

# FORREST PRIMARY SCHOOL



## Newsletter Week 6 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 by Jemma O'Brien

#### Movie Night

Tonight, we are excited to host the Forrest Primary school Retro Family Movie Night! The gates open at 5.30pm. There will be food, drinks and glow bands available for purchase. Tickets can be purchased tonight for \$10 per person. We look forward to seeing you there.

#### School Camps

The Leadership Team would like to give a huge thank you to all the teachers who attended the Year 5 and 6 camps held recently. We realise that you give your time freely to attend these excursions and know that without you the camps would not go ahead. Camps can be a wonderful experience for all involved. They can also be a time where teachers work around the clock to provide support and care for your children. Thank you again for your dedication to providing a well-rounded schooling experience for our students.

#### Swimming Carnival

On Tuesday 5 March, over 300 students from Years 2 to 6 attended the annual swimming carnival at Canberra Olympic Pool. The atmosphere was electric! Our new House Captains, as well as many students and teachers dressed creatively in their house colours and cheered wildly for their team mates. There were some impressive times recorded by our competitive swimmers, and ribbons have been awarded to acknowledge their performances. Those students who achieved qualifying times will represent the school at the PSSA carnival. All students are to be commended on



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### Dates to remember

- Movie Night—TONIGHT
- Harmony Day —22 Mar
- Year 1 assembly—29 Mar
- Cross Country Carnival—1 Apr

### Notes to return

- MEDICAL FORMS—ASAP
- ICT PERMISSIONS—ASAP
- Cross Country Carnival—27 Mar

the enthusiastic way they cheered for their fellow students, and participated in both competitive and non-swimmer activities. Many thanks to Mr Fairfield-Smith for his organisation of the carnival, and to the administrative staff, teachers and parents, especially Belinda Fitzgerald from Royal Life Saving ACT, for the 'behind the scenes' work they did to ensure students had a happy and safe day. Thank you also to Megan Taylor from Telopea Park School for organising the fabulous student volunteers who helped on the day. It was lovely to see so many parents and carers supporting and encouraging students, which added to the positive atmosphere of the day.

### House Captains

A huge congratulations to the following students who were elected by their house peers as the 2019 House Captains.

COOK—Will, Kevin, Amy, Sebastian

DAMPIER—Imogen, Luke D., Joss, Hannah G.

FLINDERS—Youssef, Vivian, Holly, Kasra

PHILLIP—Mia W., Josh, Dillon, Sienna

We also acknowledge all the Year 6 students who demonstrated their leadership skills and school spirit by nominating for the role.

### Home Reading

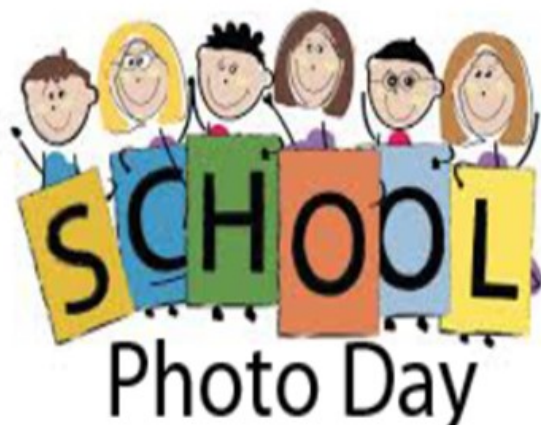
This week students in the junior school begun their Home Reading Programme. Students took home their reading folders and will bring them to school every Monday, Wednesday and Friday so that the readers can be changed.

Each child received two readers and a reading record sheet. They also took home some suggestions for fine motor and sight word activities to do at home.

Home readers are meant to be easy. Students should focus on fluency (reading smoothly like when we are talking) when reading. Please talk to your child's classroom teacher if you have a question or concern about your child's home readers or reading at home. Thank you in advance to our home reading volunteers who will be reading with students throughout the week.

### School Photos

Next week school photos will be taking place. Please hand in your photo forms on or before the day. See the timetables below to know when your child will be having their school photo taken. Students should wear their school uniform on the day.



KINDERGARTEN—YEAR 6 TIMETABLE	
Wednesday 20 March	Thursday 21 March
1KH	1O
KB	6B
KT	6D
KA	6H
1R	5R
2C	K-6TE
2K	Sibling photos
2H	
3B	Catch up photos
3FD	
3K	
4TK	
4W	
4R	
5T	
5B	

PRESCHOOL TIMETABLE			
	Tuesday 19 March		Friday 22 March
9.00am	Photo team arrives & sets up	9.00am	Photo team arrives & sets up
9.00am	Sibling photos	9.00am	Sibling photos
9.30am	Magpies (22)	9.30am	Kookaburras (19)

### **National Day of Action against Bullying and Violence (NDA) on Friday 15 March 2019**

This year Forrest Primary registered to be involved in the ninth National Day of Action against Bullying and Violence (NDA) held today, Friday 15 March 2019.

The NDA gives schools the chance to take action and empower young people to be part of the solution when addressing bullying in their school community. It provides an opportunity to focus on bullying and the big changes we can make to create safer communities for everyone. This Friday classes were given the opportunity to participate by completing an activity and discussing the key theme 'Bullying. NO WAY!'

### **Information Evening - How Children Become Literate**

Last Wednesday Forrest Primary School held an information session which informed parents about how children become literate. During the session parents gained an understanding of how reading and writing is taught at Forrest, how parents can help their child at home and the structure of our reading programme. Thank you to the parents who attended the session and we hope you found the experience valuable.

#### **HARMONY DAY ASSEMBLY**

**Date: Friday 22 March**

**Time: 9:15—10:00**

**Students are invited to wear national / cultural dress, or orange!**

#### **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 two!

##### **Tip #2: Choose the right bottle**

Choose a refillable drink bottle for your child to take to school over single-serve juice boxes or water bottles. Just remember to write their name on it!

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](mailto:samuel.bird@ed.act.edu.au)

Sam Bird, on behalf of the Sustainability Committee

## School Traffic

Unsafe driving and parking behaviours increase the potential road safety risk for children around schools. Road safety is a shared responsibility and it is important the road rules are followed near our school to ensure the entire school community feels safe.

Please remember children are more at risk than adults around schools because they are smaller and less visible to drivers. They are also less predictable and less experienced, which makes them more likely to make errors of judgement.

Failing to follow simple road rules like parking on the verge, in no stopping zones, in bus stops, near children's crossings, on footpaths or across driveways increases the risk to children around schools. Please do the right thing to create a safe environment around our school.

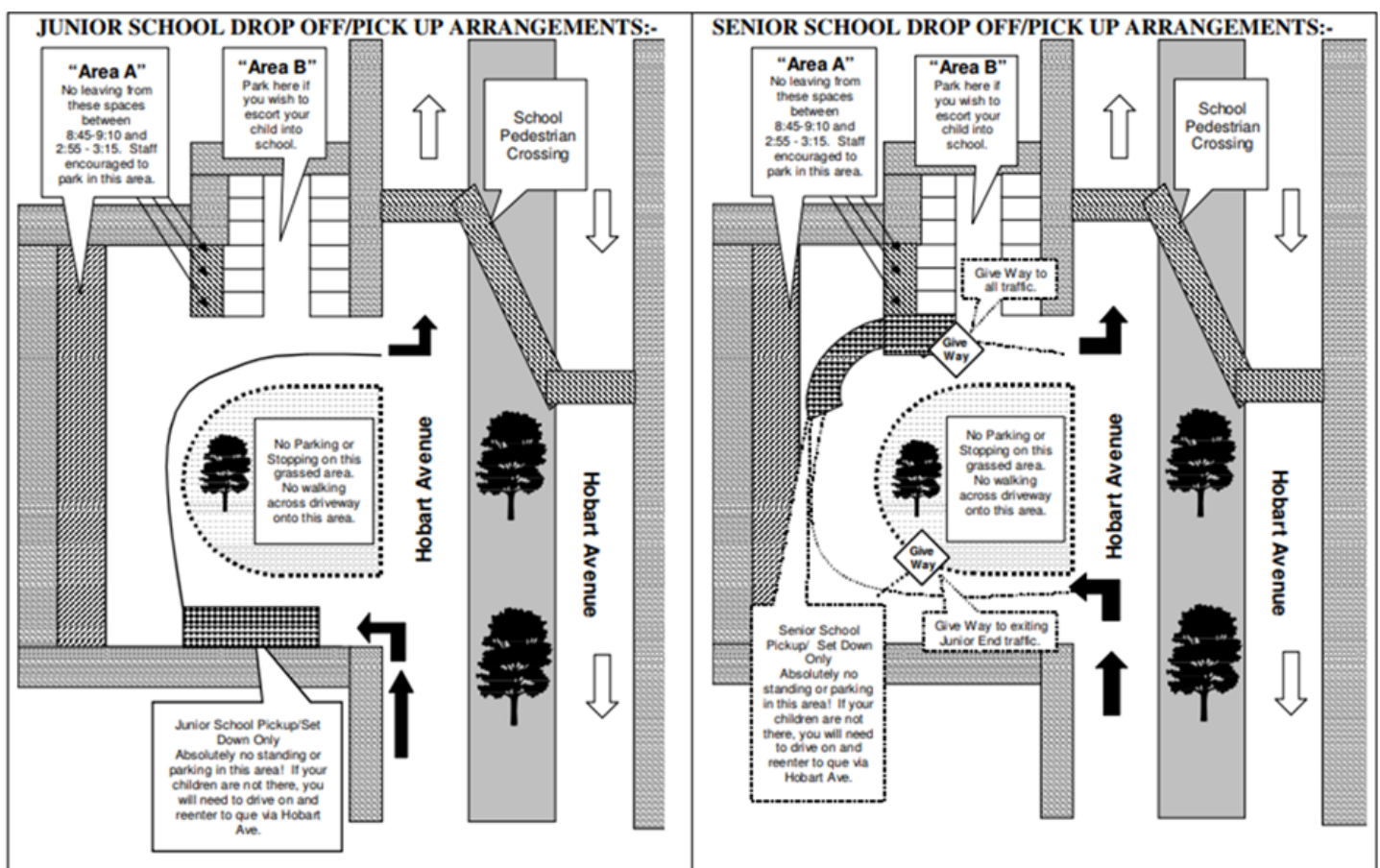
We are finding that pick-up and drop-off are problematic at the present time. The situation in our carpark is **HAZARDOUS** and we are worried about the safety of our students.

- Please work the system as it is intended. (See diagram below).
- Please move along with the flow of traffic.
- Please do not pull out from the line of parked cars along the school wall during pick-up or drop-off.
- Please do not ask your children to run to your car.
- Please don't be in a hurry.
- Please be patient, polite and respectful.

We have a great traffic system, but it depends on all of us using it well. **EVERYONE** needs to follow the rules!

If you are not sure what to do, please ask your child's teacher.

Thank you to everyone who has been using the traffic system correctly, and to those who have provided feedback on this issue.





# 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.

PosterMyWall.com

# SCHOOL EVENTS

## Harmony Day

On Friday 22 March, the Forrest Primary School community will be celebrating Harmony Day.

Harmony Day celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone.

We invite you and your children to wear national dress or something orange, the colour that represents Harmony Day.

The Harmony Day Assembly will be from 9:15—10:00 in the Senior Hall. The Indigenous Culture Club students will begin the assembly with an Acknowledgement of Country, followed by Mrs Thambipillai conducting the Year 3 students singing songs in Japanese.

The assembly will be followed by morning tea in the Library. Families are encouraged to bring a plate of food to share to represent their cultural heritage. Please label the ingredients.

If you are interested in sharing your culture, reading a story in your mother tongue or visiting classrooms in the middle session between 12:00 and 1:30, please contact your child's teacher.

We look forward to sharing this day of cultural inclusion with the school community.

### HARMONY DAY

#### ASSEMBLY

**Date:** Friday 22 March

**Time:** 9:15—10:00

**Place:** Senior Hall

**Dress:** cultural / national dress, or something orange

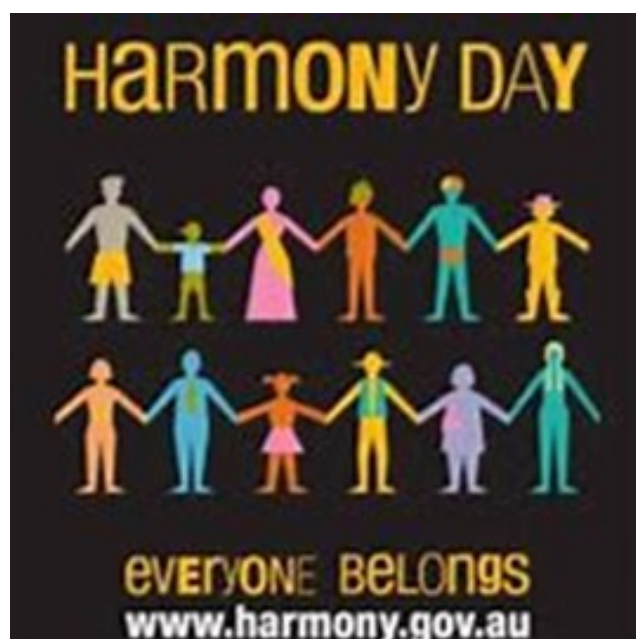
#### MORNING TEA

**Date:** Friday 22 March

**Time:** 10:00

**Place:** Library

**Bring:** food to represent your culture heritage



# READING

*Do you speak a language other than English at home?  
Would you like support to help your child complete  
home reading tasks?*

Forrest Primary School offers home reading support to parents who speak a language other than English. We will give you tips on how to support your child's reading at home.

WHEN: Every Thursday, 8:30am  
WHERE: Forrest Primary School Library  
START: Thursday 21 March  
CONTACT: Patricia Williams at [patricia.williams@ed.act.edu.au](mailto:patricia.williams@ed.act.edu.au)  
if you have any questions





# KINDERGARTEN HEALTH CHECKS

**Attention** Kindergarten Parents!

**Kindergarten Health Checks are happening this year!**

All kindergarten students in the ACT are eligible to receive a **FREE** health check



VISION CHECK



HEARING CHECK



HEIGHT, WEIGHT AND  
BODY MASS INDEX (BMI)



If you have not returned your child's Kindergarten Health Check Consent and Questionnaire



**FIND** — Information packs will be sent home early in Term 1



**SIGN** — Complete the Kindergarten Health Check Consent and Questionnaire



**RETURN** — To your school by 7th March 2019

Your school can provide you with the date of the health check.



ACT  
Government

Canberra Health  
Services

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[www.health.act.gov.au](http://www.health.act.gov.au) | [www.act.gov.au](http://www.act.gov.au) | Enquiries: Canberra 13ACT1 or 132281



# CANTEEN

## What's New?

Please help me to welcome our new Canteen Manager—Dipendra Tamang, parent of two Forrest Primary School students—as he takes over this exciting part of the P&C operation.

You may know that our school canteen underwent a transformation of sorts over the past year. We now have a more dynamic operation that responds to the needs of students and families, the school and the P&C. There are still ideas about how to keep improving and innovating, but the principles we developed last year remain:

### 1. The Canteen is environmentally responsible

- Encouraging BYO reusable cutlery, or purchasing of biodegradable cutlery
- Using the school's compost bins
- Minimising food wastage and use of plastic packaging

### 2. The Canteen actively supports school learning and the IB framework

- We welcome Year 6 student helpers at lunchtime every day – they donate their time and service and in return, they practise handling money, develop their mental computation skills, hygiene and customer service skills, and have fun 'playing shops'!
- Our international menu encourages internationally-minded students, in line with our school's IB philosophy

### 3. The Canteen encourages positive, acceptable behaviours around food and mealtimes

- We provide great meal options, not just snacks, to sustain students throughout the day
- Our menu gets students practising using cutlery
- We encourage picky eaters to become 'risk takers' who are open to new tastes and cuisines

Please continue to support our school Canteen through your purchases. We always value parent feedback – please feel free to chat to Dipendra (or Ali Sewter at the FOOSHC office) or email [canteen@forrestpandc.com.au](mailto:canteen@forrestpandc.com.au).

## We Need Volunteers!

It is a challenge for one person to run this ambitious, not-for-profit operation, and the Canteen still relies on parents to help on our busiest mornings, when we handle some 400-500 food items in just under two hours! A parent's donation of even **15 minutes of volunteering time can make all the difference** in getting lunch orders out on time. It also helps canteen staff stay sane on Thursdays and Fridays! We would be very grateful if you'd consider donating a little time at the Canteen.

## Try to Avoid Friday Morning Ordering

Recently, technical issues with Flexischools have hindered many Friday morning lunch orders. To avoid these problems, we encourage you to place your Friday lunch orders *earlier, before 7.30am or even the night before*, wherever possible. If you regularly order lunch on Fridays, please consider setting up a Recurring Order or placing your order the night before.

**Maria Milbridge**  
outgoing Canteen Manager

# SCHOOL CROSSING

## School Crossing Survey

A School Crossing Supervisor program was introduced in the ACT in 2018 at a selection of school crossings. School crossing supervisors ('lollipop people') assist children to cross roads safely by directing traffic with a stop sign and providing instructions to students.

To help determine if the program is successful, Transport Canberra and City Services (TCCS) has engaged First Person Consulting to evaluate the School Crossing Supervisor program. One of the ways they will be doing this is through surveys to help capture attitudes to children travelling actively (i.e. walking or riding) to primary school.



To complete the survey please copy and paste the following link into your browser: <https://www.surveygizmo.com/s3/4828046/School-Crossing-Supervisor-Survey-Participating-Feb-19>

The survey should take about five minutes. The survey will not collect any identifiable information, and all responses will be kept confidential. You may have completed a similar survey last year. Please note that this is a follow up survey and we would appreciate your input again.

Thank you in advance for your time in completing this survey. If you have any questions, please contact TCCS' Schools Program.

## Feedback from Rachelle, a Forrest Primary School parent

*I just completed the survey. There wasn't a section to comment on other positive aspects of the crossing ladies. At Forrest Primary School the crossing ladies are extremely friendly and wonderful to the children and the parents. It is lovely to start the day by being given such a warm welcome with a friendly smile from these ladies. It adds to the community feel that this fantastic school has.*

*I just want these crossing ladies to know that their warmth and friendliness everyday has not gone unnoticed and is highly valued by the parents and children crossing the road.*

*I feel that the crossing ladies at Forrest Primary School really need to be told what a wonderful job they are doing.*

# SUN SMART COMPETITION

Forrest Primary School is excited to announce an exciting new partnership with Aussie-based company *Crazy Arms*.

The brainchild of three Sydney dads, *Crazy Arms* is a unique, sun smart product designed to be worn under school/sports uniforms and other clothing instead of sunscreen.



Lightweight, comfy and breathable, the sun protective sleeves look and feel cool! They have a UPF 50<sup>+</sup> rating, protect up to 25-30% of exposed skin\* and are ideal for those who experience dermatological sensitivities. They are also chlorine resistance so they can be worn in the pool. Best of all *Crazy Arms* reduce the amount of sunscreen that needs to be used and reapplied!

*Crazy Arms* not only promote sun safe behaviour, they help protect the environment using recycled fabric called Econyl® that's made from abandoned fishing nets that can harm marine and bird life.

Whilst many people recognise the importance of sun protection, exposure to the harmful rays of the sun as children is the strongest link to cancer-causing skin damage and ageing. In fact, 80% of our lifetime UV ray absorption occurs during childhood. Investing in a pair of *Crazy Arms* can help parents (as role models) and kids reduce the risk of sun damage. *Crazy Arms* also allow kids to 'dress up with a purpose', enjoy the benefits of outdoor play and have fun in the sun.

Available in three kid sizes and one adult size, the sleeves can be worn by the whole family. They are available in a variety of colours^ including plain red or yellow & white stripes in keeping with the school colours. For out-of-school play there are other fun designs to choose from.

To help parents and kids in the quest to reduce the risk of sun damage, Forrest Primary School families can receive a 15% discount on any *Crazy Arms* purchase. Simply use the following link: <https://crazyarms.com/discount/FPS15> which will insert the discount code automatically, or just type in FPS15 at the check-out. If you have any problems, please contact: [hello@crazyarms.com](mailto:hello@crazyarms.com)

## ***Design-a-Sleeve Competition***

To support the school's sun smart policy, *Crazy Arms* are generously sponsoring a fabulous competition with some great prizes. Open to all students, a free pair of *Crazy Arms* will be awarded for the best original design in each year class (K-Year 6). The winning entries will then be judged with one student's design being selected as the inspiration for a limited edition release to be featured on the *Crazy Arms* website during Term 3 – what an amazing opportunity! The winner will also receive two free pairs of their design.

Further details on how to enter will be given to children in class with competition forms also available on the school's Facebook page at: <https://www.facebook.com/Forrest-Primary-School-305536206226489/>

**Crazy Arms is 100% owned, designed and made in Australia**

\* Percentage range of skin exposed when a child is wearing a hat, t-shirt and shorts and shoes.

^ Adult sizes available in white only



# SCHOOL FUNDRAISING

## Forrest Primary School & Deakin Preschool is fundraising with Entertainment!

Your support really helps our school, so we're thrilled to let you know about special bonus Early Bird Membership Offers for loyal supporters.

Pre-order the new 2019/2020 Entertainment Membership and receive bonus offers you can use right away!

### Early Bird Entertainment Fundraiser

The NEW 2019/2020 will be launched soon so now is the perfect time to take advantage of the bonus Early Bird (EB) offers while they last! Entertainment turns 25 this year and the team have been working hard to make this the best edition yet. Not only can you enjoy valuable bonus EB vouchers but you'll also receive a \$20\* Woolworths online offer and a \$50^ Cellarmasters online offer.

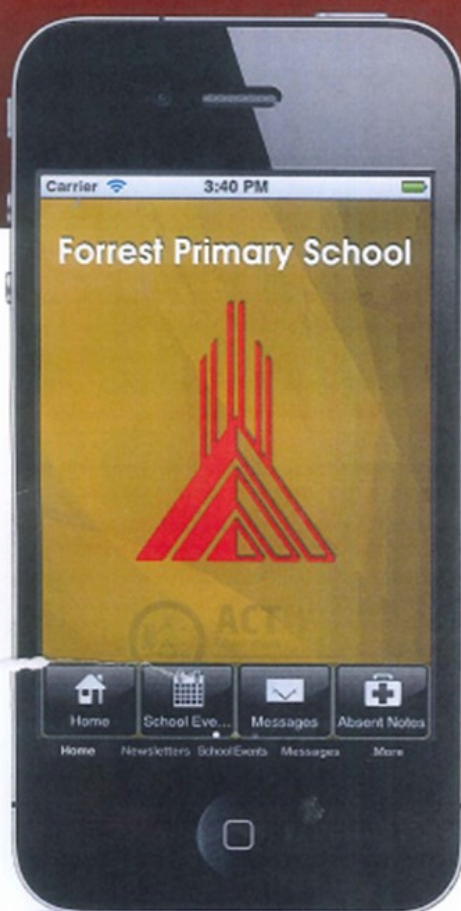
*\*^ Terms & Conditions Apply*

*\*\$20 off your total shop when you spend \$220 or more at Woolworth online. ^\$50 off your total shop when you spend \$120 or more at Cellarmasters online.*

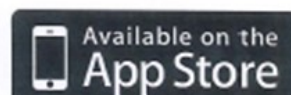
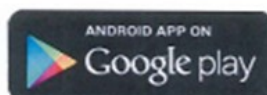


**THANK YOU FOR YOUR SUPPORT!**  
**Forrest Primary School & Deakin Preschool**  
Catherine White  
0409 070 009  
cathian77@hotmail.com

# FORREST APP



Get The  
**Forrest  
App**  
Available  
On All Phones



Search for Forrest Primary in  
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

# MERIT CERTIFICATES

Congratulations to the following recipients of merit certificates!  
These were presented at the senior assembly on Friday 15 March.

## **3FD**

Aashi  
Cecilia  
Saavi

## **4R**

Caitlin A.  
Danni  
Leo G.

## **5B**

Alvar  
Ashton  
Hannah A.  
Zahli

## **6B**

Claudia  
Emily  
Gretel  
Oliver T.

## **3K**

Cleo  
River  
Xenia

## **4TK**

Christopher C.  
Eva  
Sam M.

## **5R**

Ben T.  
Chloe V.  
Christian  
Lucy

## **6D**

Amy  
Flic  
Lachie

## **4W**

Ava B.  
Campbell  
Tommy

## **5T**

Alex C.  
Ava R.  
Eugenie  
Rajvir

## **6H**

Hayley  
Xavier  
Zev





# SCHOOL AND COMMUNITY CONTACTS

**General Enquiries:** 6142 1470

**Enrolment Enquiries:** 6142 1470

**Deakin Preschool:** 6205 6288

**Email address:** [forrestps@ed.act.edu.au](mailto:forrestps@ed.act.edu.au)

**Webpage:** [www.forrestps.act.edu.au](http://www.forrestps.act.edu.au)

**Principal:** Chris Pilgrim, [christine.pilgrim@ed.act.edu.au](mailto:christine.pilgrim@ed.act.edu.au)

**Deputy Principals:** Hayley Singh, [hayley.singh@ed.act.edu.au](mailto:hayley.singh@ed.act.edu.au)

Renee Berry, [renee.berry@ed.act.edu.au](mailto:renee.berry@ed.act.edu.au)

**Business Manager:** Ann Hayres, [ann.hayres@ed.act.edu.au](mailto:ann.hayres@ed.act.edu.au)

**Board Chair:** Michael Nobelen, [menobelen@gmail.com](mailto:menobelen@gmail.com)

**P&C President:** Jarrod Fitzgerald, [president@forrestpandc.com.au](mailto:president@forrestpandc.com.au)

**P&C Website:** [www.forrestpandc.com.au](http://www.forrestpandc.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](mailto:gillian@colesfinancesolutions.com.au)

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

# COMMUNITY DIRECTORY



**ADDVAL  
DEVELOPMENTS**

Proud Sponsors of  
Forrest Primary School