

FORREST PRIMARY SCHOOL



Newsletter Week 8 Term 1 2022

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.

PRINCIPAL'S ADDRESS

Dear Parents, Carers and
Community Members,

'KINDNESS STARTS WITH US'

You may have seen this sign out the front of our school! This was the theme of our Harmony Day & National Day of Action Against Bullying and Violence last week. Please enjoy the photos below. Imagine a world without bullying!



STAFFING

This week we farewelled our 3J teacher, Ms Wendy Jolliffe. Ms Jolliffe has been a great classroom teacher and we wish her all the best as she returns to her 'homeland' of Queanbeyan (who are desperate for teachers). The children have had a wonderful time with Ms Jolliffe who is accomplished and creative in the classroom. I am successfully working on replacing Ms Jolliffe for Term 2.

As COVID and COVID cohorting continues, we are still finding it challenging to staff our school, but we all work together. It is not unusual for classes to be split. This is not such a problem in the junior school where class numbers are very low but it is more challenging in the senior school where teachers are managing large numbers of students. However, we find that teachers continue to plan collaboratively to present the Units of Inquiry as planned, and the learning at Forrest is intact. The children are connected and focussed. The main problem for students is the playground because they are limited in where they can play.



Inside this issue:

Executive Address	1-2
School Happenings	3
Photos	4
Library	5
Health Notices	6
Community Notices	7-8
Contacts	9

Just a reminder...

If your child is **absent** from school, please notify the **front office**.

If your child is **late** to school, arriving from 9:15 onwards, they need to collect a late arrival pass from the **front office**.

If your child needs to leave school **early**, please notify the **front office** as soon as possible.

You can contact the front office on **6142 1470** or at **forrestps@ed.act.edu.au** (email is preferred for absence notifications).

Thank you for your continued support!

EARLYACT

Service is the rent I pay for the space I occupy on this Earth.

Shekhar Mehta, Rotary International President, 2021—2022

Forrest Primary has formed a partnership with Rotary to create the very first EarlyACT club within the ACT. EarlyACT is a junior branch of Rotary and is a way to formalise our Action Club, with the support of a wider, international network. This is another wonderful leadership opportunity for the Year 6's.

As part of the process, we have created a charter with formal committee positions. After numerous discussions with the students interested in becoming members of EarlyACT, a process was decided upon and undertaken. Students put forward options for the number of people for each committee position, how many positions they could nominate themselves for, as well as whether the positions should be male/female balanced or the best person for the role. An official vote decided that President and Vice President should be 1 person, while the other positions should have 2 people. It was also decided that each role should be based on the best person for the role and not gender-based. In this way, the entire process allowed for student agency and contribution, with everyone's ideas being considered.

The next step in the process was for nominations for each committee position (President, Vice President, Treasurer, Minutes Secretary, Corresponding Secretary, Committee Chairperson plus General Committee members). Students put their names forward for the 1 or 2 roles they were interested in and a Google Form vote was conducted. The entire process was an incredible experience for all involved and it ended in a very tight election!

We are delighted to announce the results of the EarlyACT committee elections are as follows:

President: Maddison Leonard

Corresponding Secretaries: Lachlan Walton & Annie Ruge

Vice President: Sam Nicol

Treasurers: Bryan Wah & Noga Lev

Minutes Secretaries: Julia Armstrong & Abigail Lui

Committee Chairpersons: Itamar Eddi & Audrey Young

General Committee: Supriya Mitchell, Corella Andrews, Swairee Rajapaksha, Sam Keeley, Morgan Manwaring, Aumi Gollapalli, Saavi Bawa, Haritha Vadivelu, Naba Fazlani, Lacie Collins, Amira Burton, Shenjuan Tang, Elizabeth Gil, Navin Ung

Principal Ms Chris Pilgrim

Teacher advisors Belinda Kowalski and Warren Brompton

Congratulations to all members of our EarlyACT committee. We are very excited for our official launch on Friday 1 April with a number of Rotary members attending via Zoom!

Thank you for your continued support,

Chris Pilgrim

on behalf of the Executive Team

SCHOOL HAPPENINGS

HARMONY DAY & NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

On Friday 18 March, Forrest Primary School marked the day with staff and students wearing orange, the symbol of both Harmony Day and the National Day of Action Against Bullying and Violence (NDA), or cultural dress or non-uniform to show their commitment to creating a kindness culture here at school.



You will see on the planter boxes at senior pick-up / drop-off, the students decorated the sign, 'Kindness Starts with Us'.



Year 6 Forrest Squad members, Sam, Gabby and Swairee, introduced the day to the students, and Corella and Maddy led the school in the Acknowledgement of Country.

Ms Pilgrim, our Principal, held a Google Meet for classes to talk about the importance of the day and what that looks like at Forrest Primary School. Ms Pilgrim read a beautiful children's book, 'We Are All Strong' by P Crumble, Scholastic Press, 2022.

Classes participated in Kindness activities, conversations and having discussions about making positive choices in our words and actions that are kind, safe and helpful after watching videos. Explicit lessons focused on what bullying is and what to do if you experience bullying and where to seek help.

If you as a parent or carer are looking for support to deal with a bullying situation, ideas can be found on the Bullying No Way website: <https://bullyingnoway.gov.au>

CONSTABLE KENNY'S VISIT

Our Kindergarten—Year 2 students were very excited to see Constable Kenny and his friend David this week. They reinforced the positive choices message—making sure a good choice is kind, safe and healthy—and engaged the students with lots of examples of situations where we need to use our brains to 'think before we speak and act'. The children saw their new police car and how Constable Kenny sits in the back seat wearing his seatbelt.



Constable Kenny and David told us they visit 1200 schools around Canberra each year to educate preschool and primary school students about a range of safety themes and to encourage children to reinforce the message that the police are our friends, and you can turn to them for help and advice.



HARMONY DAY & NDA



Above: Year 6 students with the posters they created



Above: Ms Pilgrim reads 'We Are All Strong' by P Crumble



Right and below: Kindergarten students proudly showing off their work

Below: an Anti-Bullying superhero!



Below: LSA Rana and Year 1 teacher Mr Maurice dressed in cultural dress for Harmony Day!



LIBRARY

Students wishing to borrow books for the school holidays are now able to do so. As the school library is in the K-2 cohort, Kindergarten—Year 2 students have the opportunity for a story, browse and borrow during their Library time.

Year 3—4 students can borrow library books during first break on Wednesdays, and Year 5—6 students during second break on Wednesdays.

Great timing to enjoy some holiday reading for the Chief Minister's Reading Challenge, with 30 books to be read from February to August!



Don't forget the great resources from ACT Libraries are available online and in print. Check out the school holiday activities that are available too:

<https://www.library.act.gov.au/>

HEALTH NOTICES

Face masks for students

The school is providing children's face masks to students who attend First Aid / sick bay as a precautionary measure for the students and staff administering First Aid.



Mushrooms growing on school grounds

The wet weather we have experienced in the ACT this summer has provided ideal growing conditions for all sorts of mushrooms, which have appeared in lawns, playgrounds, and sporting fields. The different species of mushroom are incredibly difficult to identify, and people can become extremely unwell if they eat death cap or other poisonous mushrooms. At Forrest Primary School and Deakin Preschool we are regularly looking for any mushrooms growing on school grounds and are ensuring they are picked while wearing gloves and put in the garbage. Symptoms of mushroom poisoning can include stomach pains, nausea, vomiting and diarrhoea. If someone has or is suspected to have eaten a mushroom growing on school grounds, seek urgent medical attention. Give any remaining mushroom to the hospital for identification. For more information and help with suspected poisoning, call the Poisons Information Centre on 13 11 26 (24 hours a day, seven days a week).



Mosquitoes around the school grounds

Unfortunately, the current temperatures and rainfall patterns also supports the breeding of mosquitoes. If there are no pools of water, mosquitoes will congregate in areas sheltered from wind. Forrest Primary School is one of many schools in the ACT experiencing this. The school has sought advice from the Directorate on how to best deal with the current situation. It was recommended that improving ventilation by pruning mid-level and tall shrubs would assist. The school has addressed this and continues with spraying early in the morning prior to the start of the school day. It is likely the weather will return to more normal patterns in autumn and winter, and this will significantly reduce the mosquito numbers we are currently experiencing. In tropical areas, waterways are typically sprayed for mosquitoes but this is not recommended in the ACT or on school sites.



COMMUNITY NOTICES

play tennis

CANBERRA *girls* GET ACTIVE DAY

A free Community event encouraging women and girls to get active.

Sunday 27 March | 9:30-11:30am

CANBERRA TENNIS CENTRE, RIGGALL PL, LYNEHAM



- A range of local sports onsite, offering free lessons and activities
- Seated massages
- Outdoor exercise classes by Next Gen
- Roaming characters
- Tunes from a local DJ
- Free Tennis Hot Shots classes
- Free women self defence class
- Match-Ups competition showcase

The first 100 girls through the gates will receive a **FREE tennis racquet!**

Open to girls and women of all ages

tennis.com.au/act



COMMUNITY NOTICES



**Term 2 2022 Chill Skills Program
8 Week Course for 8-12 year olds
Wednesdays 4-5pm at the
Erindale Neighbourhood Centre
(Commencing week 2 of term 2 2022)**

Would you like your child to have better sleep, concentration, attention span, confidence, listening skills and self esteem?

Do you wish to help your child to be more mindful and happy, reduce their stress and anxiety levels and manage their moods and emotions?



The classes include:

DYNAMIC warm-up and exercises, EXCITING games
RELAXING stretches, CALMING breathing exercises
SOOTHING peer massage, POSITIVE affirmations
CREATIVE visualisations, mindfulness and meditations

**The cost of the 8 week course is \$160
and it is facilitated by Simone Roxburgh**
Simone is passionate about supporting children and
adult's wellbeing through the Relax Kids program (that
she has facilitated since 2014) and the Mindfulness course
for adults that she also provides.

Bookings are essential:
email simoneroburgh80@gmail.com
or phone 0410 455 177
(Please book in early as spaces are limited)

THIS IS A PAID ADVERTISEMENT

FORREST PRIMARY SCHOOL NEWSLETTER

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 (Tue—Fri)
Renee Berry, renee.berry@ed.act.edu.au (Mon)

Deputy Principals: Renee Berry, renee.berry@ed.act.edu.au (Tue—Thu)
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Business Manager: Sonya Campbell, sonya.campbell@ed.act.edu.au

Board Chair: Cameron Bowles, fpsboardchair@gmail.com

P&C President: president@forrestpandc.com.au

P&C Website: www.forrestpandc.com.au

Forrest Out Of School Hours Care: 6295 8985, info@fooshc.org.au

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