it was cooking the students challenged themselves to a timed art challenge where they were encouraged to take inspiration from the artist Pable Picasso (weaving through abstract elements) and draw

from their imagination (they weren't allowed time to stop and think, but to just do!!! They came up with some wonderful pieces which they shared with each other. They also learnt about the Summer and Winter equinox and harvest times! A very fun and productive kitchen garden.



Looking forward to more cooking in the coming weeks, as our garden starts to blossom. Thanks to the guerilla gardeners that have kept the garden going in the face of a few challenges! Happy harvest time and enjoy the change of season.

WELLBEING NEWS ON THE RESILIENCE PROJECT – WOULD YOU LIKE A FAMILY JOURNAL?

We have kickstarted our program with The Resilience Project and have been holding conversations to build our emotional literacy through our understanding and implementation of gratitude, empathy and mindfulness!

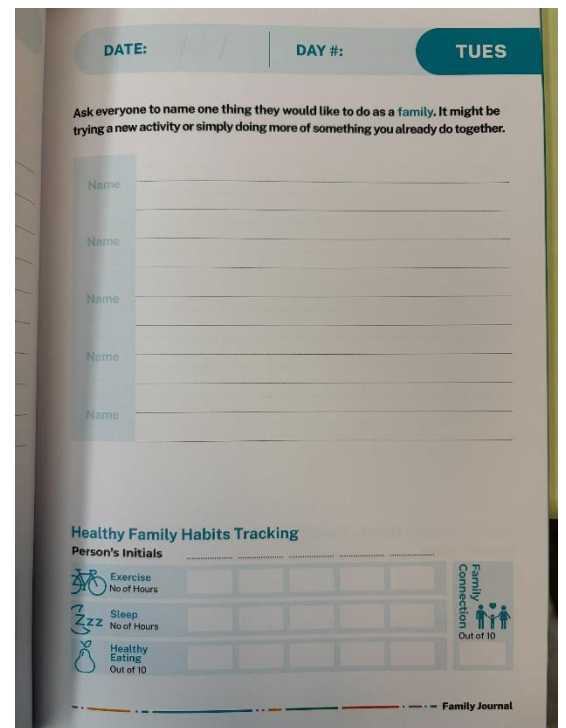
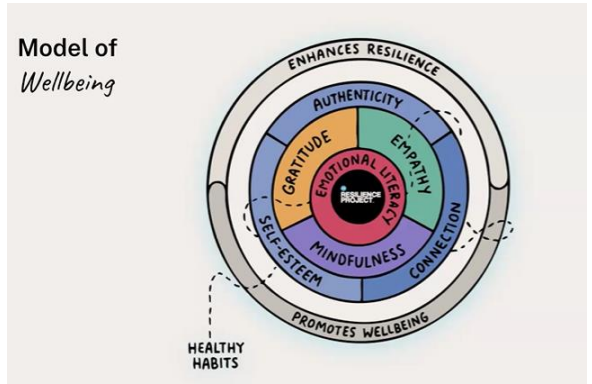
***Gratitude** means noticing and appreciating the good things around us, **Empathy** is understanding and caring about how others feel, and **Mindfulness** is being present in the moment without judgement. Regularly practising these skills helps children and adults notice positives more often, respond kindly to others,*

and calm the mind when life feels challenging.

Families can bring GEM into home life in simple ways too, to promote healthy habit building and connection. Try incorporating **GEM conversations** into your day — like asking “What went well for you today?” at dinner, sharing a kind moment you saw, or taking a few mindful breaths together before school or bedtime. These small, everyday habits help reinforce what students are learning at school and support stronger emotional wellbeing for everyone.

If you would like a Resilience Project family journal to help facilitate these conversations in your home, please contact Ella and she will grab you one 😊

Here is an example of a page (they have different prompts to spark a variety of conversations that reflect the different GEM pillars)



Habit Building
Make **GEM + EL** Visible

- Gratitude** (Sun icon): Openly express gratitude
- Empathy** (Flower icon): Verbalise how acts of kindness make you feel
- Mindfulness** (Snail icon): Model a range of mindfulness strategies
- Emotional Literacy** (Magnifying glass icon): Labelling your emotions, Labelling their emotions



THANK YOU, OTWAY HEROES!
 COMMUNITY ACKNOWLEDGMENT & FUNDRAISER.
**FORREST BARWON DOWNS
 GERANGAMETE**



EVENT DETAILS

WHEN & WHERE
SUNDAY, MARCH 15th
FROM 1 PM
 at
FORREST HALL



ACTIVITIES & SUPPORT

LIVE MUSIC
 Featuring:
BEECH FOREST STRING BAND

KIDS' ZONE
 ACTIVITIES &
 GAMES FOR KIDS

COMMUNITY BBQ
 BBQ MEALS & DRINKS

A SPECIAL THANK YOU TO ALL OUR:
 CFA Brigades,
 Police, Contractors,
 & Volunteers.

ALL DONATIONS WILL GO TO THE CFA BRIGADES

*BYO DRINKS.
 (No alcohol sales on-site).

OTWAYS COMMUNITY UNITING TO SAY THANK YOU

SWIMMER CLINIC

This clinic gives developing athletes across the region access to expert coaching, performance insights, and inspiration from leaders in Australian swimming. Led by esteemed coach Richard Sleight with a special athlete appearance from Bowen Gough.

- Bluewater Leisure Centre
- Saturday 28 March
- 11:30am-2:00pm
- SV Members Ages 9+
- \$65 +GST



A fun, free and relaxed event connecting people with disability to the swimming community.

All Welcome.
 BYO swimmers, towel, cap and goggles.

THE abilities PROGRAM

swimming victoria

FOR MORE DETAILS CONTACT:

Shannon Lennie
 shannon.lennie@vic.swimming.org.au
 9230 9400

Saturday 28 March
 3:00pm-4:00pm
 Bluewater Leisure Centre

*Please advise in advance if additional equipment or support is required to support your swimming experience. **Basic swimming ability required (this is not a 'learn to swim' event).

KANA 2026

SATURDAY MARCH 21

"ONCE UPON A TIME"

10AM TILL 4PM
AT THE COLAC SHOWGROUNDS

FUN FOR THE WHOLE FAMILY!

THANK YOU TO THE COLAC P&A SOCIETY, THE ROTARY CLUB OF COLAC, SWAYN & MCCABE, HULMS BAKERY, CALCO TIMBERS, CCP CIVIL & PRECAST, VISTA FINANCIAL GROUP, CHARLES STEWART & CO, REAL AUDIO, OCR FM AND THE COLAC OTWAY SHIRE FOR THEIR SUPPORT OF THE COLAC KANA FESTIVAL.



FUN SWIM

FUN SWIM provides young swimmers with a fun and engaging program to explore racing, and develop and improve 'race ready' skills.

Get in touch to find out more!

- Bluewater Leisure Centre
- Saturday 28 March
- 2:00pm-3:00pm
- shannon.lennie@vic.swimming.org.au
- 03 9230 9400

