

FORREST PRIMARY SCHOOL



Newsletter Week 4 Term 1 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

Year 5 Camp

On Wednesday 27 February, Year 5 students and teachers left for their two-night camp held at Warrambui Retreat and Conference Centre. Warrambui is situated on 120 hectares of rolling hills, natural bushland and pine forest overlooking the Yass River Valley. During the camp experience students participated in archery, team initiatives, bush walking and Frisbee Golf. Thank you to all the teachers and executive staff who organised the camp and made it such a valuable experience for all involved. We look forward to hearing about your adventures next week.

Year 6 Camp

Next week the Year 6 students will visit Jindabyne Sport and Recreational Centre for their annual camp. Jindabyne camp delivers outstanding and dynamic learning that stimulates and motivates students while complementing the curriculum. Students will take part in fun group challenges and activities that promote key learning through:

- Relationships - developing skills in communication, problem solving, cooperation, negotiation, respect and care
- Outdoors – nurturing an appreciation of the natural environment and sustainability
- Action – reinforcing the importance of physical activity for wellbeing
- Resilience –collaborating, negotiating and reflecting on difficult challenges to build courage and strength.

Good luck to all the teachers and Year 6 students attending camp next week and we hope you have a wonderful experience.

Goal Setting Interviews

Over the past two weeks Goal Setting Interviews have been taking place in classrooms throughout the school. Goal Setting Interviews provide an opportunity to:

- Discuss your child's development and set goals together

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Dates to remember

- Swimming Carnival—5 Mar
- Year 6 Camp—6 Mar
- Year 2 Excursion—7 Mar
- Volunteers meeting—14 Mar
- Year 5 assembly—15 Mar
- Harmony Day —22 Mar
- Year 1 assembly—29 Mar

Notes to return

- MEDICAL FORMS—ASAP
- ICT PERMISSIONS—ASAP
- Swimming Carnival—28 Feb

- Share your child's strengths and needs and work out areas to develop
- Work with the teacher to help your child do well in school

Thank you to all the parents who have already had a Three Way Interview. These interviews take place twice throughout the year. Please remember you are always welcome to contact your child's teacher if you have any concerns, worries or issues that you want to discuss.

HARMONY DAY ASSEMBLY

Date: Friday 22 March

Time: 9:00am

Students are invited to wear their national or cultural dress!

Welcome BBQ

On Thursday 21 February the Forrest P&C held their annual welcome BBQ. Volunteers from the P&C supplied a sausage sizzle and beverages. Children were entertained with face painting and a balloon animal stall. We were lucky to have great weather for the night, and all involved had a great time. Thank you to all volunteers who made a night a success.

Movie Night

After the resounding success of last year's Movie Night, we will be hosting another this year on March 15, featuring family classic 'The Princess Bride'. Gates open at 5:30 for a 'dusk' start. Tickets will be available via Quickweb via the Forrest Primary School website. Food will be on offer on the night including a sausage sizzle, World Foods, ice cream and drinks. Please email kylie.dorsett@ed.act.edu.au if you are interested in volunteering your time to cook some delicious healthy food for our World Foods stall, or if you are interested in donating some delicious home cooked snacks for this stall. Ticket prices are \$8 for an individual ticket, and a family package will cost \$30 covering 2 adults and 2 children, or one adult and 3 children.

PYP Update

Recently our Kindies had an opportunity to do some hands on learning, making pizza in the FOOSCH kitchen. Not only did students learn about measuring and counting, they also used their group skills working in teams, thinking about how '*Friendships grow by working together*', their current Unit of Inquiry. The teachers can now use this experience to help students think about their groups skills such as listening, speaking and responding to others' ideas. The teachers have also used this session to create some reading and writing lessons about making pizza. The feedback was that this lesson was 'really yum!'

Forrest Primary School Board

Nominations for the Board are now closed. Thankyou to everyone who has nominated; it is wonderful to see a high number of candidates this year. Information on each candidate will soon be released to the Forrest community, followed by instructions on how to vote.

School Photos

Information on purchasing photos went home with students this week. If you did not receive your envelope or would like a family portrait, please contact the front office. School photos will be held on 19 and 22 March for Preschool, and 20 and 21 March for Kindergarten—Year 6.

NUDE FOOD TIPS

Nude Food Tips

Just like in 2018, each fortnight in the newsletter and on Seesaw we will provide a short and sweet nude food tip that you might like to try. So, without further ado, here's tip number one!

Tip #1: Swap out Small for Bulk

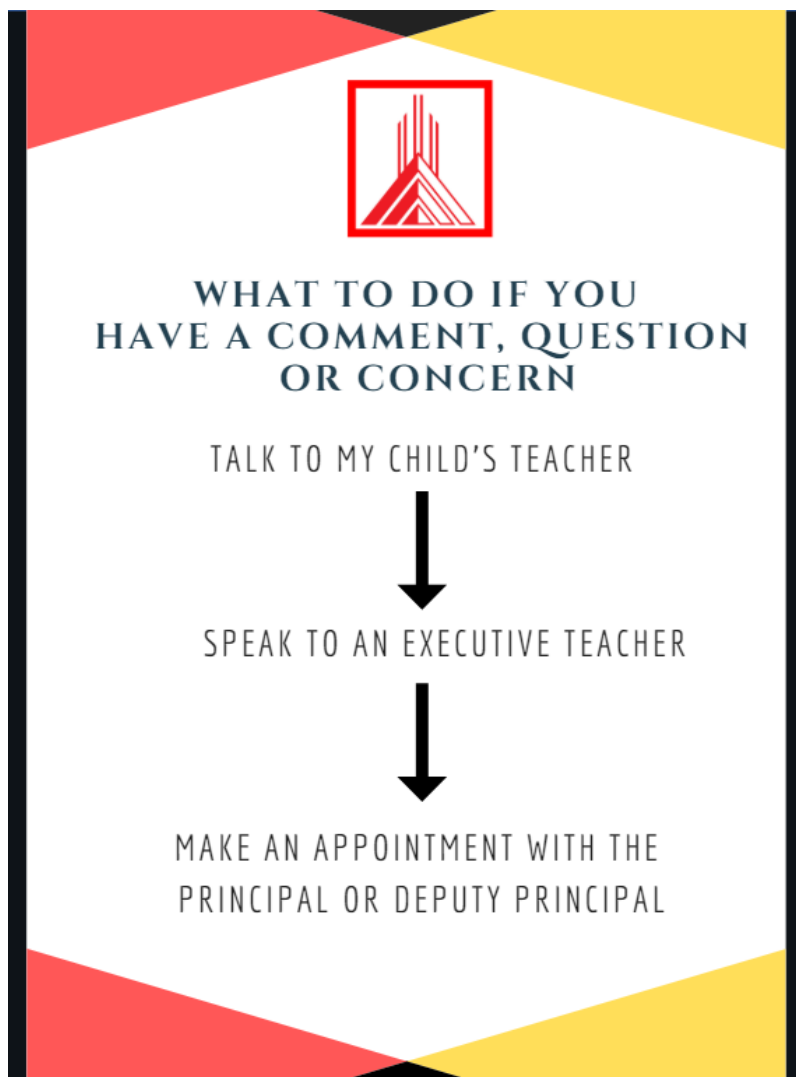
Try buying large packets of chips and putting a few in the lunchbox each day, instead of buying lots of small and expensive individual packets. You can also do this for things like dried fruit, yogurt or juice.

If you have a nude food tip, sustainability idea for our school, or some other feedback on the topic, please email me at samuel.bird@ed.act.edu.au

Sam Bird, on behalf of the Sustainability Committee

Communication at Forrest Primary School

Sometimes you may have a question, a suggestion or a concern about your child's life at school. We have created this graphic to help you communicate effectively. Your first port of call is always the classroom teacher. If the classroom teacher is unable to address your question or concern then step number two is to call the front office and ask to speak to an executive teacher. This may happen over the phone, or the executive teacher may ask you to come in and meet with her. If, after this discussion you still have a question or concern please call the front office to make an appointment with either of our Deputy Principals, Hayley Singh, or Renee Berry. Our deputies may involve our Principal, Chris Pilgrim, at this stage to help resolve your situation. Using this process will help us address your question or concern in a timely manner, and help our school function effectively.



VOLUNTEERS MEETING

Any interested parents, carers and community members who would like to volunteer for the P&C and/or at school are invited to a meeting.

Date: Thursday 14 March

Time: 9:15 –10:00am

Place: Forrest Primary School staffroom

Find out about volunteering opportunities and benefits, how to obtain a Working with Vulnerable People card, and where to park!

If you are unable to attend, please contact your child's teacher or the front office.

We look forward to seeing you there!

SUSTAINABILITY

Forrest Primary is Going Nude!

Yes, it's true! Forrest Primary School is becoming a nude food school.

What is Nude Food?

Nude food is food that comes without excessive packaging. It's as simple as the difference between a sandwich covered with cling film, and a sandwich in a reusable lunchbox, or a few chips taken from a big bag rather than chips in small individual packets.



Why Nude Food?

Forrest Primary School cares for the natural environment. By reducing packaging waste at school, we help to look after our local community and our planet. Not to mention, nude food is good for your wallet!

When do we start?

We already have! Every Monday is a nude food day at Forrest Primary School. Lots of students bring a waste free lunch every day, but nude food is new to you, it could be best to start small! If your child has chips in their lunch box, why not buy one big packet and throw in a few chips each day rather than small individual packs? Instead of buying juice poppers, try a reusable drink bottle and a big bottle of juice in the fridge at home.

What's next?

Keep an eye out for nude food tips and reminders in the school newsletter or on Seesaw. As the year goes on we may even try introducing more nude food days each week.

Sam Bird, on behalf of the Sustainability Committee
samuel.bird@ed.act.edu.au

LUNCHTIME CLUBS

Lunchtime Clubs

Monday



Tournament of Minds - Paul Henryon Building - with Miss Cobden (Years 3-6)
Sustainability - 5B - with Miss Burke (Years 3-6)



Tuesday

Gardening - The Vegie Garden - Ms Davis (Kinder - Year 6)



Wednesday

Tournament of Minds - Paul Henryon Building - with Miss Cobden (Years 3-6)



Thursday

Sustainability - KB - with Mr Bird (Kinder - Year 2)



Friday

STEM - Paul Henryon Building - Mr Heap



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TOURNAMENT OF MINDS

Today we kicked off Tournament of Minds (TOMs) 2019 with our Monday lunch time club. These clubs will be held weekly on Monday and Wednesday. We had a fantastic turn out with many enthusiastic minds.

Tournament of Minds is a problem-solving programme for teams of students from both primary and secondary years. The aim of TOMs is to enhance the potential of our youth by developing diverse skills, enterprise, time management, and the discipline to work collaboratively within a challenging and competitive environment. Tournament of Minds is an opportunity for students with a passion for learning and problem solving to demonstrate their skills and talents in an exciting, vibrant and public way.

These lunch clubs are being held for students to come and explore the concept of TOMs for all students from Grade 4 - 6. Students will be able to gain an understanding of the different tasks and demonstrate commitment to their team. For this to be a successful programme it is important that your child attends both sessions for remainder of the term.

This is a fantastic opportunity to see if this tournament suits your child and for the TOMs educators to view their talent, skills and dedication to the challenges. Students will be working on past challenges and will perform these at the end of the term 1.

To be selected for the 2019 TOMs Team, your child needs to have demonstrated:

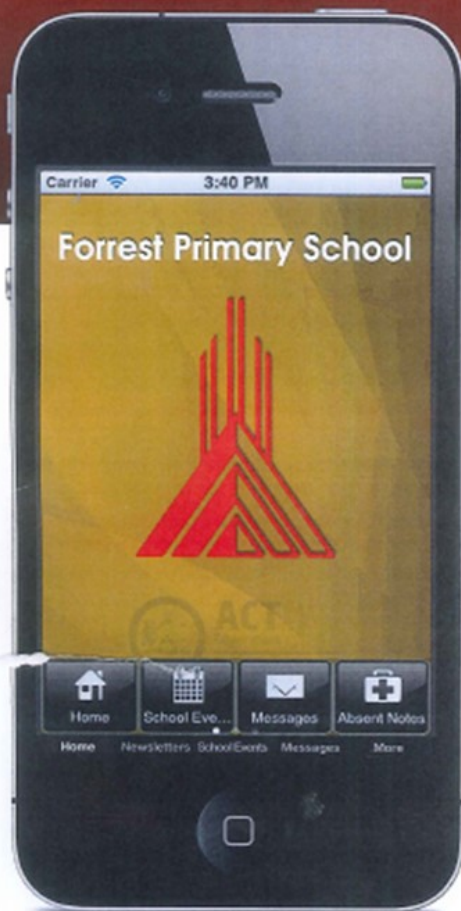
- Commitment to the programme by attending all lunch time sessions during Term 1
- Creativity in their thinking during the practice challenges
- Teamwork when preparing with their group
- Enthusiasm towards the programme
- Problem solving skills and persistence when things get tough

Unfortunately, as this is a highly competitive and sought-after programme, not all students can be selected for the final tournament as positions are limited. Please be aware that this is an extremely difficult process and for your child to be considered they need to have demonstrated the above criteria.

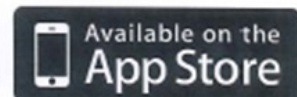
If this is an opportunity you would like your child to be a part of then please encourage them to join us this Wednesday in the Paul Henryon Building.

Thank you,
Briana Cobden
Tournament of Minds Facilitator

FORREST APP



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your favourite app store



What Can You Do With It?

Newsletters

Events Dates

Notes Due

Venue Maps

Sick Notes

Change of Details

Pop-Up Alerts

Contact Us



Great for Schools ... Even Better For Parents

FORREST PRIMARY SCHOOL NEWSLETTER

SCHOOL EVENTS

HOW CHILDREN BECOME LITERATE PARENT INFORMATION SESSION



You are invited to attend our information session on how children become literate. During the session you will gain an understanding of how reading and writing is taught at Forrest, how you can help your child at home and the structure of our home reading programme.

Date: Wednesday 6 March 2019 (Before the P&C Meeting)

Time: 6.00pm-7.00pm

Location: Forrest Primary School Library

SCHOOL EVENTS

Forrest Primary School Retro Family Movie

March 15 2019



Gates open at 5:30pm

BBQ, World Food Stall, pizza, drinks, icecreams and glowbands will be available for purchase.

Tickets can be purchased prior to the event by via the Forrest Primary website. Tickets are \$8 per ticket or \$30 for a family of 4. Alternatively, tickets can be purchased on the night at \$10 per ticket.

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MERIT CERTIFICATES

Congratulations to the following recipients of merit certificates!
These were presented at the junior assembly on Friday 1 March.

KA

Finn

Jake

Mattityahu

Skye

Sophie S.

KB

Abigail H.

Chloe G.

Emir

Keira

Oscar W.

KT

Charlie

Elise

Erik

1KH

Ahmed

Benaya

Jianuo

Zara

1O

Erin

Hugo N.

Jasper

Lily T.

1R

Evie

Hancheng

Olivia N.

2C

Dede

Evelyn

Ryliegh

2H

Edith

Kyarna

Zara

2K

Eli

Katie T.

Vihaan



SCHOOL AND COMMUNITY CONTACTS

General Enquiries:	6142 1470
Enrolment Enquiries:	6142 1470
Deakin Preschool:	6205 6288
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 Singh, hayley.singh@ed.act.edu.au Renee Berry, renee.berry@ed.act.edu.au
Business Manager:	Ann Hayres, ann.hayres@ed.act.edu.au
Board Chair:	Michael Nobelen, menobelen@gmail.com
P&C President:	Jarrod Fitzgerald, president@forrestpandc.com.au
P&C Website:	www.forrestpandc.com.au

COMMUNITY DIRECTORY



Proud Sponsors of
Forrest Primary School



COME & TRY CALISTHENICS

Calisthenics is a unique combination of sports and performing arts. It develops team work, friendship, and self-confidence through enhancing skills in dance, performance, music appreciation, flexibility and strength. Calisthenics suits children from 2 years old right through to adult age.

Enrolments for 2019 are now open.

We are currently offering 2 classes with no commitment. If after those two classes you decide Calisthenics is not for you, there will be no charge.



We would love you to join us.

For more information go to www.deanne.com.au

0402 246 930 | president@deanne.com.au | www.deanne.com.au

COMMUNITY DIRECTORY



Tips on how to manage your money better in 2019!

- Write down your financial short and long term goals.
- Take the time to put together a detailed and realistic budget, and stick to it!
- Write down your savings goals and set up an automated savings direct debit system to work towards these goals.
- Do you have an emergency account/ access to funds? This is a great concept to provide you with peace of mind if a curveball gets thrown your way. ie car breaks down, unexpected medical bills etc.
- Ask your current lender for an interest rate review. This is very easy to do and can often equate to an interest rate reduction on your current home loan. The good news here is you can potentially save money without paying refinancing costs. Feel free to speak to Gillian about this if you are unsure or need guidance.
- If you are juggling multiple debts, ie home, car, personal loan and credit card debt it may be better to roll these debts into your home loan. Please speak to a professional mortgage adviser before making these changes to ensure that you are indeed saving money before making the change.
- If you need any assistance with any of these points or a review of your current home loan, please feel free to contact Gillian Coles (who is a Forrest Primary school parent like you) for a complimentary home loan review.

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