

FORREST PRIMARY SCHOOL



Newsletter Week 8 Term 2 2021

Mission Statement

Forrest Primary School helps all of our students reach their full potential in a safe, loving, inspiring and challenging learning environment.

We strive to develop confident, compassionate, responsible children who are lifelong learners and can make the world a better place.

Our community is culturally diverse and we value and celebrate the perspectives, knowledge, skills and abilities all bring to our school.

EXECUTIVE ADDRESS

Dear Parents, Carers and Community Members,

Indigenous Garden Opening

What an exciting fortnight we have had. We officially opened the Indigenous Garden last Friday and it was a true celebration. Our Indigenous Garden has been a labour of love for the last few years. In 2018 it was suggested that we create a garden in our school playground. From that initial idea, we, as a whole school community, have worked with a variety of people to design the garden and raise funds to build it, and are now enjoying the magnificent space we have created. On Friday we were tremendously proud to officially open the garden as part of Reconciliation Week events. We were joined by Minister Yvette Berry (MLA), Director General Katy Haire and many parents, carers and community members. We began our opening with Aaron and Darren conducting the cleansing and smoking ceremony with our Culture Club students. The Culture Club students then led everyone in the student-created Acknowledgement of Country. Ms Pilgrim



Inside this issue:

Executive Address	1-3
Year 2	4
Action Club	5
Tournament of Minds	6
Market Day	7-10
Canteen	11
Community Notices	12-14
Contacts	15

DATES TO REMEMBER!

Musica Viva

Tuesday 15 June

Canteen Pizza Day

Wednesday 16 June

Reports sent home

Thursday 17 June

Year 1 Assembly

Friday 18 June

Kindergarten & Year 1

'Science Showoffs'

Monday 21 June

Parent Teacher Interviews

Tuesday 22—Wednesday 23 June

Market Day

Thursday 24 June

then shared with everyone how our Garden came to be, and the importance of inclusivity at our school and in our community. Minister Berry spoke of how the Garden is already such a rich space with a great story. Before the unveiling of the official plaque and name of the new garden, all the students sang 'Inanay' beautifully. Ms Berry then officially opened *Winanggaay*, meaning 'look, listen, learn'.



The journey to build *Winanggaay* is example of many hands coming together to create an important space. Our thanks goes to each and every member of the Forrest Primary School community who has had input in creating this wonderful outdoor learning space. Special thanks go to the following groups and individuals: Nicole Richardson, Jeremy Haddrill, Louise McMullen and Jemma O'Brien, who have been instrumental in creating and arranging funding for this space; Duncan Smith, an Aboriginal artist, who consulted with the school to create the mural and tunnels; Tony Maple from Rotary Weston Creek who installed the peace pole in 2020; the Forrest P&C who worked in many different ways to raise funds, apply for grants and feed the masses at the Working Bee; the staff and students at Forrest who have designed and created pieces of art, painted murals and even left their mark (in the form of handprints) on the large blue snake. Our parent community is also to be thanked for their continued support of a fully inclusive school that values everyone. It feels quite fitting that this year's Reconciliation Week theme is 'more than a word, reconciliation takes action'. That sentiment is evident in *Winanggaay*.

G.A.T.E.Ways

During Week 6, 13 of our students attended the G.A.T.E.Ways Language and Literature event, 'Tales of the Unexpected', hosted by Canberra Girls Grammar School. All students attended three different workshops throughout the day with a range of experts.

I enjoyed the three different workshops and working with different teachers. While I was there, I learnt that foreshadowing has four elements. 'Red herring' was my favourite because it throws the reader off and can trick them into thinking someone else was involved. This happens a lot in mystery stories.—Ansia (Year 2)

I had a great time, my favourite session was Character Collision with Zuzi Fort (who was really funny!). We did a lot of acting in groups. We improvised and learnt about characters. We had to play a lot of different roles and learnt how to use expression in our voice.—Camilla (Year 3)

Big Action Week

This week students from all year levels participated in our Big Action Week. The whole school community supported different charities by dressing up, viewing videos and promoting important issues such as sustainability, preservation of flora and fauna, and world hunger. Congratulations to all the students who helped to lead Big Action Week and develop the fundraising ideas with the Action Club teachers Mr Brompton and Mrs Kowalski. We are so proud of you for making our world a better place through your thoughts and actions.



South Weston Cross Country Carnival

Around 45 students represented Forrest Primary School at the South Weston Cross Country Carnival last week. Thank you to Mr Traviss for stepping in at the last minute to assist the students as they competed. Congratulations to everyone who participated in the event and well done for achieving some great results. Students who have qualified for the ACT Cross Country Championships held on 16 June have already been notified, and we wish them the best of luck!

School Photos

On Wednesday 9 June the school photos took place. Thank you to MSP Photography for once again providing an excellent service and top quality photos for students and staff. We look forward to seeing the final product in the next few weeks. If you have any questions about school photos, please email the school at forrestps@ed.act.edu.au

Thank you for your continued support,

Candice Kingston
on behalf of the Executive Team

JUST A REMINDER...

If your child is **absent** from school, please notify the **front office** at **forrestps@ed.act.edu.au** (preferred method) or on 6142 1470.

If your child is **late** to school, please remind them to sign in at the front office and obtain a **late arrival pass** for their teacher.

Thank you!

WINANGGAAY STORY POLES

The five story poles represent traditional Indigenous dreamtime stories. The stories were illustrated by the students and staff of Forrest Primary School 2021 for the opening of *Winangaay* on 4 June 2021.

- 1: Mununja the Butterfly
- 2: Dyrri the Frog
- 3: The Swan
- 4: How the Birds Got Their Colours
- 5: Myee, Bogong Moth Woman



YEAR 2

On Tuesday 25 May, Year 2 students were excited to be able to visit the Australian National Botanic Gardens for the day. We enjoyed beautiful weather while we explored the Banksia Garden and the Rainforest Walk. We also learned all about planting seeds and caring for plants. During our visit we had an extra special surprise encounter with Costa (from Gardening Australia) who happened to be filming there on the day!



Year 2 Excursion to ANBG

Yesterday we went to the Australian National Botanic Gardens. We saw all different kinds of plants and flowers and also we learned all about growing plants.



Year 2 excursion to ANBG

yesterday we went to the Australian National Botanic gardens. we planted seeds, we did a show, we walked in the rainforest and saw ferns, Eucalyptus, we saw cactus, I saw flowers, we had lunch break, we had recess break, we had a play, then we got on the bus and we went back to school.



Year 2 Excursion to ANBG
Yesterday we went to the Australian National Botanic Gardens. we planted seeds, went on a rainforest walk, did a drama show, saw plants like banksia and tree ferns. We also saw flowers and Costa.

ACTION CLUB

What a BIG week we have had here at Forrest Primary! We have had so many students attending Action Club each week and they have been busy researching organisations who are making a difference to animals, people and plants, both in Australia and around the world.



The whole school has been involved in dressing up as trees to support The National Arboretum, bringing in our favourite stuffed animals to raise money for the RSPCA, watching 'Sammy & Co' on a freezing cold day to support WWF and the Green Sea Turtle, eating yummy baked treats to raise awareness about world hunger as well as money for OzHarvest, learning about Vaquitas, dressing up as an Australian animal to help endangered animals through The University of South Australia, and buying raffle tickets and watching 'Oddball' to support Fairy Penguins.

WOW! So many amazing organisations and causes to learn about and support here in Australia!

Thank you to all of the caring and open-minded students who have supported all of the groups who worked so hard to make our Big Action Week a huge success.

- World Hunger (OzHarvest)—Cecilia, Lily, Abigail, Chloe (Year 5)
- Fairy Penguins (Penguin Foundation)—George (Year 3)
- Trees (The National Arboretum)—Mia, Olivia, Jianuo and Sasha (Year 3)
- Endangered Australian Wildlife (University of SA)—Lochie, Haritha, Adrian, Navin, Corella, Lizzie (Year 5)
- RSPCA—Frankie, Elsie and Lara (Year 3)
- Green Sea Turtle (WWF)—Oliver (Year 3)
- Vaquita (awareness)—Zia and Mehrsa (Year 4)



TOURNAMENT OF MINDS

The last seven weeks have seen students across Years 4—6 passionately participating in the Forrest Primary Tournament of Minds auctions.

The students formed teams and spent two lunch times a week developing a solution to a TOMs Long Term challenge that was presented to a panel of judges during Week 7. It was amazing to see the number of students who joined this journey, each bringing a set of valuable skills that any TOMs team would be lucky to include. Congratulations to all those who participated during the audition process—your efforts were outstanding, and you should be extremely proud.

Amongst the amazing group, only seven students could be selected to represent Forrest Primary School in the 2021 Tournament of Minds competition.

Congratulations to the following students who will represent Forrest Primary School:

Zayn (6B)	Aya (6B)	Ethan (6B)	
Jamal (6K)	Adrian (5B)	Ashlyn (4P)	Joanna (4P)

We look forward to working with the team to compete against other ACT schools in September.

Briana Cobden, TOMs Facilitator



MARKET DAY

On Thursday 24 June (Week 10), Year 5 will be holding Market Day! Each group has worked hard on their ideas, and will be selling a range of products, games and experiences on the day. Please have a look through the posters and discuss with your child what they might like to do or buy on the day.

OUR STALL FOR MARKET DAY

WHEEL O' DOOM!

What we will have at our stall: Where you will find us: Next to the brick wall

A WHEEL FOR YOU TO SPIN!
PRIZES FOR YOU TO WIN!
A LUCKY DIP FOR YOU TO GET A PRIZE!

Costs:
1 spin= 1 ticket
3 spins= 2 tickets
5 spins= 3 tickets

All about us:
We will be selling turns on a wheel which you can spin to get a prize. Prizes are going to be: a lucky dip, stress balls and coupons for another turn spinning the wheel.

Thank you!

Life's not on without Ani'Con

Ani'Con

THE MARKET DAY STALL

\$1.00 The Turtle Game

\$2.00 Pet Rocks

\$1.00 Bookmarks

\$1 Edimals

\$1.50 Stress Balls

CRAFT N' CREATIONS

At our stall, we will sell bookmarks, bag-chains and pet pom poms.

There will also be prizes, as some items will have a lucky gold sticker on them which means you get a prize!

We will have a discount of buy 2 get 1 FREE!!!, and we will be hosting a marble drop game!
The price of one turn will be \$0.50
The bookmarks will cost \$0.50 to \$3.00
The bag-chains will cost \$1.50 to \$3.00

FIDGETS N FUN

WIN IT, DON'T MISS IT

COST

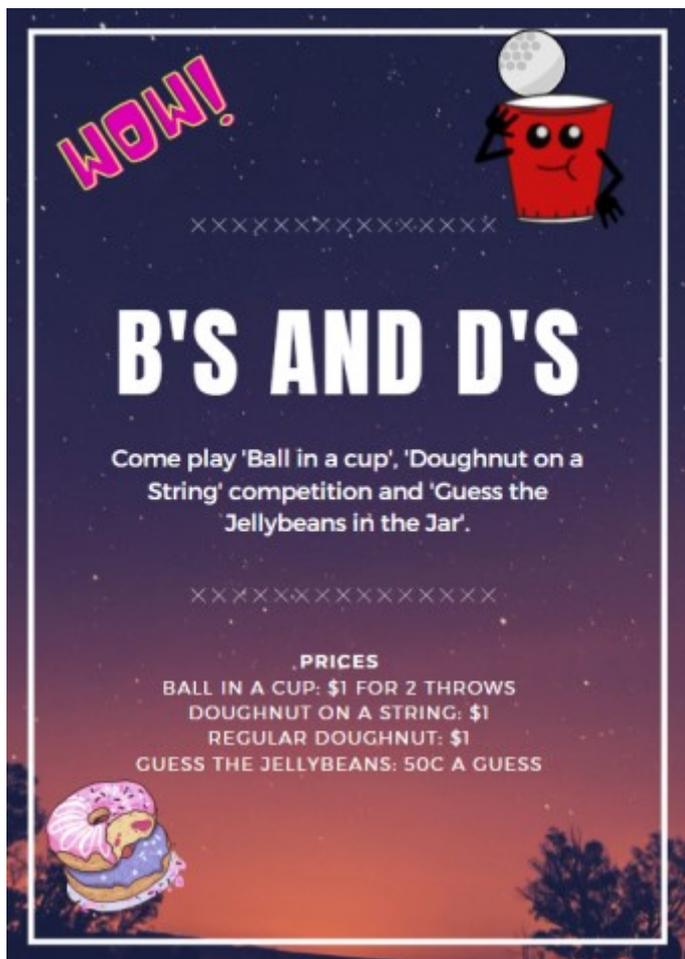
For all games the price will be \$1.50 for 2 turns + \$2 for 3 turns

Games

- Mystery Box
- Bucket Toss
- Knock The Cans
- The Mini Vending Machine

Get a free fruity chew if you're one of the first to arrive

MARKET DAY



WOW!

XXXXXXXXXXXXXXXXXXXX

B'S AND D'S

Come play 'Ball in a cup', 'Doughnut on a String' competition and 'Guess the Jellybeans in the Jar'.

XXXXXXXXXXXXXXXXXXXX

PRICES
BALL IN A CUP: \$1 FOR 2 THROWS
DOUGHNUT ON A STRING: \$1
REGULAR DOUGHNUT: \$1
GUESS THE JELLYBEANS: 50C A GUESS

The Genre Bros

50c for 2 tries in the mystery grab
\$1 for 1 min of soda fishing



Bring your friends along and vs them

Come on bro come to the stall we are going to have fun awesome games and you will love it dudes/gents!



CHICKEN COOP

PRICES:
\$1.00 - RANDOM ROUND
\$1.50 - CUSTOM ROUND
50c - LUCKY DIP

CHICKEN THEMED SCAVENGER HUNT



CRAFT, CANDY AND CARNIVAL Games!

COME TO CRAFT, CANDY AND CARNIVAL GAMES!
You Will be the happiest person in the WORLD!

We sell:

- Stress balls \$ 1.00 (they are also prizes)
- 6 pin bowling \$ 1.00
- pull the paddle pop stick \$1.50
- Guess how many gummy bears in the jar \$1.00
- Raffle 50¢

MARKET DAY

The lolly bags you can win are won by shooting the cats this is not use the gun



Shoot, Munch and Win

Prices
\$2 for 6 shots
50¢ raffle ticket.

WE'RE SAVING

SPIDER DRINKS



SUN - BUBBLES

COME TO OUR MARKET DAY STALL

ONLY \$2.50 per cup!

Starlight Showgrounds!

We do carnival games such as...

- Jelly bean Jars
- Ball toss
- Spin the wheel

Our prizes include...

- Candy (lollies)
- Courtesy Balls
- Bubbles
- Stretch Balls







ANIA I-7-

BETH

7+0-1N

FRIBBO

Was \$3.00 Now \$2.50 for set



Hot deals!

\$1



\$1

GAMES!

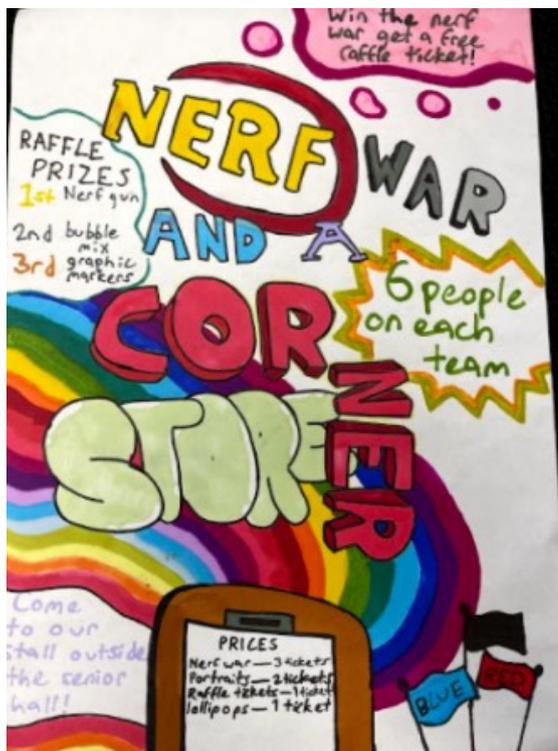


3 throws for \$1




Where frogs are fantasy

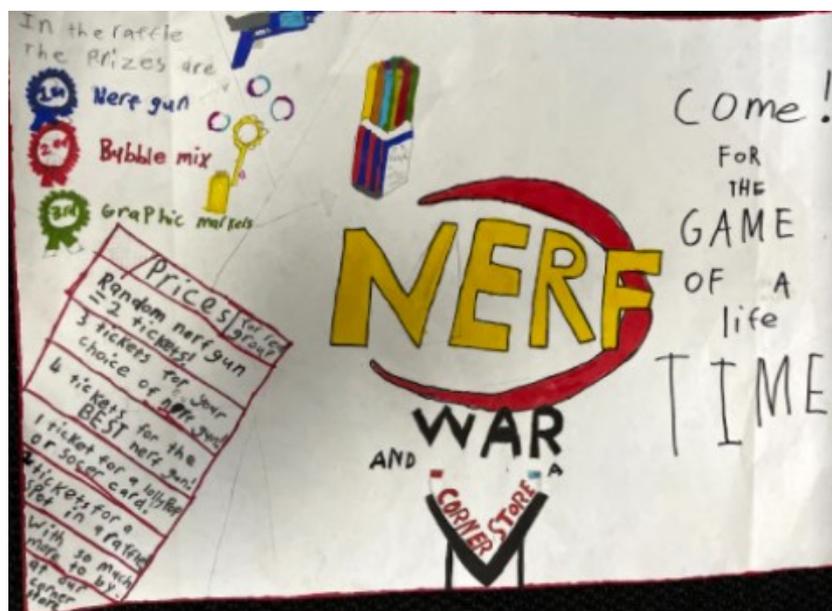
MARKET DAY



Ticket orders due
Tuesday 22 June

MARKET DAY!

Thursday 24 June
Week 10
during school hours



CANTEEN

The Canteen is having a pizza day this term!

This is a fundraiser for the Canteen.

Enjoy a slice of pizza or two, a treat and a drink!

Options are available when you order on FlexiSchools.

Wednesday 16 June

Week 9

Order on FlexiSchools by Tuesday 15 June at 10:00am

Please note that regular lunch orders will not be available on this day.

If you have any questions, please contact Dipendra, the Canteen Manager, at
canteen@forrestpandc.com.au



COMMUNITY NOTICES



SAFE ONLINE TOGETHER

Do you have arguments about technology use at home?

We are running a workshop for families with school-aged children (11-16) to reduce family conflict around media use.

Each workshop will consist of a maximum of 25 people.

Date: Tuesday 3 August 5:30-7:30pm

If you would like to participate, please complete the following google form -

<https://forms.gle/WKg89LaTnjqiEoUx8>

If there is significant interest in the event we will explore hosting another session.

For more information please visit:
<https://www.safeonlinetogether.com>



COMMUNITY NOTICES



NEWS & MEDIA
RESEARCH CENTRE



Safe Online Together

Reducing conflict within families around media and technology use

Is device and technology use a source of conflict in your household?

Are you concerned about your children's use of technology, but struggle to manage it?

Researchers from the University of Canberra, in partnership with Community Services #1 and Capital Region Community Services, are holding a series of workshops with families to help them navigate and manage media and technology use at home.



Is this another cyber safety presentation?

No. Rather than focusing primarily on risk, workshops are aimed at promoting mutual understanding of media use between parents and their children, to help families negotiate media use and reduce conflict. We aim to help families maximise the benefits of digital media technologies while minimising the risks.

Who can attend?

Workshops are aimed at families with at least one child aged between approximately 11-16. While the entire family does not need to attend (but are welcome to!), workshops are designed for parent/s and their child/ren together.

When will they be happening?

The workshop will be held on Tuesday 3 August 5:30-7:30pm. If there is a lot of interest in this presentation, we will be exploring the option of hosting another session.

Is there a cost?

No – the workshops are free, **and we will provide pizza and refreshments.**

Can I tell others about the workshops?

Yes!

Is this a research project?

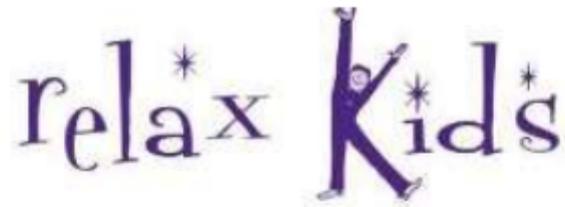
While our primary goal is to help families, data generated from the workshops will be collected to evaluate the project and inform ongoing research and future initiatives. While some of this data may be published in scholarly journals, all data will be anonymised to protect the privacy of participants. The project has been approved by the University of Canberra Human Research Ethics Committee.

How do I sign up?

As there are limited numbers (25 per session) please complete the following online signup form - <https://forms.gle/WKg89LaTnjqIEoUx8>

More information about the project can be found at safeonlinetogether.com

COMMUNITY NOTICES



**Term 3 2021 Chill Skills Program
8 Week Course for 8-12 year olds
Wednesdays 4-5pm at the
Erindale Neighbourhood Centre
(Commencing week 2 of term 3 2021)**

Would you like your child to have better sleep, concentration, attention span, confidence, listening skills and self esteem?

Do you wish to help your child to be more mindful and happy, reduce their stress and anxiety levels and manage their moods and emotions?



The classes include:

DYNAMIC warm-up and exercises, EXCITING games
RELAXING stretches, CALMING breathing exercises
SOOTHING peer massage, POSITIVE affirmations
CREATIVE visualisations, mindfulness and meditations

**The cost of the 8 week course is \$160
and it is facilitated by Simone Roxburgh**
Simone is passionate about supporting children and adult's wellbeing through the Relax Kids program (that she has facilitated since 2014) and the Mindfulness course for adults that she also provides.

Bookings are essential:
email simoneroburgh80@gmail.com
or phone 0410 455 177
(Please book in early as spaces are limited)

THIS IS A PAID ADVERTISEMENT

CONTACTS

Front Office:	6142 1470
Enrolments:	6142 1476
Deakin Preschool:	6142 2853
Email address:	forrestps@ed.act.edu.au
Website:	www.forrestps.act.edu.au
Principal:	Chris Pilgrim, christine.pilgrim@ed.act.edu.au
Deputy Principals:	Hayley Singh, hayley.singh@ed.act.edu.au Renee Berry, renee.berry@ed.act.edu.au
Business Manager:	Sonya Campbell, sonya.campbell@ed.act.edu.au
Board Chair:	Cameron Bowles, fpsboardchair@gmail.com
P&C President:	president@forrestpandc.com.au
P&C Website:	www.forrestpandc.com.au
Forrest Out Of School Hours Care:	6295 8985, info@fooshc.org.au
Uniform Shop:	uniforms@forrestpandc.com.au
Canteen:	canteen@forrestpandc.com.au