Forrest Primary School
Newsletter
Term 1 Week 3 2017

Refer to last page for school and community contact information

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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.

Dear Parents, Carers and Community Members,

P&C BBQ

This afternoon at 6pm, the P&C will be hosting its annual community BBQ on the senior basketball court. Please come along and enjoy a free sausage sizzle, fresh fruit and cordial. This is a wonderful opportunity to reconnect with families, meet new people and learn more about volunteering at Forrest Primary School. We look forward to seeing you there!

PYP – Transdisciplinary Learning

During the January school holidays the teachers attended a two day workshop which focused on transdisciplinary learning. Helen Morschel, an expert in PYP, delivered the workshop to the whole teaching staff, including our relief teachers. The teachers were inspired by Helen’s presentation and have already begun making changes in their classrooms to reflect a more transdisciplinary approach to learning.

A transdisciplinary approach refers to learning that is authentic and relevant to the real world. Learning is not confined by traditional subjects but is supported and enriched by them. Each Transdisciplinary Theme encompasses a vast band of universal understandings common to all of humanity and open enough to embrace a variety of content areas. For example the theme ‘Who We Are’ explores the nature of self, our personal beliefs and values, our personal, physical, mental, social and spiritual health, human relationships, our rights and responsibilities and what it is to be human. This Transdisciplinary Theme is deeply investigated through different questions and explorations throughout the students’ learning journey, leaving them with a layered understanding of themselves and the connections they have with the rest of humanity.

NOTES DUE

8 year olds and above Swimming Carnival due 15 Mar
Christian Education in Schools due 25 Feb
Year 5 2017 Camp due 23 Feb
Year 6 2017 Camp due 17 Feb
Year 6 Commemorative shirt due 23 Feb

PLEASE SEE ‘NOTES ARCHIVE’ UNDER THE ‘OUR SCHOOL’ TAB ON OUR WEBSITE TO PRINT EXTRA COPIES
Teachers, when effectively using this approach, do not compartmentalise learning, but rather explore content within the context of inquiry. For instance, in a non-PYP school children who are learning about the maths strand Data Handling may take a 40 minute lesson to have tally marks and graphs explained and then practise on their own through worksheets or extension activities. Children in a PYP context would explore the same content but within a different modality. While inquiring into themselves in the theme, ‘Who We Are’, the students may notice that they all come from different countries. Teachers would grasp that moment and investigate Data Handling by helping the students create a survey in order to observe, collect and record data about the nationalities represented within in their community.

**House Captains**

On Friday 10 February, students from Year 2 to 6 elected their Sports House Captains and Vice Captains for 2017. Congratulations to the following Year 6 students for taking on this important leadership role.

**Dampier Captains**
- Maddie J
- Hugo B

**Philipp Captains**
- Amy Z
- Luka S

**Flinders Captains**
- Tilly H
- Oscar S

**Cook Captains**
- Victoria S
- Phillip W

**Swimming Carnival**

The Forrest Primary School Swimming Carnival will be held next Thursday 23 February, at the AIS Swimming Pool. This will be the first opportunity for the Year 6 House Captains to demonstrate their leadership skills and encourage their house mates to achieve some great results. Good luck to all the students who will be competing. Thank you to Mr Fairfield-Smith and the teachers who have helped to organise this annual event.

**Volunteers Morning Tea**

Forrest Primary School is proud to work with many dedicated volunteers from the ACT community. This Thursday 16 February, Mrs McMullen hosted a Volunteers Morning Tea in the library. Thank you to those who attended the morning tea and we appreciate all the wonderful work you do with our students. If you would like to volunteer at our school please contact Louise McMullen for more information via the front office ph: 6205 5644 or email Louise.McMullen@ed.act.edu.au

**Pokémon Cards**

On Friday afternoon, a number of Pokémon cards were found on the tennis club side of the school crossing on National Circuit. The student who found the cards would return them to their owner if she/he could be identified by contacting the front office with a brief description of roughly how many cards were lost.
Unfortunately, we have had to ban all Pokémon cards from the school. Last year they created conflict and upset amongst students. Some of the cards are quite valuable and trading them can cause problems. Please support all children and the school by ensuring your child leaves his/her Pokémon cards at home.

**Balanced Writing Programme**

At Forrest we have a focus on teaching children how to write effectively for a variety of purposes. Children draft, edit, confer and publish writing pieces to entertain, inform and persuade. Writing is an important part of a balanced literacy programme. Children are also taught touch typing and keyboard skills on Chromebooks and iPads. These skills are becoming increasingly important for children to master. During the writing process children have many opportunities to practise their handwriting skills as well as produce published texts using technology.

**Traffic Control**

Please bring your best behaviour towards others. Unfortunately, we have heard of people abusing others, refusing to move cars, holding up lines, and minding parking spaces. Please be safe, calm and patient.

We need more parent volunteers for traffic control. Would you like to volunteer?

Thank you for your continuing support,
Jemma O’Brian – On behalf of the executive team

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**P&C Annual General Meeting - Wednesday March 1 - 7.30pm**

**Nominate for P&C positions and Constitution Change**

**Would you like to be part of the P&C?** Come and join the executive or help out on various committees. All the positions are declared vacant each year (including president, vice president, treasurer and secretary). The activities of the P&C and role descriptions are available on the P&C website - [http://forrestpandc.com.au/?page_id=6](http://forrestpandc.com.au/?page_id=6). Come and discuss the positions with the current office holders.

If you would like to nominate for any position come along on the night or send an email to the P&C president Tui Davidson ([president@forrestpandc.com.au](mailto:president@forrestpandc.com.au)).

**Constitution change** - with the Preschool Parents Association becoming a subcommittee of the Forrest School P&C, we need to amend the constitution to include the preschool. The current constitution is available at: [http://forrestpandc.com.au/2012-pc-constitution/](http://forrestpandc.com.au/2012-pc-constitution/)

Currently - Part 1:General Clause 2b - “Forrest School and School shall mean the school known as Forrest School on Hobart Avenue, Forrest, in the Australian Capital Territory.”

Amend to - “Forrest School and School shall mean the schools known as Forrest School on Hobart Avenue, Forrest, and Deakin Preschool on Hopetoun Circuit, Deakin, both in the Australian Capital Territory.”


Jenny Bramley
P&C secretary ([community@forrestpandc.com.au](mailto:community@forrestpandc.com.au))
We have had a wonderful start to Kindergarten. The students are settling in well and are starting to form caring and supportive friendships. Over the past couple of weeks, students have been engaged in a variety of learning experiences and are adapting to the school routine. In class students have been hard at work learning about the letters and their sounds.

One of the highlights in Kindergarten has been meeting Year 5 buddies. Students had a fantastic time getting to know their buddies and completing drawing and writing experiences with them.

The students are very excited to begin their first Unit of Inquiry. Our central idea is: 'Identities and abilities are unique'. Students will be learning about what makes them unique and how they are different and similar to others. They will be learning about ‘taking risks’ in their learning and 'reflecting' and being 'open-minded'.

PIPS testing will begin this week and finish in Week 4. If you have any questions or concerns feel free to contact your child’s teacher.

We are excited for a fantastic year full of fun and learning.

Emma Sandford, Brooke De Angelis, Caitlin Thomas and Jemma O’Brien
Forrest Primary School
Supporting Your Child to Read at Home
Information Session

Date: Wednesday 1 March
Time: 6.00pm-7.00pm
Location: Forrest Primary School Library

Parents and Carers,

You are invited to attend our reading information session held in Week 5 this term. During the session you will gain understanding of how children acquire literacy, learn about the Forrest Primary School guided reading programme and how to help your child at home.

**Contact Details**
Principal: Christine Pilgrim
Executive: Jemma O'Brien and Belinda Gough
Phone: 6205 5644

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**Good Habits for Life**

Forrest Primary School is a Fresh Tastes School. This year we are focusing on ‘Food from Home’ and supporting and encouraging families and children to pack healthy school lunchboxes.

A culture of healthier lunchboxes can be developed through education, support, encouragement, modelling and guidelines.

For more information about packing a healthy and nutritious lunch for your child please visit the following website and look out for more information in future school newsletters.

Dear Parents,

Our school is participating in Redgum Book Club this term. The current catalogue has been delivered to classrooms and if misplaced can be viewed at Redgum Book Club Term 1 2017.

The catalogue is now open and closes on Monday 6th March. After that date you can still order books but these will be posted directly to you for a fee of $6.50. Ordered books will be delivered to the school in Week 8 (20th March). Every book order will earn resources and books for our school.

Redgum Book Club newly released books for term 1:

- **Lion: A Long Way Home (Young Readers Edition)** - A true story of survival and triumph against incredible odds, now a major motion Australian film starring Nicole Kidman
- **Alice Miranda Holds the Key** - From Australian best-selling and multi-award winning author, Jacqueline Harvey
- **Red Dog: True Blue** - A charming story of a young boy and his dog adventuring through the outback
- **Middle School: Word of Mouse** - James Patterson’s illustrated story follows the illuminating journey of a very special mouse
- **There’s a Snake in my School** - From Number One bestselling author David Walliams, comes this spectacularly funny picture book
- **Mr Romanov's Garden in the Sky** - Heartfelt, evocative and compelling – another masterpiece from the award-winning Australian Robert Newton

**How to place an order:**

- Order and pay online by credit card or PayPal at [www.redgumbookclub.com.au](http://www.redgumbookclub.com.au)
- Drop your order form in to the front desk if paying by cash or cheque
- Fill out the order form on the back of the catalogue and fax (02) 9997 5850

If you have any questions about Redgum Book Club orders, please contact Jenny at the school on forestbookclub@gmail.com or Lesley at schools@redgumbookclub.com.au

Thank you

Jenny Bramley

Forrest Primary School Book club coordinator

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**CONGRATULATIONS**

**Merit Certificates awarded at Assembly**

Friday 10 February 2017

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<thead>
<tr>
<th>Class</th>
<th>Names</th>
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<tr>
<td>3B</td>
<td>Ethan, Xander &amp; Kyle</td>
</tr>
<tr>
<td>3J</td>
<td>Stephanie, Ava &amp; Renuka</td>
</tr>
<tr>
<td>3R</td>
<td>Lucy, Saniru &amp; Ava</td>
</tr>
<tr>
<td>4B</td>
<td>Methuli, Riley, Breanna &amp; Oliver</td>
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<tr>
<td>4K</td>
<td>Julian, Ephrim &amp; Luke</td>
</tr>
<tr>
<td>4T</td>
<td>Youssef, Danielle, Nanami &amp; Milo</td>
</tr>
<tr>
<td>5D</td>
<td>Ella, Milan &amp; Jaime</td>
</tr>
<tr>
<td>5H</td>
<td>Honey &amp; Tamar</td>
</tr>
<tr>
<td>5T</td>
<td>Thomas, Eliot &amp; Jake</td>
</tr>
<tr>
<td>6B</td>
<td>Oliver, Toby &amp; Indira</td>
</tr>
<tr>
<td>6DR</td>
<td>Bansi, Gully &amp; Sophie</td>
</tr>
<tr>
<td>6W</td>
<td>Sophie, Christopher &amp; Maddie</td>
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Avoiding RSI and Overuse injuries in school students

**Presentation by Ann Thomson** – Ann Thomson has been the Director of the RSI & Overuse Injury Association of the ACT since 2002. She was a teacher for many years at CIT and the University of Canberra. Ann retired from teaching after suffering a repetitive strain injury. She has a Masters Degree in Health Promotion and a strong interest in safer computing skills for children.

Activities that result in RSI and overuse injuries are not confined to keyboard use but include a wide range of common everyday actions that school children perform. These include sporting, recreational, lifestyle, entertainment, play, study, walking, carrying and information technology activities. Simple daily events like wearing a badly packed and poorly adjusted /fitted school back pack can lead to ongoing physical problems for children if not corrected early. Learn what to look for and how to correct such problems and avoid RSI/overuse injuries in your children.

All members of our school community (parents, carers, teachers) are welcome to attend Ann Thomson’s presentation on this topic at 7pm on Tuesday 28 Feb, at the ACT Council of P&C Association in Sterling, prior to the General Meeting which everyone is also invited to attend.

If you plan to attend please RSVP on 6241 5759 before 28 Feb.

ACT Council of Parents and Citizens Association

Tel: 02 6241 5759  Email: contact@actparents.org.au  Web: www.actparents.org.au
FORREST TENNIS CLUB

CLUB OPEN DAY  SUNDAY 19 FEBRUARY 2017

The Club will hold its annual Open Day on Sunday 19 February commencing 9.30am, concluding at 2pm. All members are invited to attend and bring guests. South Canberra residents welcome.

On court activities for adults and children will include:

- half court tennis for children
- introductory coaching for adults and children
- ball machine
- practice wall test
- a hit with club members in doubles, especially for beginners, and players returning to the game after a break

The Club Coach will be on hand

An Exhibition Match will commence on Court 1 at 1130am

And a free sausage sizzle!

$20 three month introductory membership is available for visitors and guests

Those wishing to join the Club as members in the adult, family (all children under 18 free), young adult (18-25), and junior categories, can do so with the usual nomination fee waived.

Contact Vice President Alan Irvine 0413 425 537 or me 0419 208 108 for more information.

President Peter Sharp

Important dates to remember

PLEASE BE MINDFUL THAT CHANGES MAY OCCUR TO THESE DATES THROUGHOUT THE TERM.

Calendar Events can also be found on the school website www.forrestps.act.edu.au

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<td>Wed 1 Mar</td>
<td>Supporting Your Child to Read at Home information session 6-7pm Library</td>
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<td>Wed 1 Mar</td>
<td>P&amp;C meeting 7.30pm</td>
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<td>Mon 6 Mar</td>
<td>Book Club orders close</td>
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<td>Mon 6-Wed 8 Mar</td>
<td>Year 5 Camp</td>
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<td>Fri 10 Mar</td>
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<td>Mon 13 Mar</td>
<td>Canberra Day public holiday</td>
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School & Community Contact Information

| Principal:         | Chris Pilgrim | General Enquiries: 6205 5644 |
| Acting Deputy Principal: | Hayley Singh | Enrolment Enquiries: 6205 5632 |
| Business Manager:  | Ann Hayres    | Email: forrestrps@ed.act.edu.au |
| Board Chair:       | Robyn Calder  | Webpage: www.forrestps.act.edu.au |
| P&C President:     | Tui Davidson  | Deakin Preschool: 6205 6288 |
| P&C Email:         | president@forrestrpandr.com.au |
| P&C Website:       | www.forrestpsandr.com.au | Forrest Out Of School Hours Care: 6295 8985 |