

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,

Update on Suspension and Expulsion Powers

You may have seen recent reports in the news about changes to suspension and expulsion powers in Victorian government schools. At Forrest Primary School and Early Years Centre, we remain committed to providing a safe, respectful and inclusive environment for all members of our school community.

From the beginning of Term 3 (Monday 21 July 2025), principals in government schools will have updated powers that allow them, in exceptional circumstances, to suspend or expel a student for serious behaviour that occurs outside of school grounds or hours, including online. This change recognises that sometimes student behaviour beyond school can significantly affect the safety and wellbeing of students and staff during school hours.

These powers will only be used if:

- There is a clear and close connection to the school, and
- The behaviour unreasonably affects the safety, wellbeing, or ability of students or staff to learn or work

It's important to note:

- These powers only apply to behaviours that occur from Monday 21 July 2025 onwards
- They do not apply to behaviours unrelated to the school or school community

At Forrest Primary School, we take a proactive and preventative approach to student wellbeing and behaviour. We proudly deliver the Respectful Relationships curriculum, which supports students to develop social, emotional and conflict resolution skills, and helps them build safe and positive relationships in all areas of their lives.

DATES FOR YOUR DIARY

JUNE

24 Art (MACC Visit)

JULY

1 Library (MARC Visit)

2 Student Led Conferences 3.30-5pm

4 End of Term 2- 2.30pm finish

21 First Day of Term 3



Students of the Week

As always, suspension and expulsion will remain a last resort. We will continue to work closely with students and families to support positive behaviour and uphold our school values of Respect, Persistence, Teamwork and Kindness.

A BIG THANK YOU!

A big thank you to Nicky, Freya, and all of the amazing parent helpers who worked so hard to make our recent Fete such a wonderful event. We truly appreciate the time, effort and care that went into organising everything—from planning and setting up stalls to running activities and packing up. Events like this take a lot of behind-the-scenes work, and we are so grateful to have such dedicated and generous families in our school community.

We would also like to extend a big thank you to the Lions Club for their generous donation and continued support. Their contribution helped make the day extra special and is a great example of the strong partnerships we enjoy with our local community.

Warm regards,
Megan
Murfitt

Principal

WELLBEING NEWS

Here are some great tips from the Australian parenting website 'Raising Children' (raisingchildren.net.au) about sport and encouraging children to have a positive attitude.

Being a good sporting role model

You are your child's most important role model, and you can be a good sporting role model for your child.

For example, whether you're watching sport with your child, watching your child play, or playing yourself, it can help to be aware of your comments. You can encourage a positive sporting attitude by cheering on your team for their efforts, even if they're losing badly. Putting down or abusing a team, umpire or anyone else can send a negative message to your child.

It's also good to point out and praise athletes who don't come first. You can talk to your child about how hard the athlete tried, despite the result. You might like to give some examples of athletes you



admire who don't always win but who are known as good sports.

STUDENT OF THE WEEK & PRINCIPALS AWARD

Micah for bringing a calm and kind energy into the classroom and for taking great care in his work especially in his drawings and tote bag designs. Well done Micah, keep up the awesome work!

Lucas Ward for consistently having a positive attitude towards learning and taking care with your work. It has been very neat and of a high standard. You have also shown a lot of kindness, respect and patience to others. Keep up the fantastic work - you should be very proud of yourself!

Leah Pakula - for being a helpful member of the classroom during reading. You demonstrate teamwork and kindness during learning and always show persistence. You are an all-rounder Leah! Keep it up

This award goes to Sunny for trying his best during phonics. You worked hard, listened carefully, and never gave up, even when the sounds got tricky. Your determination will help you grow every day—great job!

Maya for her kind and calming energy she brings into the classroom and for challenging herself in writing.

Jasmine for demonstrating fantastic team work during Forrest Fridays.

And when your child comes home after playing sport, ask your child whether they had fun rather than asking whether they won or lost. Focus on



enjoyment, participation, effort and being a good sport.

Being positive and encouraging at junior sport

Your behaviour at sport has a big influence on your child. Whether that influence is positive or negative depends on how you behave, speak, sound and take part on the sidelines.

For example, think about how your child might feel if you shout something like 'Oh, how could you miss that?' or 'Can't you run faster?' Compare those feelings to how your child might feel if you say, 'Great shot –

better luck next time!' or 'Keep going – you're almost there'.

Your tone and body language often have a big influence on your child too. If your child thinks you're angry with them for missing a shot, it can take the fun out of sport. It can also affect your child's self-esteem, if it makes them think they're not good at sport.

But if you look and sound like you're feeling positive and having fun, this can help your child feel the same way. At the end of the match, you can tell your child how much fun you had watching them play.

By being positive and encouraging on the sidelines, you're helping to create a good junior sport experience for your child and their team mates. But other people's behaviour can affect your child's experience of junior sport too. If your child sees any negative or abusive behaviour on the sidelines, it's important to talk with your child about it afterwards. Check in with how your child is feeling, and explain why that behaviour isn't OK.

SENIOR ROOM NEWS

PHONICS

Seniors have been exploring new ways to learn about prefixes and suffixes such as group spelling revision and categorising words in nouns, verbs, adjectives and adverbs.



WRITING: TEXT BASED UNIT

We have almost

finished out text based unit on "The Thing About Oliver" and students have loved this story. When we finish reading the text, students will have the opportunity to write a response and review, either in a book report format or a poster format. I am excited to see their final pieces! The seniors have also been working on exploring and understanding literary devices such as similes, metaphors, idioms and hyperbole; and this week participated in a scavenger hunt for our text based unit. Students found clues around the school that had quotes from our focus text. Students then had to decide what literary device it was and note down the corresponding

points. Despite the rain, students had a great time and it has been wonderful to see their knowledge of these concepts grow so much in a short time - well done seniors!





NUMERACY

We are finishing up our unit on division, and students have been working hard to further understand the connections between multiplication and division, and identifying missing divisors and dividends in equations.

WELLBEING

We have been learning about apologies—what makes a meaningful apology, how to give one, why they matter, and why changed behaviour is important after an apology. Students are also reflecting on how it feels to receive an apology as many of them shared they feel uncomfortable when someone apologises to them. In addition, we've been exploring how to give thoughtful, genuine compliments that go beyond surface-level comments like "You have nice hair." Students are also practicing how to feel comfortable accepting compliments and praise from others.

Birthday Greetings for:

Abigail

Upcoming Birthday
Greetings for:

Tom



MIDDLE ROOM NEWS

LITERACY HIGHLIGHTS

This week in literacy, our students sharpened their grammar and punctuation and learned how to add extra details to their sentences. Inspired by *The Most Boring Book Ever*, reimagining it in their own ways. We have also started our new Friday creative writing sessions; it's exciting to see the unique interests, writing styles, and story structures each student brings to their work.

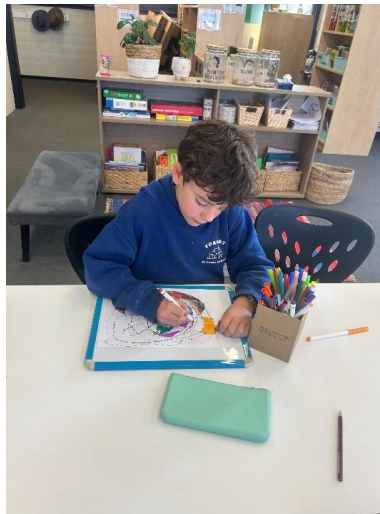
MATH ADVENTURES

In math, students are mastering multiplication—tackling tougher problems with 2- and 1-digit numbers. They're beginning to problem solve individually and with a partner which is awesome to see!



INQUIRY PROJECTS

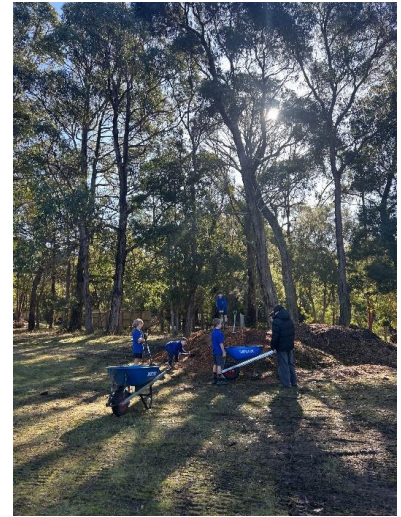
The Middles inquiry tote bags was a highlight! It was great to see them take care in planning and designing their own, each with an environmental awareness message. Students are now looking into 'upcycling' where they have planned their own "trash-to-treasure" gifts—using recycled materials from home and school. I can't wait to see what clever creations come next!



WELLBEING & NEUROGRAPHIC ART

In wellbeing, we explored neurographic art—a mindful, creative drawing method rooted in brain science. Students expressed

themselves using different dimensions and art materials, reflecting on how thoughts shape the mind.



FORREST FRIDAYS

It's been wonderful to watch the Middles and Seniors team up on Forrest Fridays, laying pavers with persistence and care. A big well done to everyone involved!



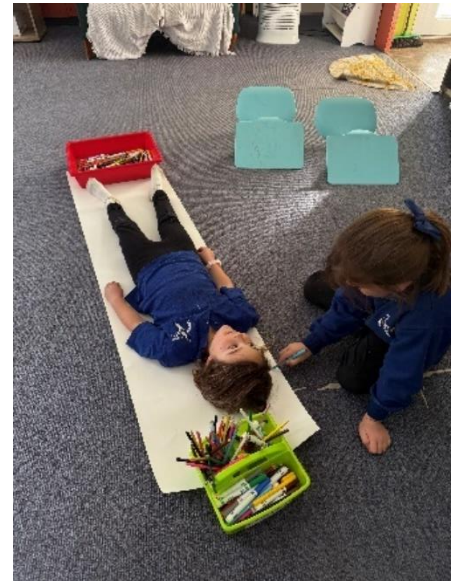
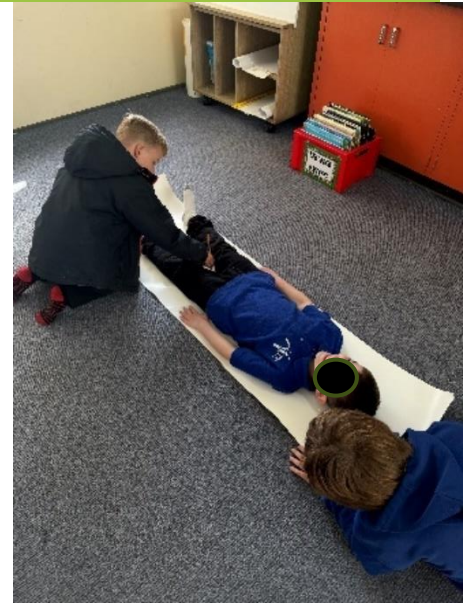
JUNIOR ROOM NEWS

Last week, our students explored the theme “What Foods Help Our Bodies Grow?” It was a hands-on and exciting learning journey! The children began by tracing their own bodies, which sparked lots of curiosity and conversation. Together, we identified some of our major organs—like the heart, lungs, brain, and stomach—and learned what each one does to keep us healthy. We also explored which foods help these organs work well and support our growth. From colourful veggies to protein-packed snacks, the students loved discovering how what we eat can make us strong and healthy. It was super fun and educational!



connection, community, and respect.

We're also excited for our upcoming Student-Led Conferences. The Juniors have been working hard preparing to share their favourite pieces of work from the term. They're practising how to speak confidently in front of an audience and are eager to show you what they've learned



Next week, we're looking forward to celebrating NAIDOC Week, a time to honour and learn about the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. We'll be participating in a range of activities that highlight the importance of this week and the value of

and created. It's such a valuable opportunity for them to reflect and take pride in their learning.

As the term wraps up, we would like to wish all our families a super holiday break! Looking forward to another great term ahead!



EARLY YEARS CENTRE NEWS

The last couple of weeks have seen the children explore topics such as Water Safety Week where we spoke about the dangers of water, how the swimmers we wear can either be seen or not and how to be safe around water. We spoke about "Kids alive do the five" and watched the song so we can learn these important five rules, even if we found it easier to say suffocate instead of resuscitate!



Secondly, we looked into Refugee week and what being a refugee means. The children then created their own Sunflowers which is the symbol of refugees symbolizing resistance, unity and hope.

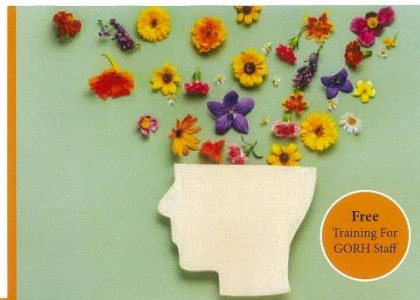
Just a quick reminder that the school holidays are coming in 2 weeks and that we will be closing at 2:30pm on Friday 4th July.

With the cold weather coming we ask that jackets be provided just in case the weather is wet or especially cold so that the children can still get outside and can we please also make sure that there are plenty of changes of clothes in their bags. Thanks.



Please be mindful that there are various colds and illnesses going on within the community and how important it is to keep children home if they are unwell to prevent the spread to everyone.

Cheers Di, Vicki, Indi & Britt.



MENTAL HEALTH FIRST AID COURSE

Approximately 20% of Australian adults experience a common mental illness each year.

Spotting the signs and symptoms of a mental illness in a friend, family member or colleague and knowing how to help them can change lives.

Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide, and poor quality of life.

The standard Mental Health First Aid course teaches you the skills required to help someone who may be struggling.

Upcoming Dates:
8.45am to 4.00pm Friday 22nd August & Friday 29th August
FORREST and district neighbourhood house
47 Grant street, Forrest, VIC

Bookings essential: <https://www.trybooking.com/CZZGG>

Please note you must attend both full days of the course

Cost: \$20



For more information please visit our website:
www.greatoceanroadhealth.com.au/services/mental-health/
p: 5237 8500 e: mhfa@gorh.vic.gov.au



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