

FORREST PRIMARY SCHOOL



Newsletter Week 6 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,

Yuma! Beautiful weather today ready for the long weekend! I hope you all have a great time, make lots of Vitamin D before we head into winter, and avoid COVID.

Staffing

You may have noticed that we have a friendly new person in our front office: Bob. Bob started off in our school by doing a great job on the census and is now working on enrolments, staffing relief and First Aid, and he answers enquiries along with Jackie, Amy and Liz.

COVID

We were hoping for further easing of restrictions today but I'm sure it will come. Our greatest challenge is staffing our school with staff members either having COVID themselves, being close contacts, or both! Relief teachers are scarce, and some aren't working at all. It's very difficult to find teachers at all in both the ACT and NSW, so these are difficult times. Other impacts are that COVID has affected our class numbers and they are very low in the junior school. Like all other government schools, we are splitting classes and executive teachers are doing a lot of teaching. A big shout out to our executive staff who are saving the day on many days by teaching double classes and doing numerous duties. The highest occurrence of COVID has been in Year 5, with half the cohort away today for different reasons. (We are finding that where there are multiple cases of COVID other parents keep their children home to protect them from contracting the virus).

Our Forrest staff are working hard for your children by:

- Teaching to the PYP programme of Inquiry;
- Continuing their collaborative planning and implementation even when it's hard to do (so you'll find many teachers working from home whilst on COVID leave to keep those

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Just a reminder...

Friday 18 March

Harmony Day & National Day Against Bullying and Violence—wear the colour orange or cultural dress!

Wednesday 23 March

Scholastic Book Club Issue #2 orders close

Remember to vote for the person you'd like to see on our **School Board!**

Thank you for your continued support!

programmes going—that’s the nature of teachers!);

- The executive staff are listening to the teachers and are there for them and are busy ‘jumping on class.’ All of that leads to a happy staff with high morale who love working for their children and families. Thank you for your confidence in us to do our best in and through all circumstances.

Positive Education

At Forrest Primary School we are committed to supporting the wellbeing of students, staff and the community. Community is the heart of student wellbeing and is the fabric of our school culture. It is built on the firm belief that everyone belongs, and we all have something to offer.

Positive Education is one of the approaches we have adopted to help us achieve a strong community that values belonging and connection. Positive Education brings together the science of Positive Psychology with best practice teaching to encourage and support individuals, schools and communities to flourish. Flourishing refers to a combination of ‘feeling good and doing good’. Positive Education focuses on specific skills that assist students to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness and encourage a healthy lifestyle. Positive Education is taught through the five domains in conjunction with the V.I.A Character Strengths.

Character Strengths are the positive human qualities that serve as pathways for living a good life. Seeing ourselves and others through the lens of our strengths can be thought of as ‘starting from what’s strong, rather than what’s wrong.’ Your Character Strengths are not who you are, but they are what you currently do. Although some Character Strengths may seem more natural for individuals to use, all 24 do exist within each and every one of us and can be drawn upon to action.

Although simply knowing your signature Character Strengths is beneficial, using your signature strengths in new ways leads to increased happiness and decreased depressive symptoms in a sustainable way. It’s important to remember that Character Strengths are habits, evident in thoughts, feelings and actions. The use of our signature Character Strengths is meant to be energising and easy for us to implement. We encourage you to explore Character Strengths with your child/ren and as a family. The VIA Character Strength Survey can be accessed below: <https://www.viacharacter.org/survey/account/register>

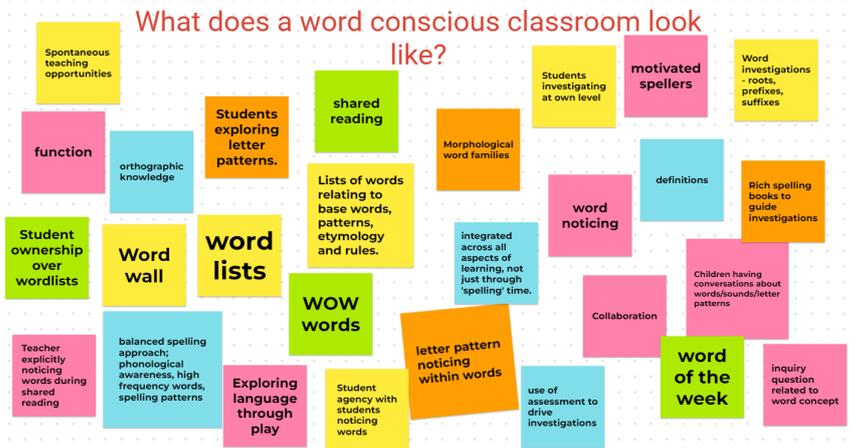


Year 3 students show off their ‘love and kindness’ rocks

Word Conscious Classrooms

At Forrest Primary School we believe a word-conscious classroom 'presents spelling as an engaging inquiry process exploring phonological (sound), orthographic (visual) and morphological (meaning) relationships in words. Students' interest in words can be fostered through developing word-conscious classrooms where words are noticed, discussed and thoughtfully connected to other words with similar sound, visual or meaning patterns.'

(Christine Topfer, 2017). Students at Forrest are word conscious and love looking for patterns in words as well as noticing how we can add prefixes and suffixes. This culture, where words are explored and valued, is the key to creating engaged learners who make connections by using a range of strategies to support their spelling.



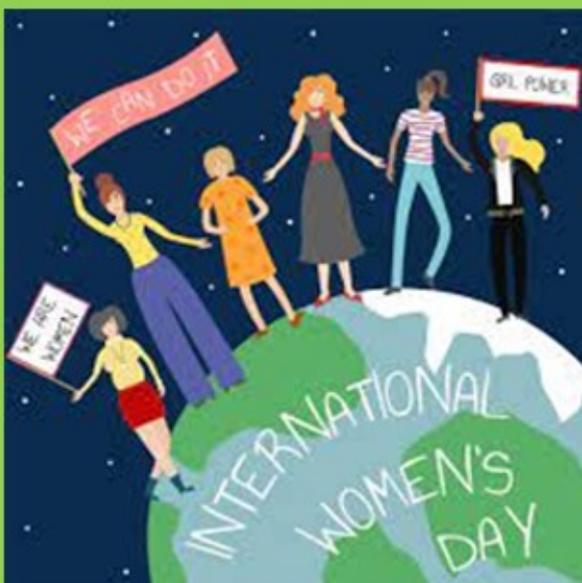
Thank you for your continued support,

Chris Pilgrim & Renee Berry
on behalf of the Executive Team

INTERNATIONAL WOMEN'S DAY

The United Nations International Women's Day on Tuesday 8 March was recognised by Forrest Primary School staff and students with stories, discussions, activities and viewing of resources around the themes of 'Break the Bias' and 'Gender Equality Today for a Sustainable Tomorrow.'

One of these activities was the Year 3's reflection on respectful relationships. You can see examples of their work on the following page.

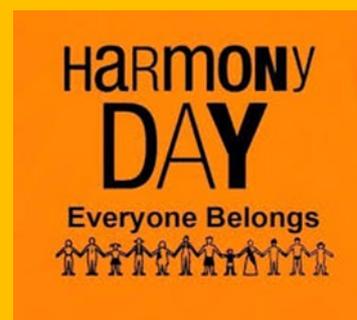


HARMONY DAY & NATIONAL DAY AGAINST BULLYING AND VIOLENCE

Friday 18 March

Wear the colour **orange** (symbolic colour of both days) or **cultural dress** to celebrate our commitment to **Kindness Culture**

Look out for more details in the note students will receive next week!



STUDENT WORK



by Ariella (above) and Georgie (below), students in 3J



LIBRARY

The Chief Minister's Reading Challenge 2022 has started!

Classes from **Preschool—Year 3** will each have their own class reading log to complete the 30-book reading challenge during school time.

However, if any junior students wish to have an individual reading log, they can also complete the challenge at home.

Students in **Years 4—6** will find their reading logs on Google Classroom, and can count books read at school or home, online or in print.



The CMRC finishes on **19 August** (Term 3).

Happy reading!

Louise McMullen
Teacher Librarian

SCHOOL PROGRAMMES

HOME READING PROGRAMME

Next week, students in Kindergarten and Year 1 will commence their Home Reading Programme. Students will take home their reading folders and bring them to school every Monday and Friday so that the readers can be changed. In the reading folders, there will be a Home Reading Journal and three readers, along with helpful suggested questions to enhance your child's reading.

Please note that home readers are meant to be easy. Students should focus on fluency when reading (reading smoothly like when we are talking).

Please talk to your child's classroom teacher if you have any questions or concerns about your child's home readers or reading at home.

Thank you for your support with our literacy and home reading programmes!

PARENT REPRESENTATIVE PROGRAMME

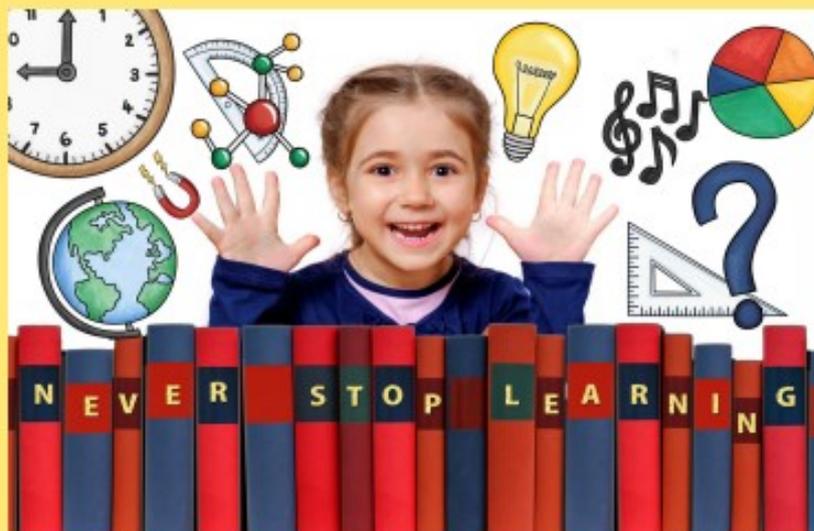
Did you know we have a Parent Representative Programme?

This programme was established to promote communication between families, create a social community outside of school hours, and to support new families in our school community. A Parent Representative volunteer is assigned to each class. The role of the Parent Representative is to build a positive community by fostering communication through its members. They provide another means of uniting the school community, enhancing the quality of relationships and channels of communication between teachers, parents, P&C and the children. To be a part of this programme, we need your permission via a completed permission form. This form is then kept on record for the duration of your child's time at Forrest Primary School. Permission forms are available at the front office.

Currently we are looking for a parent to take on the roll as Parent Representative for the following classes: **KIJ, KL, 1R, 2W, 5H, 5P** and **6K**. For further information about the programme or if you would like to volunteer to be a parent rep, please contact Nicole Richardson at nicole.richardson@ed.act.edu.au

SCHOOL HAPPENINGS

FORREST PRIMARY SCHOOL



KINDER FOCUS GROUP

WE WOULD LOVE TO HEAR YOUR
THOUGHTS ON HOW THE YEAR IS GOING FOR YOU AND
YOUR CHILD IN KINDERGARTEN. JOIN US FOR
AN ONLINE GOOGLE MEET.

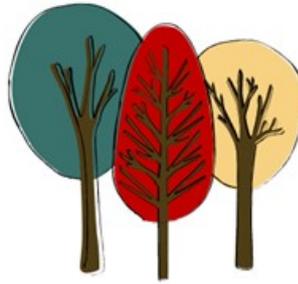
WEDNESDAY 30 MARCH 2022

4:30PM

[MEET.GOOGLE.COM/BJE-XYVC-WMJ](https://meet.google.com/BJE-XYVC-WMJ)

CONTACT PERSON: NICOLE RICHARDSON
(NICOLE.RICHARDSON@ED.ACT.EDU.AU)

P&C



FORREST P & C

On Thursday 3 March 2022, the Forrest Parents & Citizens (P&C) held our Term 1 meeting. This was a well-attended online event with 17 community members along with two staff.

We started off with a presentation of the Principal's report by Ms Berry covering issues such as communication between the school, P&C and community members, planning underway for new car park and working on the existing parking infrastructure out the front of the school and soon-to-be released Impact Report. Full details can be found on the P&C website: <https://forrestpandc.com.au/constitutions-and-minutes/>

Other items included:

- P&C lease agreement to run the out of hours school care (yet to be finalised after 12 months),
- Forrest Out of Hours School care (after school care) was awarded an excellence rating (again) as one of only four services nationally to achieve this rating from the national accreditation body, and
- Discussion of proposed community events for 2022 which is delayed due to COVID requirements.

Finally, there was a discussion about the uniform shop and how families order uniforms and utilise the second-hand uniform shop.

P&C meetings are generally held Thursdays Week 5 of each term. The next P&C meeting will be the **Annual General Meeting** to elect the new committee which will be held on **Thursday 24 March at 7:30pm**.

UNIFORM SHOP

FORREST PRIMARY P&C

UNIFORM SHOP

OPEN MONDAYS

3.30 - 5.30 PM



ORDER ONLINE

WWW.FORRESTPANDC.COM.AU

ENQUIRIES

UNIFORMS@FORRESTPANDC.COM.AU

COMMUNITY NOTICES

For primary school students



**Bullying is
NEVER OK!**

Tips for primary school students who experience bullying

Bullying is when a person, or a group of people, tries to upset or hurt you. Bullying can make you feel very sad, scared or upset. Bullying can happen anywhere — in person or online. When it happens online it is often called cyberbullying.

Bullying in person or online might look or feel like someone is:

- repeatedly saying mean words to your face, teasing you, hurting your body or damaging your things
- hurting your feelings through mean online posts, comments or messages
- spreading lies about you
- leaving you out or ignoring you
- sharing something online that will make you feel bad, like a photo or video that you don't want anyone to see
- threatening to do any of the things on this list.

No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share something about others if they say it's okay.



Developed in partnership
www.esafety.gov.au | www.bullyingnoway.gov.au



COMMUNITY NOTICES

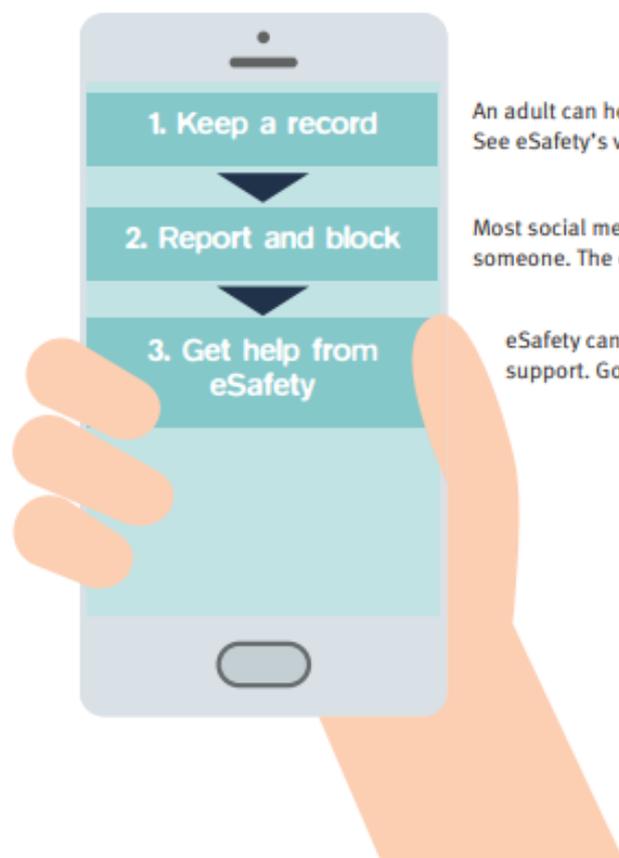
You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- If they are doing it to your face, tell them to stop and then walk away.
- Find somewhere safe and get help from a friend or trusted adult.
- Don't respond if they are doing it to you online.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you are being bullied or see it happening to someone else. You can speak to:

- **a trusted adult** – this could be a parent or carer, an adult friend, or an aunty or uncle who will listen and help you
- **your teacher or principal** – you can talk to your teacher about the bullying and how to stop it
- **your friends** – they can listen to you and help you get support
- **Kids Helpline** – they have counsellors available at any time who will listen and help you work out what to do
- **the police** – if you are in immediate danger, call the police
- **the eSafety team** – you can report serious cyberbullying (see the steps below).

Reporting cyberbullying



An adult can help you take screenshots or keep a record of the cyberbullying. See eSafety's videos on [how to take screen shots](#).

Most social media services, games and apps have a way to report and block someone. The [eSafety Guide](#) shows you how.

eSafety can help to remove serious cyberbullying content and get you support. Go to [eSafety kids](#) to learn more about how eSafety can help.

Important links

Bullying. No Way!	bullyingnoway.gov.au
eSafety kids	esafety.gov.au/kids
eSafety Guide	esafety.gov.au/esafety-guide
eSafety Report	esafety.gov.au/report
Kids Helpline	kidshelpline.com.au

COMMUNITY NOTICES

PUBLIC HEALTH ALERT

The ACT Health Directorate has alerted the Canberra and surrounding community to protect themselves against mosquito bites. Japanese encephalitis virus (JEV) has been detected in samples from pigs in commercial pig farms at locations in regional New South Wales, northern Victoria and southern Queensland, indicating the virus is likely circulating in the mosquito population.

For more information, please visit <https://health.act.gov.au/public-health-alert/public-health-alert-protect-against-mosquito-bites>

CANBERRA DAY

Canberra Day is a public holiday to celebrate the birthday of Canberra held each year. This year it is a special celebration, as it has now been 105 years since Canberra got its name on 12 March 1913. The Canberra Day long weekend is a time of celebration and relaxation, with the community coming together to enjoy a range of festivities for the whole family. The Enlighten Canberra Festival is on until 20 March and includes the Balloon Spectacular at Lake Burley Griffin.



Check out these websites for activities you and the family can do this long weekend to join in the celebrations.

<https://enlightencanberra.com/>

<https://www.act.gov.au/our-canberra/latest-news/2022/march/whats-on-this-canberra-day>

<https://hercanberra.com.au/city/whats-on/>

MATILDAS VS NEW ZEALAND

Australian Women's football team the Commonwealth Bank Matildas will play New Zealand at Canberra's GIO Stadium on 12 April 2022.

The Matildas are a huge inspiration for our aspiring young female athletes in Canberra. \$1 (plus GST) from every ticket will be donated to the women's CP national football program for female footballers with cerebral palsy, acquired brain injury or symptoms from stroke. Ticketing information is available from the official Commonwealth Bank Matildas website. The match will also be broadcast live and free on 10 Bold and simulcast on 10 Play and Paramount+.

COMMUNITY NOTICES

INTERNATIONAL SPORTS CAMPS

ISCAMPS.COM.AU

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CANBERRA 3 DAY CAMPS

SPORTS

Basketball, Cricket

Netball, Soccer

LOCATION

Canberra Grammar School,
Red Hill

20 21 22 April

Great Coaching from an experienced
coaching panel

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COMMUNITY NOTICES



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K A R A T E A C A D E M Y

LEARN KARATE



SELF DEFENCE - CONFIDENCE - FITNESS

Karate Kids (5+ yrs)
Teen & Adult Classes
Beginners Welcome!

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\$39.95

4 Lessons
+FREE Uniform!

Beginners only

Phone: 0410 541 178

Location: Forrest Primary School, 9 Hobart Ave, Forrest

Web: goshukankarateacademy.com.au

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FORREST PRIMARY SCHOOL NEWSLETTER

COMMUNITY NOTICES

AUSTRALIAN SPORTS CAMPS

AUSTRALIANSPORTSCAMPS.COM.AU

3-DAY SPORTS CAMPS ACT

- > 9am - 3pm each day
- > High quality sports program for 5-15 -year olds
- > Delivered by expert & qualified coaches
- > Children grouped on age and skill level
- > Bring your friends along and we can group you together!
- > Suitable for children of all skill levels

SCAN TO
BOOK NOW
30% OFFER!
(Save \$99)



SPORTS

Basketball - Netball - Soccer
AFL/AFLW - Rugby union

LOCATION

Australian National University (ANU)

11th, 12th & 13th April 2022

Call 1300 914 368 or visit australiansportscamps.com.au
to book or for more information.

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

Deputy Principals: Renee Berry, renee.berry@ed.act.edu.au (Wed—Thu)
Jemma O'Brien, jemma.o'brien@ed.act.edu.au (Mon—Fri)

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

Uniform Shop: uniforms@forrestpandc.com.au