

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,

CAMP ADVENTURES

Our Year 3–6 students had a wonderful time at camp last week, taking part in a range of outdoor adventures and team-building activities. They stepped out of their comfort zones, supported each other and had so much fun.

COLAC DIVISION CROSS COUNTRY

Congratulations to **Aurora**, who represented our school in the **Colac Division Cross Country**. We are so proud of her determination and effort!

LEARNING ABOUT LOCAL WILDLIFE

A huge thank you to **Dan and Freya Moriarty**, who visited our school to talk to students about local possums. It was a

fascinating session and a great chance for students to learn more about our local wildlife and environment.



SUPERVISION REMINDER

A reminder that **student supervision begins at 8:45am**. We ask that children are not dropped off before this time as there are no staff on

duty to supervise them. Further details about our supervision policy can be found on our school website.

Thank you for your ongoing support,

Megan Murfitt



May 12, 2024 Edition 6

DATES FOR YOUR DIARY

MAY

- 13 Art (MACC Visit)
- 20 School Council@3.45pm
- 20 Library (MARC Visit)
- 21 Education Week Open Morning 9.30-10.30am
- 27 Art (MACC Visit)

JUNE

- 2 School Nurse Visit
- 3 Library (MARC Visit)
- 5 COPACC Excursion – P-2
- 6 Student Free Day
- 9 Public Holiday – Student Free
- 10 Art (MACC Visit)
- 11 School & EYC Photos
- 17 School Council@3.45pm
- 17 Library (MARC Visit)
- 24 Art (MACC Visit)
- 30 Student Led Conferences 3.30-4.30pm

JULY

- 1 Library (MARC Visit)
- 2 Student Led Conferences 3.30-4.30pm
- 4 End of Term 2- 2.30pm finish

Students of the Week



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, needles, etc.

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 and Freya



STUDENT OF THE WEEK & PRINCIPALS AWARD

Banjo McBride Baker for doing an amazing job with his home reading. I'm so proud of you for working hard on your reading and writing. Keep it up, you're getting better every day!

Stella Davidson for showing work ethic and persistence during our phonics lessons and weekly spelling tests. You always look for opportunities to extend yourself and have a go at more difficult content - Well done Stella!

Ned Moriarty for always showing kindness to his friends.

Archie Doull for a fantastic first week at Forrest! You have made lots of new friends.

Tom Hoey for persistence and efforts in all areas of learning, especially in his writing.

FORREST
PRIMARY SCHOOL &
EARLY YEARS CENTRE
Learning
for Life

Roll up for our annual King's Birthday
SCHOOL FETE
Fun & GAMES

Saturday 7 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 ... an exhibition of artworks by Studio Forrest as
featured in the 2025 Lorne Sculpture Biennale

EARTH MOTHER STUDIO FORREST

EXHIBITION: 7, 8 & 9 June at the Forrest Hall - 10am to 4pm



Upcoming Birthday Greetings for

Georgia, Stella Dav & Dori

SENIOR ROOM NEWS

ROSES GAP CAMP 2025!

The Seniors had a wonderful time at camp! They have put together their highlights for our newsletter.



On camp my favourite activities were canoeing, the crate stack, archery, and Beehive Falls. In canoeing we played tag with the oars. It was fun!

- **Stella Davidson**



My favourite activity at camp was canoeing because our boat nearly tipped 5 times! I also really liked the giant swing because the drop was really fun.

- **Layla**



One of my favourite parts of camp was canoeing because we played a game. The game was whoever got the most tennis balls from Hamish (our instructor). It was nice because there was so many trees to look at.

- **Tina**

My favourite part was Beehive Falls because I liked the cave. I loved canoeing because I was with Layla.

- **Jasmine**



The best part of camp was the giant swing because I was scared! I liked canoeing because it was calm.

- **Archer Dwyer**



My favourite part of camp was Beehive Falls because I got to climb. My favourite activity was canoeing. I saw a kangaroo!

- **Lucas**





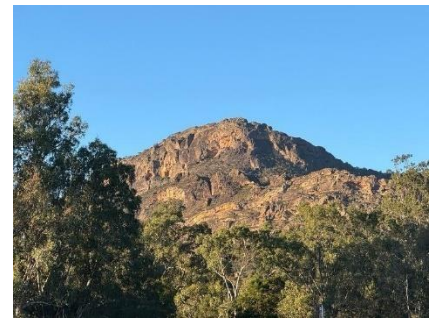
I think Beehive Falls was the best because it was fun and did not involve heights.

- **Archie Ward**



My favourite part of camp was the giant swing because the adrenaline building up to it was fun and the drop was also fun!

- **Dori**



My favourite part of camp was the flying fox because it was so fast and fun! I saw 2 emus!

- **Aarli**



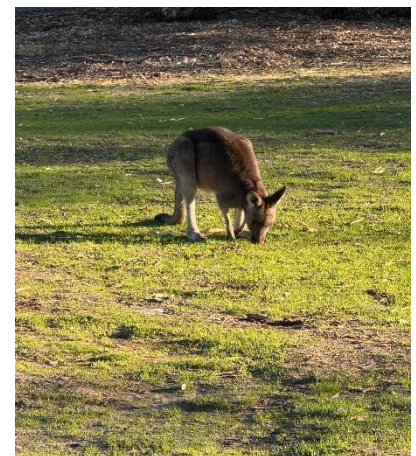
My favourite activity was the crate stack because Hamish (our instructor) kept moving the crates. Another fun thing was Beehive Falls because we got to look around and find quartz. I also liked canoeing because Hamish had tennis balls and Dori, Lucas, Tina and I had a war!

- **Stella Dwyer**



My favourite part of camp was the log cubby because we could climb inside a giant log!

- **Aurora**



MIDDLE ROOM NEWS

We've had an awesome start to term 2, filled with exploration and adventure. In Week 2, our Grade 3 students embarked on their first school camp to the Grampians. Their enthusiasm was high as they tackled challenges like the Giant Swing, Flying Fox, and Vertical Play Pen. It was so awesome to witness their teamwork and courage as they stepped out of their comfort zones.

This week, we directed our camp experiences into writing to build on our recount writing. Grade 3 students crafted detailed recounts of their time in Roses Gap, while Grade 2 students imagined and described their dream camps. Everyone challenged themselves in their writing this week and their persistence during this task has not gone unnoticed.

This week we've also introduced our new inquiry unit focused on sustainability. Students collaborated to create "sustainable promises" and discussed ways to be guardians of our Earth. We're excited about upcoming hands-on activities, including making beeswax wraps—a

sustainable alternative to plastic wrap. If you have any unused cotton fabrics at home, we'd love to put them to good use for this project later in the term.

Our recent Forest Friday session with Dan and Freya was both educational and inspiring. We are excited to bring these wildlife boxes to life, and we are grateful to Dan and Freya for guiding us through this exciting project.

Being apart of the Forrest community these past few weeks has been a joy, and I'm looking forward to the adventures and learning the rest of the year will bring! ☺

Ella



MIDDLE ROOM NEWS

We've had a great start to term 2 in the Middle room and this week we've had a focus on revisiting the Zones of Regulation. This week we watched some clips from the movie 'Inside Out' and discussed different feeling that the characters represent. The Zones of Regulation are important because they provide a framework for understanding and managing emotions, fostering self-regulation skills, and improving overall well-being. By categorizing emotions and energy levels into different zones, it helps children learn to identify and manage their own feelings, as well as understand the feelings of others. This ultimately leads to better emotional literacy, improved problem-solving skills, and more positive social interactions.

The Zones of Regulation are like traffic signs; Blue = 'rest area where you pull over as you are tired and need to recharge'. Green = the person is 'good to go' Yellow = 'caution, slow down or take warning' Red = 'stop and regain control' Page 4 Important note - No zone is 'bad' or 'good' and we all experience them at one time or another. Throughout the school day we

provide time for our students to check in. On a poster displayed in the classroom, the students move their portrait photo to the zone that they feel they're currently in and then throughout the day they may choose to move into a different zone.





How it works

- Blue Zone: Representing low states of alertness (sad, tired, bored, etc.)
- Green Zone: Ideal state of alertness (calm, happy, focused, etc.)
- Yellow Zone: Elevated state of alertness (anxious, excited, silly,

- Red Zone: Extremely heightened state of alertness (angry, out of control, stressed, etc.)

Tara

ZONES OF REGULATION!

| Blue | Green | Yellow | Red |
|---|--|---|---|
|  |  |  |  |
| Sad Tired Bored Moving Slowly | Happy Calm Good to Go Focused Ready to Learn | Frustrated Worried Silly/Wiggly Anxious Excited | Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space |

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etc.)

JUNIOR ROOM NEWS

What a wonderful week it's been in the Junior Room! We are thrilled to introduce our newest student, Archie Doull, who has joined our class. From the very first day, it has been heartwarming to witness the kindness and

warmth our students have shown in making Archie feel welcome. It's been so lovely to see him settle into our routine, and we can already tell that he is going to be a fantastic addition to our class. We are

proud of the way our students have embraced him, demonstrating what a truly special and supportive community we have here.



This week, our students had the opportunity to spend some time with the Forrest Senior Group at the Neighbourhood House for a morning tea. While a few of our students were a bit shy at the start, it didn't take long before they were engaging in lovely conversations with the community members. It was beautiful to see them come out of their shells and connect with people from different generations. These experiences are a wonderful way for our students to practice their communication skills while learning about the importance of community engagement.

A big thank you goes to our Neighbourhood House coordinator, Renee, who not only helped facilitate this special morning but also treated our students to a delicious morning tea and some hot chocolate to warm them up on a chilly morning. It was the perfect way to complete our Community Inquiry project, which has been such a meaningful part of our learning journey this term.



Alongside the project, our students have been busy writing letters to members of the senior group, and it's been wonderful to see them putting their new skills to use in such a thoughtful way.

Looking ahead, we are excited to continue nurturing these meaningful connections and hope that this will be the first of many opportunities to connect with our community. We are already looking forward to more morning teas and fun projects as the year unfolds. Our goal is to continue fostering a sense of belonging and kindness within our class, and it's clear that the students

19th April '25
Dear Leah, Audrey, Benji, Oliver, Tom, Alexander, Sunny, Jack, Isaac, Carter. (hope I have not missed any)
Thanking you all for your wonderfully colourful invitation to a Morning Tea with the "Seniors"... the old people in the town. I loved your messages and the artistic invites and look forward to a time for sharing stories and cakes ☺
I have only lived in Forrest for about ten years so do not know how the school was then, but I vividly remember my own happy primary school days, which in

some ways are similar to yours, then in other ways are very different.
May the important things we share remain to be kind, respectful, happy and understanding that although the entire Planet Earth is home to Billions of people, every single one being different, that we still can work towards being warm-hearted to each other.
I wish you all success with your studies this term,
Kindly
Noor

are eager to keep building on these positive relationships.



EARLY YEARS CENTRE NEWS

A really big Welcome to Aubrey, Olivia, Cody, Archie and Henry to the Forrest family, we hope you have enjoyed your first week at Forrest Kinder

We have been focusing on numbers over the last couple of weeks with number recognition of both numbers and dots. From bingo to colour by numbers the children are exploring how numbers work and are a big part of their lives.

With the colder weather coming we ask that jackets be



cold so that the children can still get outside and can we please also make sure that there is

plenty of changes of clothes in their bags. Thanks.



We would like to wish all of our beautiful mothers a very lovely Happy Mother's Day, we hope you had a peaceful day and were spoiled by everyone around you.

provided just in case the weather is wet or especially

Cheers Di, Vicki, Indi & Britt.



COMMUNITY NEWS



NDIS Services Expo

Join us for an informative and engaging event, bringing together a variety of community and disability-focused organisations under one roof.

Explore a range of services available to support your NDIS journey, including:

- Employment & post-school opportunities
- Plan management and support coordination services
- Activity and support services
- Therapy
- NDIS Local Area Coordinators
- And much more!

Come and meet the providers who are here to help you navigate your NDIS needs!

Details:
When? **Tuesday 13th May 1pm-6pm**
Where? **Lake Colac School**
413 Murray Street Colac 3250

OCR FM Community Radio proudly presents a

SPICKS and SPECKS themed

Music Trivia and Games Night

COLAC RSL
FRIDAY 23RD OF MAY 2025
FROM 7:30PM

Music themed trivia, games and competitions.
Plus raffle with donations from local businesses.

\$15 per person, or \$10 for OCR FM Members
Up to 8 on a table. Dinner and drinks at bar prices.



Bookings Essential

Book online with the QR code or send details to admin@ocrfm.org.au or 52 321 991



FEELING THE PINCH AT THE CHECKOUT?

YOU'RE NOT ALONE – AND WE'RE HERE TO HELP

Rising living costs are putting pressure on many in our community. That's why the Forrest & District Neighbourhood House is launching a new Food Security Program to support households doing it tough at the moment (This is separate from our regular Food Share Pantry).

Thanks to a Victorian Government food security grant, we're able to provide additional relief to those who need it most. Please get in touch for more information, applications are open until Monday, 23 May 2025 with support commencing in June.

✉ forrest.nh@gmail.com
☎ 0493 105 502



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bring a friend

Come and try NAB AFL Auskick with us next week for FREE.

Forrest Auskick
16th May
4:30-5:30pm

[PLAY.AFL/AUSKICK](https://play.afl/auskick)

Forrest Primary School & Early Years Centre ABN 81 431 426 412

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