FORREST PRIMARY SCHOOL

Newsletter Week 2 Term 2 2020

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.

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PRINCIPAL'S ADDRESS

Dear Parents and Carers,

I'm pleased to let you know that ACT Public Schools will return to on-campus learning in a staged approach from Monday 18 May. Please find the details in the attached letter from Katy Haire, Director-General of the ACT Education Directorate.

The health and wellbeing of our school community is a priority, and we will be taking steps to make sure our school is a safe environment for everyone. Please see the advice which will guide our approach in the attached letter from Dr. Kerryn Coleman, the ACT Chief Health Officer.

I'll stay in touch with you in the weeks ahead and provide further details as our return plans are finalised. You can also visit www.education.act.gov.au for the latest information about ACT Public Schools.

As we prepare to return to school, there will be lots of questions—certainly more questions than answers at the moment—but I am confident it will all work out well.

In reflecting upon the COVID 'session' of our educational year, I want to thank all parents and carers, and acknowledge you for the amazing job you have done in different ways. You have achieved so much under such difficult and trying circumstances in keeping your families safe, doing your jobs, and helping your children. I want to acknowledge you for the gratitude you have shown to teachers and for the way many of you have expressed appreciation for them. Many of you have said that you have a new regard and respect for teachers, and I assure you that that affirmation has not gone unnoticed by them. They are working harder and longer than before but still enjoying collaborative planning and delivery of their programmes. They have enjoyed learning how to deliver remote learning, and they have

STAGED RETURN TO ON-CAMPUS LEARNING

Friday 15 May
Last day of Safe & Supervised Site operation

Monday 18 May
Preschool
Kindergarten
Years 1—2

Monday 25 May
Years 3—4

Tuesday 2 June
Years 5—6

Please see the letter from the Director-General for full details

If you have any questions or concerns, please email **forrestps@ed.act.edu.au**

loved connecting with you by phone and learning how it is for you.

They are also looking forward to starting up again at school because they miss your children. Those of us who have worked at the hub have enjoyed the privilege of connecting with your children.

For the next one, two or three weeks, remember that we still do not expect you to be teachers. If it seems too much, pick and choose activities, as your children will not be disadvantaged if they don't do it all. Contact the teachers whenever you need to, as someone on the team will always be able to get back to you.

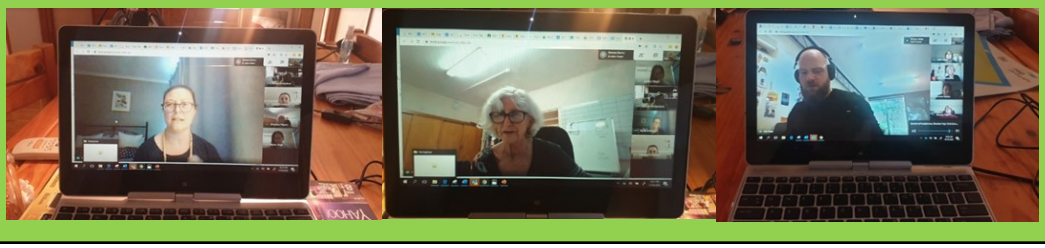
Hayley Munsie and Renee Berry have been working on some activities for children and families, and we hope you enjoy them! I also read in the paper this week that a good idea for Mother's Day right now is to have a 'home spa'. I know three of my granddaughters who will love to do that for me and my daughters, so I'll be luxuriating in their loungeroom and enjoying mud packs and massages (and hopefully pancakes) on Sunday. Then comes the cleaning up though, which I know will be the tricky part! Enjoy Renee's page on wellbeing for families, and Hayley's list of independent activities for children.

Warm regards,

Chris Pilgrim
on behalf of the Executive Team

Collaborative Planning Continues

Collaborative planning is alive and well at Forrest Primary School! Teachers and support staff are using Google Meet to connect and collaborate during this time of change. Staff have been engaged in online learning seminars that have helped them to learn new knowledge and skills in the area of online learning. Teams are meeting regularly to discuss the delivery of their remote programmes. Google Meet is a very secure way to communicate and share ideas. The meetings can easily be recorded so that team members can watch it later if they are away. Teachers are also regularly holding Google Meets with their classes. These Meets have been extremely successful in helping students to connect with each other and socialise in a safe environment. We look forward to more collaborative meetings this term to ensure our programmes are consistent, and that we are delivering excellent education for all.



WELLBEING

EXPERIENCES TO PROMOTE WELLBEING

for children and families

We recognise and acknowledge the challenging times that we are currently facing. In supporting our families, we have compiled a list of experiences and activities that align with our philosophy of Positive Education and can be utilised to support wellbeing, promote mindfulness and strengthen relationships. The activities and experiences are designed to be completed independently by your child/ren or together as a family.

Additionally, the Education Directorate has compiled a range of useful wellbeing resources for students and families that may help you to support your children during this challenging time.
https://www.education.act.gov.au/public-school-life/information-on-novel-coronavirus-covid-19

Sky-gazing - You can sky-gaze during the day or at night, by watching the clouds or by looking at the stars! As you watch, discuss what you see. There are some useful apps to help you recognise the constellations https://spaceplace.nasa.gov/starfinder/en/ or the clouds https://cloudspotterapp.com/

Kindness Rocks - Kindness rocks are a great way to show gratitude and promote positive relationships. It is as simple as finding a rock and painting it with a message that is kind or inspires positivity. Check out the following websites for inspiration. https://www.teachstarter.com/au/blog/teaching-kindness-one-rock-time/ https://www.thekindnessrocksproject.com/

Backyard Camping/Glamping - You don't need to leave the backyard to experience the 'great outdoors'. Backyard camping is a wonderful way to spend time together as a family (screen free) and it gives you the opportunity to connect with nature. Some interesting ideas and tips can be found at https://www.parenting.com/activities/family-time/14-ideas-for-camping-out-in-your-backyard/

Cosmic Kids Yoga -Cosmic Kids Yoga is a series of guided mindfulness and relaxation yoga sessions for children. Each Yoga session has a theme or story and takes children on adventures through their favourite stories or games such as Pokemon, Minecraft and Frozen! https://www.youtube.com/user/CosmicKidsYoga

Calm (App) - Calm is the perfect meditation app for beginners, while including hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit in with your schedule.

Breathing Bubbles (App)- Breathing Bubbles is an app that helps children to practise to release worries and to focus on good feelings. Children select the emotion they are feeling and then determine how strongly they are feeling it.

WELLBEING

Gardening - Gardening is a great way to support mindfulness. This website describes some excellent ideas and benefits for gardening with children
https://www.betterhealth.vic.gov.au/health/HealthyLiving/gardening-for-children

Puzzles and Colouring - Colouring in is a fantastic way to promote mindfulness and provides a chance to relax and refocus. It also has been shown to decrease stress. There are many colouring sheets that you can access on the internet, just print and enjoy!

https://www.google.com/search?rlz=1C1GCEA_enAU889AU890&q=mindfulness+colouring+in+for+kids&tbm=isch&source=univ&sa=X&ved=2ahUKEwjNp-eSydDoAhUpxTgGHS0yD4IQsAR6BAgKEAE&cshid=1586065390241268&biw=1280&bih=648&dpr=1.5

Additionally, puzzles can be just as relaxing! Kmart and Big W have affordable family friendly puzzles that can be purchased. There are also lots of maths and word puzzles that can be completed online.

Still looking for ideas - try these websites:

18 Mindfulness Games, worksheets and activities for kids

https://positivepsychology.com/mindfulness-for-kids/

5 Fun Mindful Activities for Children

https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises

15 Fantastic Ways to Teach Mindfulness to Kids

https://www.yogiapproved.com/om/ways-to-teach-mindfulness-to-kids/

Below are some resources that can be accessed by **you** (parents/carers) that support wellbeing, positive mental health and relaxation.

Centr - Chris Hemsworth has offered 6 weeks free access to his fitness, wellbeing and nutrition application/website. The app includes workouts, recipes, mindfulness and meditation activities as well as bonus ideas around wellness, fitness and lifestyle.
https://centr.com/join-us

Virtual Concerts - Sit back and relax and enjoy a range of concerts, including jazz, Broadway musicals and many other artists.
https://www.sydneyoperahouse.com/digital.html

Brene Brown - Dr. Casandra Brene Brown PhD, LMSW (born November 18, 1965) is a professor, lecturer, author, and podcast host. She also hosts the Unlocking Us podcast. Her TED talk is one of the top five most viewed TED Talks in the world.
https://brenebrown.com/

ACTIVITIES FOR CHILDREN

Dear Parents,

We have compiled a list of activities that children can do without your direct supervision or teaching. These are fun activities that can be done either online or in and around the house.

Some of these links are YouTube videos and as such, at the completion of each video, another video will automatically stream. We have no input into what will appear, so teaching your child to click the stop button at the completion of the set video is advised.

Live Streams and Educational Videos

- ABC Education https://education.abc.net.au/home#!/home
- SeaLife Sydney Aquarium https://www.sydneyaquarium.com.au/explore/live-stream/
- Zoos Victoria https://www.zoo.org.au/animals-at-home/
- Taronga Zoo https://www.theurbanlist.com/sydney/a-list/taronga-tv-live-stream
- The Squiz Kids (news podcast) https://www.squizkids.com.au/
- Australian Reptile Park
  10:00am Educational Videos: look at Tim Faulkner's Facebook & Instagram pages and on the Australian Reptile Park's YouTube Channel
  2:00pm Live Streams: look at the Australian Reptile Park's Facebook and Instagram pages

Musicals and Plays

- Filmed on Stage http://filmedonstage.com/about

Drawing

- Enviro Print Australia http://enviro-print.com.au/sustainability/
- Creative Bloq https://www.creativebloq.com/free-kids-drawing-lessons
- Art for Kids Hub https://www.youtube.com/user/ArtforKidsHub

Stories

- Audible https://stories.audible.com/start-listen
- BookTrust https://www.booktrust.org.uk/
- Storyline Online https://www.storylineonline.net/
- Children's Storybooks Online http://www.magickeys.com/books/

The Great Indoors and Outdoors

- Scouts https://www.scouts.org.uk/the-great-indoors/
- North Shore Mums https://www.northshoremums.com.au/fun-home-activities-with-kids

ACTIVITIES FOR CHILDREN

Hands On Activities

- Stage a tea party and have your children invite every single soft toy and doll in your house. The preparations will keep them busy for hours!

- Stage a scavenger hunt in your home by giving your children a list of objects to find. Incorporate numbers, shapes and colours as clues.

- Ask your children to write letters to each other on how to be better siblings. Yet again, we're sure you'll get a mile-long list.

- Set up an indoor golf course using cups or tin cans on their sides for holes.

- Challenge your children to put together a play or musical, complete with a script, costumes and props, ready to perform!

- Challenge your children to draw self-portraits by looking in a mirror—or to draw portraits of each other.

- Children can create a box city using recyclable materials, and textas and crayons to decorate each 'building'. The toys in the house can role play in the city for hours.

- Ask your children to create a 'home restaurant', complete with tonight's menu, a sign with the restaurant name, and the table/s set, ready for customers. If possible, children can participate in the preparation of dinner that night!

LIBRARY

Chief Minister's Reading Challenge

I know everyone has been enjoying reading lots of books at home, either online or in print, but are you remembering to write them down for the Chief Minister's Reading Challenge? All Forrest Primary School Students, Preschool—Year 6, are registered for this!

Challenge commenced Monday 17 February 2020
Challenge concludes **Friday 31 July 2020**

If you began the CMRC in Term 1, your challenge is to read 30 books!
If you began the CMRC in Term 2, your challenge is to read 15 books!

For more information, visit
https://sites.google.com/ed.act.edu.au/act-home-learning/get-involved/chief-ministers-reading-challenge

We would usually receive visits from CMRC Ambassadors this term. However, due to the current situation we have had to cancel these. In lieu of these visits, the Ambassadors have kindly created videos for our students. They will soon be posted here: https://sites.google.com/ed.act.edu.au/act-home-learning/resources-to-support-home-learning.

MURAL & GARDEN

When you return to school, have a look at our beautiful new Indigenous mural and garden!

PHYSICAL EDUCATION

School Sport ACT Virtual Cross Country

Traditionally, Term 2 is when SSACT focuses on our Regional and State Cross Country events in preparation for the School Sport Australia (SSA) Championships held in late August. With all events cancelled due to the current COVID-19 safety restrictions and the disruption to most school's ability to conduct their school Cross Country events, SSACT would like to offer the opportunity for schools to enter their students into the SSACT Virtual Cross Country.

If a school is interested in participating, the School Sport Coordinator, or other delegated teacher, would disseminate information, collate results shared by their students and send onto SSACT for sharing with the wider community. The Virtual Cross Country is for participation purposes only to encourage students to get outside, be active and challenge themselves to improve. The results will not be seen as official performances nor utilised for representative selection.

Distances for each age group are shared on the table below. Students can choose to run;

- The Stromlo Forest Park Courses, with loops and maps also provided below.
- The course their school Cross Country carnivals would utilise around the school grounds or nearby.
- A course the student has devised in their neighbourhood with the distance confirmed via a Fitbit or Garmin type device.

Note: Whatever course is selected by the student, all social distancing protocols must be adhered to.

Instructions

- The School Sport Coordinator, or delegated teacher, will share the Virtual Cross Country opportunity with their parent and student community to ascertain interest and numbers. *Please inform all participants that the top performances will be shared on the SSACT FB page and website with school, first name, surname initial only, age group and time, e.g. Torrens Primary School - Sarah M., 8 Years, 1km, 4.53 mins*
- School interest to participate to be sent via email to SSACT Support Officer, Aaron Powell, info@schoolsportact.org.au
- Students are to be encouraged to run their chosen course 1-2 times a week and submit their best weekly time back to the School Sport Coordinator.

Collation of Results

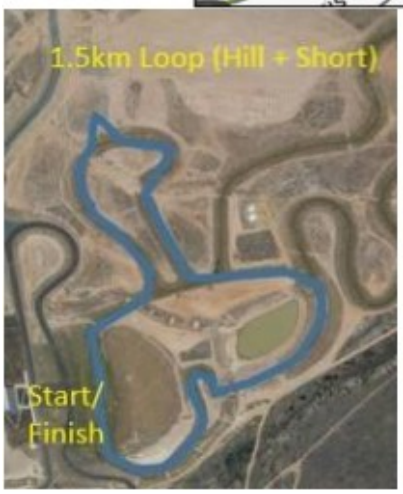
- Utilising the SSACT Weekly Results Form provided, the delegated teacher will collect participating student's results over a 4-week period (Weeks 3, 4, 5 and 6).
- After the first 2 weeks, by Friday 22 May, end of Week 4, the delegated teacher will share the form with SSACT info@schoolsportact.org.au highlighting their top performing student and the most improved Personal Best time student in each gender and age group - this will be the 'halfway highlights' shared on the SSACT Facebook page and SSACT website's Cross Country page.
- By Friday 5 June, end of Week 6, the delegated teacher is to once again share the form with SSACT info@schoolsportact.org.au highlighting the top performing student and most improved Personal Best time student in each gender and age group – this time performances compared across the entire 4 week period. These results will also be shared on the SSACT FB page and website.

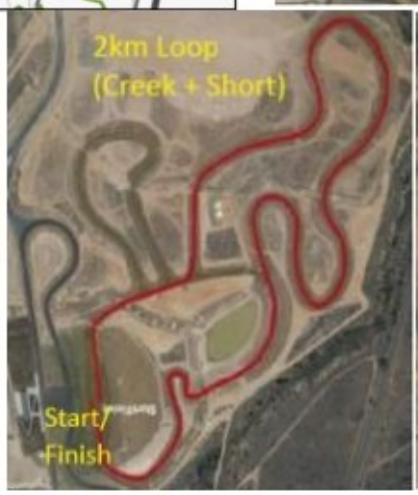
Schools may choose to add a Sponsorship per kilometre run component to the 4 weeks to fundraise for a chosen charity and acknowledge all participating students as they wish.

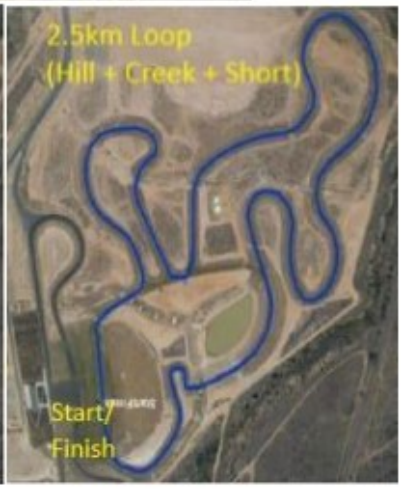
PHYSICAL EDUCATION

Age Group (Age turning this year)	Distance		Stromlo Forest Park Loops
8 Year Olds		1km	1 x 1km (Short Circuit)
9 Year Olds		1.5km	1 x 1.5km (Hill Loop and Short Circuit)
10 Year Olds		2km	1 x 2km (Short Circuit and Creek Loop)
11 Year Olds		3km	2 x 1.5km (2xHill Loop and Short Circuit)
12 Year Olds		3km	2 x 1.5km (2xHill Loop and Short Circuit)
13 Year Olds		3km	2 x 1.5km (2xHill Loop and Short Circuit)
14 Year Olds		4km	1 x 1.5km + 1 x 2.5km (1xHill Loop with Short Circuit + 1xHill Loop with Creek Loop and Short Circuit)
15 Year Olds		4km	1 x 1.5km + 1 x 2.5km (1xHill Loop with Short Circuit + 1xHill Loop with Creek Loop and Short Circuit)
16/17/18 Year Olds	Girls	4km	1 x 1.5km + 1 x 2.5km (1xHill Loop with Short Circuit + 1xHill Loop with Creek Loop and Short Circuit)
	Boys	6km	1 x 1km + 2 x 2.5km (1x Short Circuit and 2xHill Loop with Creek Loop and Short Circuit)

Stromlo Forest Park Course Map and Distance Loops







STUDENT SUPPORT

Dear Parents and Carers

The mental health and wellbeing of your child important to us, and we acknowledge that the challenges associated with social distancing, isolation and on online learning can lead to people experiencing a range of feelings such as anxiety, boredom, frustration or fear.

To help you and your child at this time, the Education Directorate has established a new telehealth service—the **Student Wellbeing Telehealth Support Service (SWTSS)** to provide support during the Learning from Home period. This psychological support will be provided via video-call (when available) or phone call and is available to students in Kindergarten—Year 12, and their families.

The telehealth model is a new way of providing a service to students and their families. The service will use evidence-informed practices to help students deal with a wide range of learning or wellbeing issues they might be encountering. You or your child can speak with our school wellbeing support team via forrestps@ed.act.edu.au, or alternatively, request a booking directly through the SWTSS. Appointment requests can be made by:

- Completing the online booking form available at https://tinyurl.com/actedutelehealthservice
- Calling 6205 1559 between 9:00am and 4:30pm

Appointments are available between 9:00am and 4:30pm, Monday to Friday. The last appointment for the day starts at 3:30pm.

It is important to note that the SWTSS is *not a crisis service* and the team will refer students to emergency services '000' or the Crisis Assessment and Treatment Team (CATT) to respond to all emergencies. Referral sources such as Child and Adolescent Mental Health Service (CAMHS), Headspace or GP will continue to apply as required.

If you have any questions or require any support to make a booking with the SWTSS, please contact forrestps@ed.act.edu.au.

Thank you,

Clinical Practice
Student Engagement
ACT Education Directorate
www.education.act.gov.au

COMMUNITY NOTICES

Enrolling in Preschool in 2021

ACT Government | Education

If your child turns four on or before 30 April 2020, they were able to start preschool in Term 1, 2020. **If your child turns four after 30 April 2020, they can start preschool in 2021**

All four year old ACT children are guaranteed a place in a public preschool. However, you are not guaranteed a place at the preschool site of your preference, due to capacity constraints at some sites. All preschools offer a high-quality early childhood education.

Enrolments for 2021 open from 6am on Tuesday 28 April. Apply before 5 June 2020 to receive an offer from 27 July 2020. Apply online at **education.act.gov.au**

2021 school enrolments now open

ACT Government | Education

1. **Go to education.act.gov.au** for information on your local school and to enrol online.
2. **Apply before 5 June 2020** to receive an offer from 27 July 2020. This means there is ample time to submit your application to be included in the initial round of offers.

COMMUNITY NOTICES

KINDERGARTEN HEALTH CHECK

Due to the redeployment of Registered Nurses during the COVID-19 pandemic response and the closure of schools, the **2020 physical component of the Kindergarten Health Check has been cancelled.**

The Academic Unit of General Practice questionnaire data, completed by parents at the beginning of the 2020 school year, has been collected as usual. The results of the questionnaire will be sent to the GP if consent has been given to do so. If you have concerns regarding the physical check, please see your child's GP for assessment. For more information, please contact the School Health Team on 5124 1585.

NBN'S EDUCATION ASSISTANCE PACKAGE

To help Australians respond to the COVID-19 pandemic, **nbn** is assisting phone and internet providers to support low-income family households with school-aged children who do not currently have an active **nbn** connection at home.

The assistance period runs from 1 April 2020—30 September 2020.

For further information, please visit **www.nbnco.com.au/response**

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 Munsie, hayley.munsie@ed.act.edu.au Renee Berry, renee.berry@ed.act.edu.au
Business Manager:	Ann Hayres, ann.hayres@ed.act.edu.au
P&C President:	Jarrod Fitzgerald, president@forrestpandc.com.au
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