

FORREST PRIMARY SCHOOL



Newsletter Week 8 Term 3 2019

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

The changing face of education is a regular topic of conversation within our staffroom, meetings and indeed our classrooms. To try to avoid change is like trying to successfully hold your breath. The world is changing; our lives are changing and it only makes sense that our approach to education does as well. Keeping abreast of current educational research is a key component of our leadership team's approach to leading our school. We are lifelong learners who are striving to learn each and every day.

So, with all of this information entering our daily lives it is important for us as school leaders and teachers to stop and sift through it. Dr Anthony Muhammad, world renowned educational researcher and author, recently said in a workshop I attended that our job as educators is to "equip young people with the skills and dispositions to lead productive lives." The concept of productive lives was also a talking point at the annual IB Conference earlier this year. The truth is we no longer live in a society where we know what career paths our children will move into as they grow into adults. The pace of technology means the reality is we have no idea the types of jobs that will be on offer in 10-15 years' time. This is when the IB philosophy becomes vital to our way of education. Teaching through a conceptually driven curriculum where thinking skills are fostered will support our students to be successful and productive. Don't think this means we forget the basic, not at all. Literacy and Numeracy are just as important as ever and if you walk into any class most mornings you will see reading, writing, grammar and punctuation in abundance. Conceptual learning is about driving curriculum in real ways, about using an idea to hook kids and engage them in the learning.

Michael McQueen, multi-award winning speaker, trend forecaster and best-selling author, has recently outlined the capabilities that he believes will support young people to lead productive lives. He stated that creativity was the single most important but yet undervalued skill our children will need. What does this mean? Education of and exposure to the

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Dates to remember

- Canteen Pizza Lunch —18 Sep
- Christian Education—20 Sep
- Year 5-6 Girls Netball—24 Sep
- Talent Show—26 Sep
- Last day of Term 3—27 Sep

Notes to return

- Year 3-4 girls Macquarie University Research Project—ASAP
- Musica Viva—ongoing

Arts is vital for a child's overall development. However, creativity extends beyond The Arts. It is the ability to problem solve, innovate and be flexible in thinking strategies. These are all key elements of learning through our Units of Inquiry. At Forrest in the last fortnight alone we have provided enrichment opportunities to foster creativity. We've had Harry Liang (accomplished children's author) inspired students and teachers during a two-day workshop, we participated in the fantastic Musica Viva music performance, and we saw our Tournament of the Minds team perform spectacularly in the competition of thinking and creativity. Year 4 travelled to Birrigai for their camp in Week 6 where they participated in team initiatives, team trek and many other problem-solving tasks that relied upon strong communication and creative thinking. Celebration of innovation has also occurred here at Forrest over the last fortnight. We had the team from Crazy Arms share with us their journey in inventing a Sun Smart protection measure for children and how they have turned that creativity into a business. To put the cherry on top of the cake, Forrest Primary School students were asked create a design for a limited edition Crazy Arm Sleeve and Sienna in Year 6 won! This design is now available for purchase globally.



above: Musica Viva performance
below: Sienna's winning design



References

International Baccalaureate Organisation, 2012, *PYP- Developing a transdisciplinary programme of inquiry*, Peterson House, Cardiff.

McQueen, M. 2019, *Teaching for Tomorrow*, The Nexgen Group.

Muhammad, A. 2017, *Transforming School Culture*, Hawker Brownlow Education, Victoria

Thank you,

Candice Kingston
on behalf of the executive team

What do I do if my child is absent from school?

If your child is absent, please notify the **front office**
(*not just the class teacher or an individual staff member*). You can:

- ♦ Email **forrestps@ed.act.edu.au** (cc'ing the teacher is optional)
- ♦ Call **6142 1470**
- ♦ Let us know **in person** at the front office

TOURNAMENT OF MINDS

On the weekend, fourteen courageous Forrest Primary School students attended the Tournament of Minds ACT regional finals at Campbell High School. The students were selected to present a unique, creative and bold performance in both the Social Science and Language Literature division. Students have been working hard throughout terms one and two to develop and prepare for the big day and finally the day arrived. The tournament was filled with excited energy all day. Each team presented with confidence and tenacity and represented our Forrest community wonderfully. All the staff and students are very proud of their dedication and efforts. Our teams proved to be extremely competitive on the day, each placing in the top 10 out of 114 ACT teams.



I couldn't be happier with the overall results and the skills the students gained through the experience is invaluable. I would like to thank the students, parents and carers for their passion as well as the school community for their constant support. Congratulations TOMs teams!

Briana Cobden

Tournament of Minds Coordinator

Picture below, from top left:

Martin Keogh (Year 4), Uri Lev (Year 6), Kevin Zhang (Year 6), Will Hollier-Smith (Year 6), Malia Maryam (Year 5), Jacqueline Spark (Year 5), Methuli Perera (Year 6).



Picture above, from left:

Jasmine Legge (Year 6), Evan Harding (Year 5), Kyle Richardson (Year 5), Josh Turner (Year 5), Ashwin Mitchell (Year 5), Vivian Nguyen (Year 6), Amy Watts (Year 6).

SCHOOL HAPPENINGS

Culture Club News

Well done to the Culture Club students for their totem pole artwork which is now on display at Boomanulla Oval with other school and community poles.

The Great Book Swap

Thank you to the students and families who supported The Great Book Swap last week. \$110 was raised and will go to the Indigenous Literacy Foundation to support Aboriginal and Torres Strait Islander students in rural and remote areas with books.

Library News

Congratulations to the 14 students who raised \$553 for the Multiple Sclerosis (MS) Readathon Reading Challenge. The MS Association have sent its thanks to the students and families for their fabulous support.

We greatly appreciate the generous donations from parents of books for the library, especially Dr De Dio, former parent, for the terrific collection of comics the children will enjoy so much.

Astronomy Night

Many thanks to the Canberra Astronomical Society members for bringing their telescopes to the school oval last Tuesday. A great night of star, planet and moon gazing was had under a brilliant night sky. Families were also able to see Year 3 recycled space themed creations, see interesting space library books and watch the Brian Cox Cosmos movie. Thank you to the families and staff who supported the event and the students who participated in the space station design competition. Special thanks to Sam Bird for organising a fantastic night!



GARDEN CLUB



VEGETABLE SEEDLINGS NEEDED PLEASE!

With the Spring planting season on us and some welcome warmer temperatures forecast, our school garden is being spruced up ready to take full advantage of these favourable conditions.

However, we are desperately in need of some vegetable seedlings for the children in our garden club to plant, watch grow and hopefully get to eat!

With this in mind we are hoping that parents can provide one seedling punnet per family for our gardeners to nurture.

The plants can be left in with the front office or brought to me in the Year 6 building.

Here are some possibilities:

Basil, coriander, tomatoes, pumpkin, cucumber, zucchini, strawberries, snow peas, snap peas (or any veggie that is easy to grow and prolific!)



Thank you

We are also in need of some second-hand compost bins and compost worms as we are collecting a huge amount of compost every day. If you have one at home that you are not using, we would be very grateful to receive it in our garden. Additionally, if you compost at home and have some worms that could be transferred to our bins here, we would also be very grateful! Thank you

STUDENT ACHIEVEMENTS

Forrest Primary School students **Willum** (6D) and **Violet** (4W) are performing in the Queanbeyan Players production of *Oliver!* from 26 September—6 October at The Q—Queanbeyan Performing Arts Centre. Please see the Community Directory for the production poster and full details.

Well done, Will and Violet, on all your hard work.
We wish you the very best for your performances!



SCHOOL EVENTS

FORREST PRIMARY

Talent Show!

WHEN;
26.09.2019,
6:00PM SNR HALL

Tickets

\$ 5 per ticket

OR

\$10 for a family pass.

Tickets can be purchased via the link below.

<https://www.trybooking.com/BFJVB>

(Sausage Sizzle, Popcorn and Drinks will also be available for purchase)



SCHOOL EVENTS

BIG NIGHT OUT

FRIDAY 13TH SEPTEMBER



FORREST PRIMARY SCHOOL

is putting the fun into fundraising

TRIVIA, GAMES & GALA AUCTION

Including original Year Class artworks

Online auction bidding opens 2nd September

www.32auctions.com/forrestps

Everything you need to know about the night...

LOCATION

Eastlake Football Club,
3 Oxley Street, Griffith.

COST

\$30 per person includes entry
plus lucky door prize ticket.

FOR FURTHER INFO

Please contact the organisers at
forrestpsvents@gmail.com.

TIME

Doors open at 6pm.
Trivia begins at 7pm.

FOOD & DRINKS

Will be available to purchase.

This is an adults only event.

Thank you for supporting our school

TICKETS

www.trybooking.com/BEEYP

SCHOOL EVENTS

The Big Night Out is on tonight!



What's happening on the night? Trivia and games with prizes up for grabs. Don't worry if you're rubbish at games – the aim is to have fun! Students in each year level are working on major artworks to be displayed and auctioned on the night. Finally, the evening will close with a BIDDING WAR! The auction will be closed to online bids and loud, competitive (and possibly unethical!) bidding will bring the auction to a close.

What time does the night start and end? Doors open at 6:00pm with activities kicking off at 7:00pm. Arrive early, grab a drink and enjoy a bite to eat. We aim to finish the organised activities by around 10:00pm – but of course, stay as long as you want!

Is it too late to attend? No – tickets can be purchased at the door.

I can't attend – can I still support the event/school? There are two ways you can do this. The first is by donating to the school and the second is by making a bid on the item on the online auction.

When does the online auction close? The online auction will close at 9:00pm on Friday night except for the student artwork. A live auction will take place at the event with all student artwork up for further auction.

What if I would like to bid on student artwork but I'm not in attendance at the event? We suggest you make your bid online using the proxy bid facility. This information will be then used by our special helpers to place bids on your behalf.

When will I find out if I have won an item? You will receive an email notification of your successful bid.

How do I pay for my items? Items can be paid for on the night using EFTPOS or via the school Quickweb. If you are not in attendance at the event, items can be paid for via Quickweb and be collected from the school the following week.

What is the reference code for Quickweb? The reference code is BNO.

What is the fundraising going towards? All funds raised at the BNO will go towards a school priority.

What is the target amount you are aiming for? Currently the thermometer is sitting on \$7000. With your generous support, we are quietly confident we can reach the goal of \$12000!

'BIG NIGHT OUT' SPONSORSHIP

Please remember our generous sponsors when you're shopping, looking for somewhere to dine, or in need of a service.



MERIT CERTIFICATES

Congratulations to the following recipients of merit certificates!
These were presented at the junior assembly on Friday 13 September.

KA

Aagam
Isobel
Matylda
Stefan

1KH

Alexandra
Ashleen
Hugo K.
Josie

2C

Charan
Naya
Ruby
Zoe

KB

Angela
Matija
Saba

1O

Elsie
Jayla
Josefin

2HC

Annika
Irene
Kyarna
Mila M.
Oscar

KT

Anastasia
Charlie S.
Daman
Eli
Henry

1R

Anouk
Caitlyn
Indy
Isaac T.
Isaac P.
Mili
Sammy
Xavi

2K

Elenna
Joanna
Madison
William



SCHOOL & COMMUNITY CONTACTS

General Enquiries:	6142 1470
Enrolment Enquiries:	6142 1476
Deakin Preschool:	6142 2853
Email address:	forrestps@ed.act.edu.au
Webpage:	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
School Board Chair:	Bethany Lamont
P&C President:	Jarrod Fitzgerald, president@forrestpandc.com.au
P&C Website:	www.forrestpandc.com.au
Forrest Out Of School Hours Care:	6295 8985, info@fooshc.org.au

COMMUNITY DIRECTORY



Are you thinking about buying your first investment property?

- With interest rates being at a record low, maybe it is the time for you to purchase your first (or second) investment property?
- If you would like to find out your borrowing capacity, and/or which investment loan would best suit your needs please contact Gillian to discuss your options.
- Gillian's service is free of charge as she is paid by your chosen lender on settlement of the loan.
- Gillian happily donates \$200 per home loan to the Forrest Primary School (after settlement). *

Mobile: 0407 722 520

Email: gillian@colesfinancesolutions.com.au

Qualifications: MFAA Credit Advisor, BA Comm, Dip of Finance and Mortgage Broking Management, Cert IV in Finance and Mortgage Broking

* The referred loan needs to be referred from the Forrest Primary school community and needs to be over \$200,000.

COMMUNITY DIRECTORY



**ADDVAL
DEVELOPMENTS**

Proud Sponsors of
Forrest Primary School



**Here to assist any
person who wants
information or to
chat about
parenting**

Call us
6287 3833
9am-5pm

COMMUNITY DIRECTORY

This production is on at The Q during the school holidays with ideal opportunities for all ages to listen to some great music, watch some lively dancing and see a classic story.

A performance for Families on Thursday 3 October 2019 at 2pm, all tickets are \$25.

QUEANBEYAN PLAYERS INC. PRODUCTION OF

LIONEL BART'S
Oliver!



A toe tapping classic you'll want to see twice! BOOK NOW!



BOOK MUSIC & LYRICS BY LIONEL BART

27 SEPTEMBER-6 OCTOBER 2019

DIRECTOR/CO MUSICAL DIRECTOR JUDE COLQUHOUN
ASSISTANT DIRECTOR CHRISTINA PHILIPP
CO MUSICAL DIRECTOR JENNA HINTON
CHOREOGRAPHER JODI HAMMOND
ORCHESTRAL ARRANGEMENTS by William David Brohn

**Tickets on sale at www.theq.net.au
Box Office 02 6285 6290**

Licensed exclusively by Music Theatre International (Australasia). All performance materials supplied by Hal Leonard Australia

COMMUNITY DIRECTORY

OFFICE FOR MENTAL HEALTH
AND WELLBEING



ACT
Government

ACT Health

Children and Young People Review

Overview

The Office for Mental Health and Wellbeing in partnership with Mental Illness Education ACT, the Capital Health Network, the Youth Coalition and Families ACT is undertaking a review of children and young people's mental health and wellbeing across the continuum in the ACT. This review will involve a collation of current work/programs/services, research and evidence and will be undertaken through a co-design process with the community.

This review aims to bring together the current landscape for children and young people in the ACT and will work closely with key stakeholders including children, young people, parents and carers to identify the current challenges and potential service gaps. This review will identify recommendations and initiatives to enhance the mental health and wellbeing of the children and young people in our community.

Objectives

The objectives of the review are to:

- Understand the current landscape for 0-25 years
- Engage with children, young people, parents, carers, non-government organisations, and government to understand the current challenges facing our younger community
- Identify gaps and potential solutions for recommendations to implement.

Approach

The co-design approach for this review will be a combination of working groups/committees, community workshops, online surveys, targeted focus groups and one-on-one interviews where relevant.

The survey for parents/carers is currently online via:

<https://www.yoursay.act.gov.au/enhancing-canberras-mental-health-and-wellbeing/children-and-young-people-review>

In addition to this, we have surveys available for young people under 25 years of age via:

<https://mieact.org.au/news/act-children-and-young-person-review/>

If you would like to discuss this review, please contact Natalie Johnson at the Office for Mental Health and Wellbeing - OfficeforMHW@act.gov.au

mieact
mental health & well-being
education & training providers

phn
ACT
An Australian Government Initiative

**Capital
Health
Network**
Partnering for better health

COMMUNITY DIRECTORY



10 SEPTEMBER 2019 – SUICIDE PREVENTION DAY

LEARN TO SAVE A LIFE

Many people who are experiencing suicidal thoughts communicate distress through their words or actions, but these warning signs may be missed or misinterpreted. We can all be trained to spot the signs. By building a network in our community, we will strengthen our local safety net. Suicide prevention is everyone's business.

Question, Persuade, Refer (QPR) online training is for people with no assumed knowledge of mental health or suicide prevention.

QPR training will provide you with:

- knowledge and skills to identify warning signs someone may be suicidal
- confidence to talk to them about suicidal thoughts
- connect them with professional care

ACT Education are partnering with ACT Health to offer QPR for families and school staff. You can register for QPR at this link: <http://lifespanresearch.qprtraining.com/setup.php?myorg=ACTEDU>
The attached factsheet provides more information about the training.

COMMUNITY DIRECTORY



The Battery  Controlled

There's a
little-known risk
to small children



Inside small electronic devices may be very powerful coin-sized button batteries. When swallowed, these batteries can get stuck in the throat and cause severe burns or death.

Take Charge. Act Now.

- 1 Keep devices with button batteries out of reach if the battery compartments aren't secure, and lock away loose batteries.
- 2 If a child swallows a button battery, go to the emergency room right away. Do not let the child eat or drink and do not induce vomiting.
- 3 Share this information with others.

THESE TYPES OF DEVICES MAY CONTAIN
COIN-SIZED BUTTON BATTERIES



To learn more, visit TheBatteryControlled.com.au

COMMUNITY DIRECTORY

Larissa Dann



PARENT EFFECTIVENESS TRAINING (P.E.T)

Supported by Parentline ACT

Tired of yelling? Looking to find a way to get out the door on time, while still liking each other? Learn respectful communication skills for a peaceful, gentle approach to parenting, without the use of punishment or reward. P.E.T helps children and parents develop resilience, emotional intelligence, confidence and consideration. The course is powerful, proven and practical, and will help you put peace back into your parenting.

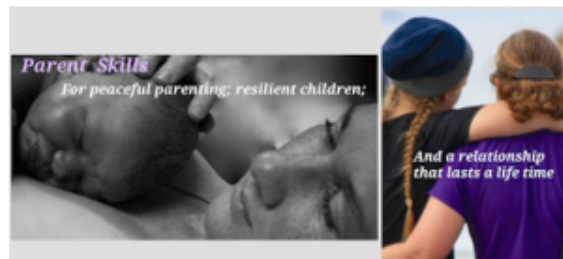
For more information visit our **Parent Skills website**; join the **Parent Skills Facebook** community; and read P.E.T. on a Page.

*The 24-hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential.
Investment includes a workbook and textbook.*

Course begins: Tuesday 22nd October 2019 (minimum number of participants required);

Time: 6.30pm to 9.45pm **Place:** Weston, ACT

Enjoy P.E.T. with **Larissa**, accredited P.E. T. instructor. info@parentskills.com.au



Tennis Canberra Holiday Camps @ Old Parliament House Tennis Club

- Camp 1: 30 September, 1 & 2 October
- Camp 2: 9-11 October
- morning, half & full day options available

Sign up: www.tenniscanberra.com.au/holiday-program

Free Trial - Term 3 - Give Tennis A Go!

We invite new players to our sport to a free trial before Term 4.

This is a great opportunity for all students to see if tennis is the sport for them. Please email play@tenniscanberra.com.au to request a free trial and our team will get back to you with the best options.

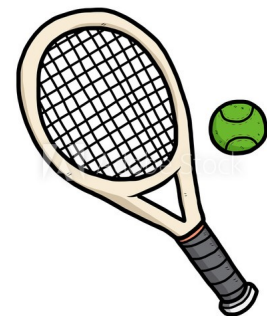
After-School & Weekend Coaching - Term 4

Run by Tennis Australia professional at a Tennis Canberra Club near you. Our coaches are excited to see many new players hit our courts in the Spring. Learn a sport they can play for life.

Sign up: www.tenniscanberra.com.au/junior-tennis

Email: play@tenniscanberra.com.au

Phone: 0416 186 121



COMMUNITY DIRECTORY

SPRING SCHOOL HOLIDAYS TENNIS CLINIC

Monday 30 September—Friday 4 October



8:00am—1:00pm (half days) or 8:00—6:00pm (full days)

Red Hill Tennis Club

Astrolabe Street, Red Hill

- ♦ Students Kindergarten-aged—17 years old
- ♦ All skill levels
- ♦ Professional, credentialed coaching staff
- ♦ Total stroke development – ‘beginners will be serving overarm by the end of the clinic!’
- ♦ Doubles training and tournaments
- ♦ Trophy singles tournament on Friday
- ♦ McDonald’s lunch on Friday for full-day students
- ♦ Less than \$5 per hour for full-day students
- ♦ 100% refund if not continuing after Monday
- ♦ Great range of lunchtime activities, prizes galore, and heaps of fun!

To enrol, call Matt McDonald, professionally qualified Level 2 tennis coach, on 0412 565 137

Painting ~ Drawing ~ illustration ~ Art workshops		
	After School & During School Term starts 14 Oct After school or Saturdays Children 6-12years / early teen 12-15 or teen 15+ only	 Drawing Painting illustration
studio 3 / M16 Artspace GRIFFITH	studioMAP	Places Limited Book NOW
www.studiomap.com.au / 0438 003 492		

COMMUNITY DIRECTORY



HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

Eastlake Junior Cricket Club

Beginning 18th October at 5:30pm

Contact Mike Matthews for further information

0451 919 219

Register at playcricket.com.au



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS
PROGRAM



COMMUNITY DIRECTORY



HAVE A BLAST. BE PART OF THE CREW!

Get into Woolworths Cricket Blast. It's a fun and active program for kids of all abilities - whether it's your first time with a bat or you're a backyard cricket star!

- ✓ It's easy to join a crew and make awesome new friends.
- ✓ Wear the colours of your Big Bash heroes.
- ✓ Parents warm up, you can join in too!



JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

Learn new skills, including catching, throwing and teamwork, through fun game based activities.

Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with backpack and choice of bonus item!



STARTER KIT



RETURNER KIT



MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills.

Sign up now for your Master Blasters Pack!



Weston Creek Molonglo Junior Cricket Club

Beginning Friday 25th October at 6pm

Contact Mal Larsen for further information

0487 021 986

Register at playcricket.com.au



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM



COMMUNITY DIRECTORY

**Registration now open at
WESTON INDOOR SPORTS**

westonis.com.au

**2019-20
SUMMER
REBOUND
SOCCER**

FOR KIDS AGED 5 TO 18

Season Starts: Sat 26 Oct 2019

Season Ends: late Mar/early Apr

Played: Saturdays - (break over school holidays and long weekends)

- * boys, girls and mixed teams
- * divisions for players of all skill levels
- * register as an individual or as a team (*we will find you a team for you and your friends*)

WHAT IS REBOUND SOCCER?

- * five-a-side game
- * played with a futsal ball
- * played on indoor courts with nets
(*more play time - the ball doesn't go out*)

APPROXIMATE AGE GROUPS & KICK-OFF TIMES

Rooball Divisions	5 to 8 years	1:00pm – 4:00pm
Junior Divisions	9 to 12 years	8:00am – 12:00pm
Youth Divisions	12 to 18 years	9:30am to 1:30pm
Girls Divisions	8 to 18 years	10:00am – 2:00pm

Fees: \$180 per player (*\$175 if paid by 12 September*
(Discount of \$5 per child for 2 or more from the same family)

What to Wear? Shin pads, runners/futsal boots, long socks and team shirt.

Pre-season Training will be available. See westonis.com.au for more information.

REGISTER AT: westonis.com.au. Register online or download a form and email it to soccer@westonis.com.au or drop it in to Weston Indoor Sports, 45 Liardet St Weston.

Further Information – Contact Weston Indoor Sports

Phone: 6288 0444 **Email:** soccer@westonis.com.au **Website:** westonis.com.au