

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 busy and exciting fortnight at Forrest Primary School, with lots happening both inside and outside the classroom. It has been wonderful to see students continuing to show our school values of Respect, Kindness, Teamwork and Persistence in all that they do.

CONGRATULATIONS CROSS COUNTRY RUNNERS

A huge congratulations to Jem, Aurora, Archer and Aarli, who represented Forrest Primary School at the Colac District Cross Country event. We are incredibly proud of the way they approached the day, showing determination, resilience and excellent sportsmanship. Well done to all four students on their fantastic efforts!

Further congratulations to Aarli & Tom for racing in the



Auscycling 2026 Mountain Bike Schools Series last weekend, also representing Forrest Primary School – a wet & muddy ride that they both finished with a smile!

SEPTIC WORKS UNDERWAY

You may have noticed that work has now commenced on our new septic system. Temporary fencing has been installed around the construction area to ensure the safety of all students, staff and visitors while works are taking place.

We ask for families' support in reminding students that the fenced construction zone is **strictly out of bounds at all times**. We appreciate everyone's cooperation as these important works are completed.

FARM MY SCHOOL EXCURSION

A reminder that students will be heading off on the Farm My School excursion tomorrow. We are looking forward to

May 11, 2026 Edition 6

DATES FOR YOUR DIARY

MAY

12th Farm my School Excursion P-6
13th School Photos
13th Art (MACC)
19th School Council 3.45pm
20th Library (MARC)
27th Art (MACC)

JUNE

3rd Library (MARC)
3-6 Sovereign Hill Camp 3-6
8th Kings Birthday Public Holiday
9th Curriculum Day -Student Free
10th Art (MACC)
10th GPAC Excursion – P-2
15th School Nurse Visit - Preps
16th School Council 3.45pm
17th Library (MARC)
24th Art (MACC)
26th Last Day of Term–2.30pm finish



Student of the Week

another fantastic learning experience for our students and thank staff and volunteers who are helping make the day possible.

SCHOOL PHOTOS

School photos will be taking place on Wednesday. Students should come to school in full school uniform and with their best smiles ready! Ordering of photos is through Compass for Primary School students or via the MSP website for kindergarten students. Please see Sarah if you are having difficulty placing an order.

FORREST NEIGHBOURHOOD HOUSE WEEK

Renee from the FDNH has been working with



our students on a 'What things bring the community together' activity as part of Neighbourhood House week. The students are drawing postcards on what they think brings community together.

WELCOME FREYA BENNETT

We are very pleased to announce that Freya Bennett has been appointed as our new Community Garden Worker. Freya will be working across both Forrest Primary School and the Forrest & District Neighbourhood House for the remainder of the year.

This role will help continue to grow our wonderful garden

STUDENT OF THE WEEK & PRINCIPAL AWARD

Principal Award – Aarli

Senior Room – Aurora

Junior Room – Hannah

spaces and strengthen the connections between our school and wider community. Congratulations Freya! We are excited to have you working alongside us.

Warm regards,
Megan Murfitt
Principal
Forrest Primary School

Upcoming Birthdays

Georgia, Stella & Dori



SENIOR ROOM NEWS

Well done to all the Senior Room students for their fantastic efforts in demonstrating our school values and engaging in our learning program. Ella and I have commented numerous times on the kindness and teamwork in our classroom and students showing persistence in their learning.

In Maths we have been working on fractions, and we all know this can be a difficult topic. Students have worked hard to use fraction walls to develop understandings about recognising common fractions, equivalent fractions and using their times tables knowledge to simplify fractions.

We are all loving our Book study on Storm Boy. The students are building up their knowledge around the setting of the book, and discussing themes such as relationships, change and nature. We started exploring the Coorong last week and why it is an important place for wildlife conservation.

MATHS

LITERACY

SOVEREIGN HILL CAMP



Over the next couple of weeks, we will be also discussing the School camp. We will briefly look at the Gold Rush era for the students to get the most out of the camp. We are all excited about the camp and going back in time for a few days!!!

REMINDERS

Lastly, please ensure your child is reading every night and bringing their diaries to school. It really does help us track their reading progress

and help them develop study habits.

Thanks!

Have a wonderful week!

EARLY YEARS CENTRE NEWS

This week we wished Vicki a very Happy Birthday, and from all of us we hope that she had a lovely day celebrating with her daughters and grandchildren.

These last couple of weeks the children have settled back well into kindergarten and have been exploring many activities such as shapes, tools, autumn and Mother's Day. These activities help children gain understanding in concepts such as fine and gross motor, natural world, science and mathematics as well extend their vocabulary.

VISITORS

We have had visits from the Mobile Library where the children read a book and engage in discussions with the librarian, we also had a visit from Chris who is supporting us in extending our Bush Kinder Program.

STAFF UPDATES

Di is absent on Friday 15th and Thursday 28th May for continued Professional development. Freya Bennett will be the

kinder teacher on the 28th along with Vicki for support.

We will be supporting Annika in her final placement on her journey to obtain her Bachelor of Early Childhood Education starting the 26th of May until the end of term. If you have any questions, please feel free to ask either Annika or Di.

BUSH KINDER

This term sees the beginning of our Bush Kinder Program on Fridays, 9am - 11am. Natural environments encourage children to climb, balance, run, and explore uneven terrain. These experiences build both gross and fine motor skills, as well as strength, coordination, and risk assessment. Each Friday there will be a set of Wet Weather overalls for each child in the foyer, if you can please dress your child before the start of session it will enable the children to have as much time

outdoors as possible. **Each child will need to bring a change of clothes, a raincoat (closer to winter) 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.



JUNIOR ROOM NEWS



the Junior Room

Over the past week, Junior Room learners have been exploring self-regulation - the ability to recognise, understand, and manage emotions, behaviours, and reactions. Children's brains are still developing the areas responsible for impulse control, emotional regulation, and problem-solving, meaning these skills need to be explicitly taught and practised. Using the volcano model is helping our learners to develop awareness of how emotions build and gives them practical strategies to calm their bodies and brains before reaching an "eruption." Learning these self-regulation skills supports them to manage challenges, build positive relationships, and feel safe, calm, and ready to learn.

My Volcano describing the different stages.



Sometimes we are calm, but sometimes we may experience different stages of an erupting volcano. We are reminded that "I can't always control my feelings, but I can control what I do next".

My Volcano what behaviours will I see?

Recognising the behaviours that see us climb through the stages of our erupting volcano can empower us to not act in a way that doesn't make us feel good about ourselves
"My body gives me clues. I notice them early. I choose what to do."



My Volcano what can I do next?

In the junior room, our safe space is on the dock where there are opportunities to calm our nervous systems before we erupt.
"Control doesn't mean stopping my feelings. Control means choosing what I do next."



Calming our volcano with Bush Kinder.

There is nothing that beats ending our week with Bush kinder! My feet are left a little chilly and sometimes a little wet but my heart is always full!
Fairy houses, mud pits and Milo were the main interests this week!



This week we welcome Millicent Sibley who is a first year teaching student at Deakin University to the Junior Room.

WELLBEING NEWS

EXPLORING EMPATHY AND CHECKING IN ON OUR EMOTIONS:

This week we investigated the benefits of showing empathy and the role of oxytocin. We explored how empathy is practised through acts of kindness. Developing empathy helps us to identify, understand and feel what another person is feeling. When we practise empathy by doing something kind for someone else, our brain releases oxytocin. This results in an increase in our self-esteem, confidence, energy levels, positivity and overall happiness. We have been practicing giving compliments to ourselves and to others!

WOULD YOU LIKE TO BUILD ON THIS WITH YOUR FAMILY AT HOME?

You just need intentional time together, either on a walk or during dinner:

As a family, take turns giving each other a compliment or describing something you



appreciate them for. However, before giving someone else a compliment, you have to give yourself one first to practise and model positive self-talk. Continue until each family member has said 1-3 compliments about themselves and 1-3 compliments to others.

FULL MOON DRUMMING:

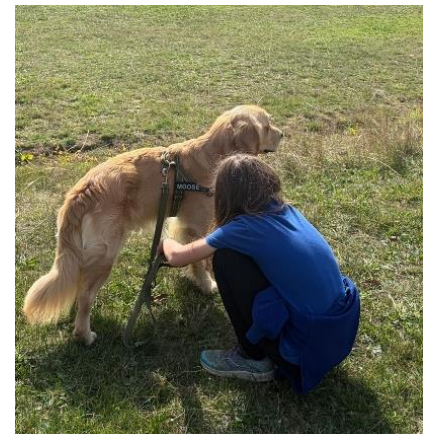
On the last full moon, we all gathered for a full moon drumming ceremony. We experimented with a variety of percussion instruments, practiced staying in rhythm together and had a share of our own drumming with one another. It was a lovely way to connect through play and music. It was great to see the kids get involved and uniquely express in this way. We hope to gather on the next full moon again as a ceremony to check in, release and reconnect together through music.

LOTS OF MOOSE LOVE!

Moose has been getting a love of love and walks on his days at school. It is lovely to see the kids interact with Moose in a calm and responsible manner. They are becoming more self-aware when they need a little Moose love and are politely asking to have some time with him to support regulation / readiness to learn!

ANY WELLBEING QUESTIONS?

Feel free to get in touch with Ella if there is an area in Wellbeing you would like any further information or support in. Our current areas of focus are **Gratitude, Empathy and Mindfulness!**



School fete callout

We will be selling mystery jars at the fete to fundraise for the school and EYC.

We are asking every family to please fill 5 jam jars (more if you can!).

Please fill the Jars with a variety of Items:



- **New/Pre-loved Toys:** Consider small toys, Lego, marbles, matchbox cars, Shopkins, etc.
- **Chocs/lollies and Snacks:** Wrapped lollies, chocolates, or even a small snack pack can be a great addition.
- **DIY Kits:** Ingredients for slime, playdough, cookies, or other craft items can be a fun surprise.
- **Small Pamper Kits:** Include bath bombs, nail polish, emery boards, or face masks.
- **Emergency or First Aid Kits:** Mini torch, bandaids, safety pins, etc.
- **Gardening or Sewing Kits:** Seed packets, gardening gloves, threads,



We also need donations to last year's most popular game - the 'choc toss'!

Family sized bars of chocolate of any flavour welcome.

If you want a stall to sell your own goods, or know someone who does, please get in touch.

THANK YOU SO MUCH!! Nicky, Freya, Emily, Claire, Olivia and Mollie

FORREST PRIMARY SCHOOL & EARLY YEARS CENTRE
Learning for Life

Roll up for our annual King's Birthday

SCHOOL FETE

Fun & GAMES

Saturday 6 June - 12 to 4pm

at the Forrest Primary School & Hall precinct, Grant St Forrest

Stalls & Sausage Sizzle

Call Nicky on 0422 371 040 for stall and more information or email forrest.fete3236@gmail.com

ALSO SHOWING IN THE HALL ...an exhibition of local artworks by Studio Forrest celebrating a year of work on the theme WATER

WATER

OPENING NIGHT - Friday 5 June 6pm - drinks & nibbles
EXHIBITION: 6-9 June at the Forrest Hall - 10am to 4pm

COLAC BASKETBALL ASSOCIATION INC.

WINTER HOOPS

2026 WINTER DOMESTIC COMPETITION COMMENCES 20TH MAY 2026

FOR PLAYERS BORN 2018 OR EARLIER
\$125 PER PLAYER - 10 ROUNDS + GRAND FINAL

SIGN UP TO PLAY NOW OPEN. CLOSES 5PM, 2ND MAY 2025

FOR ALL ENQUIRIES
Email domestic@colacbasketball.com.au or find Colac Basketball at playhq.com

COLAC WASTED TALENT SHOW

LIVE AT THE COLAC RSL

FRIDAY 19TH OF JUNE FROM 7:30PM

ENTRY OPEN TO ALL AGES AND ABILITIES!

SHARE YOUR HIDDEN TALENT!

SINGING * DANCING * IMPERSONATION * COMEDY * MAGIC * BIRD CALLS

— WHATEVER YOU'RE REALLY GOOD AT BUT NO ONE ELSE REALLY KNOWS! —

* AUDIENCE TICKETS *
\$20 AT THE DOOR
\$15 PREBOOKED

* PARTICIPANT ENTRY *
\$5 PER PERSON

PRIZES UP FOR GRABS!

PROCEEDS SUPPORT OCR FM COMMUNITY RADIO STATION

COLAC VOLUNTEER EXPO
"community in action"

Your Community Needs You

Volunteer Expo

TUESDAY MAY 19TH

COPACC
95-97 GELLIBRAND ST,
COLAC

11AM - 6PM



JOIN US
free event

- Meet local groups
- Discover opportunities
- Get involved

Colac Otway
SHIRE



SCAN TO LEARN MORE

For more information please phone Liz on 5231 2822. Event proudly brought to you by Colac Otway Volunteer Leaders Network

