

FORREST PRIMARY SCHOOL



Newsletter Week 6 Term 1 2021

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

Dear Parents, Carers and Community Members,

Congratulations!

A huge congratulations to Charlie Fairfield-Smith and Teanne Knobel on the birth of their beautiful son, Frederick Parker Fairfield Smith, aka Freddie. We are sure Freddie will be kicking goals very soon, with his mum and dad cheering on the sidelines!



Indigenous Educator

We are delighted to introduce Corey Grafen to our team. Corey is working as our Indigenous Educator three days per week, and will work with individual students around the school, as well as with our Culture Club. Corey is from the Mirning tribe (spirit animal humpback whale) along the Australian Bite, and the Kokatha tribe (spirit animal Western quoll) across the inland of the Bite. He has already contributed to Units of Inquiry with a focus on Aboriginal and Torres Strait Islander awareness and has presented his expert knowledge of his culture with our Preschool students and other classes. Welcome Corey—we look forward to learning with you and seeing you build strong cultural connections with our students and their families.



Parent Information Session: How Children Become Literate

On Tuesday night Forrest Primary School hosted an information session for parents on how to help their children become literate. Parents learned how reading and writing are taught at Forrest, how they can support their children at home, and how our reading curriculum is organised during the session. One of the main points we discussed on the night was the use of the Three Cueing Systems. Readers draw on



Inside this issue:

Executive Address	1-3
Library	4
Harmony Day	5
Fundraising	6
Community Notices	7-8
Contacts	9

DATES TO REMEMBER

**Wednesday 17—
Friday 19 March**
Year 6 Jindabyne Camp

Friday 26 March
Year 6 Excursion to
Parliament House

A FEW REMINDERS!

When your child is **absent** from school, please inform the front office via email:

forrestps@ed.act.edu.au

If your child is **late** to school (even by five minutes), they need to come to the front office for a late arrival pass.

If you need to collect your child **early** from school, please inform the front office in advance where possible.

the three cueing systems to make sense of and understand what they are reading. The three cueing systems consist of semantic, syntactic and graphophonic cues. During the comprehending process, effective readers use these three cues interdependently and continue to develop as readers. Thank you to the parents who came to the session; we hope you found it to be valuable.

School Improvement Plan

We are in the process of developing our 2021—2025 School Improvement Plan. This plan is created using data collected over the last five years as well as recommendations from our recent School Review and IB Evaluation. Working with the Education Directorate, the school has established three main priorities:

- Improve student performance in writing across all year levels
- Improve the percentage of students making expected growth in numeracy
- Improve the wellbeing of students at school

We would like your input on how we can be support your children to learn in these areas. We invite you to complete the Google Form <https://forms.gle/oZKdEovMt2m8zJQ68>, come into the school and share your ideas on our brainstorm wall in the front foyer, or attend our presentation on the School Review, IB Evaluation and School Improvement Plan on **Wednesday 24 March at 9:15am**. Your suggestions, along with students and staff feedback will inform our actions over the life of the plan.

Kindergarten Explorations

Last Tuesday the Kindergarten students arrived at school very excited to see the new items that had been purchased for Explorations. These items included a doctor's kit, jigsaw puzzles, a kitchen/cafe, kinetic sand, dinosaurs, a car parking station, marble runs and a vet clinic!



Home Reading in Kindergarten and Year 1

Next week students in Kindergarten and Year 1 will commence their Home Reading Programme. Students will take home their reading folders and will bring them to school every Tuesday and Thursday so that the readers can be changed. In the reading folders, there will be a Home Reading Journal and two 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 (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. If you would like to volunteer to assist with the home reading programme please contact your child's classroom teacher.

New Home Readers

Last year one of our big fundraisers was Obstacool, with all proceeds going to purchase new home readers for the junior school and Guided Reading books for the senior school. We are extremely proud to say that the new home readers have arrived and will be making their way out to students next week when the Home Reading Programme commences. We would like to take this opportunity again to thank you for your financial support for this purchase.



Congratulations!

Special congratulations goes to Campbell Q. in Year 6 for being accepted into the Instrumental Music Program's Primary Concert Band. Campbell plays the tuba and has said that he is very excited to be playing in the band because there will be three other tuba players. The Primary Concert Band is an extension program and will perform at school, community and directorate events throughout the year. Well done Campbell!

Congratulations also to the students who have been selected to represent Forrest Primary School in the South West Swimming Carnival. Please note that to ensure the safety of all participants and to adhere to restrictions on numbers inside the venue, School Sport ACT have made the decision that there will unfortunately be no events students turning 8 and 9 years old this year.

National Day of Action Against Bullying and Violence

At Forrest Primary School we aim to create a safe and supportive school community for everyone. On Friday 19 March we will be joining thousands of schools in a nationwide movement by taking action on the National Day Against Bullying and Violence (NDA). The NDA is an important day to mark Australians standing united to say 'Bullying. No Way!' The NDA is an opportunity to reignite the national conversation about working together to address bullying. Everyone has a role to play. Together, we can deliver a powerful message that bullying and violence are never



okay. To support this important initiative, **students will be involved in a number of activities on the day:**

- Explicit lessons focused on what bullying is and what to do if being bullied
- Creation of awareness posters, videos and displays to spread the message to the school community
- Wearing NDA official wristbands or pins to symbolise that bullying is not okay!

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>. Please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Parents / carers know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child. If your child talks to you about bullying:

1. Listen calmly and get the full story. Your calm response is important to allow your child to tell you about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to stay calm to avoid more distress to your child.
2. Reassure your child that they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with; no one should have to put up with that', or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all.'
3. Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel that they have some power in the situation.
4. Visit www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. Contact the school. Your child may be reluctant for you to do this, so discuss the idea with them and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to speak with the principal. Contact the school immediately if you have a concern about your child's safety.
6. Check in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Thank you for your continued support,

Nicole Richardson
on behalf of the Executive Team

LIBRARY

Chief Minister's Reading Challenge

The Chief Minister's Reading Challenge started on Wednesday 24 February and will finish on Friday 6 August. All students are registered. Students read 30 books and receive a participation certificate from Chief Minister Andrew Barr, MLA in Term 4. Forrest Primary School has an excellent record of gaining 100% participation in the junior years, and has received Paperchain Book prizes for the school and Preschool libraries. Students in Years 4—6 are encouraged to join in too and keep their own reading log, either in print or online via their Google Classroom. Reading logs will be available next week from class teachers or the library. Books read at home, school, online or via audio book can all be counted. Teachers of Preschool to Year 3 students will keep a class reading log and complete the Challenge through class and library reading. We also encourage parents and carers to read with their children.

Here are some of our new parenting books available in the community resources section in the library.



Visit the Library!

Parents and carers are welcome in the library before or after school to enjoy reading a story with their children. Parents and carers are able to borrow four books to take home for two weeks at a time. Students in Preschool – Year 2 are encouraged to bring a library bag for their library session and may borrow two books for one week. Students in Years 3—6 may borrow four books for up to two weeks.

Thank you to Peter for coming to present KM and Miss Mannall with a Book Voucher for the Library and a beautiful copy of 'Let's Go Little Roo' by Renee Treml for their effort with the 'Draw a Roo' competition run by the new 'Book Cow' bookshop in Manuka.

HARMONY DAY



Forrest Primary School Celebrates

Harmony Week

Monday 22 March

**Students are invited to wear the
colour orange or to
wear their national dress**

Parents and Carers are welcome to attend our
assembly on the Senior Asphalt at 9:15am which
will be followed by a National Dress Parade.

Please enter via the main entrance and use the
Check In Canberra App on arrival.

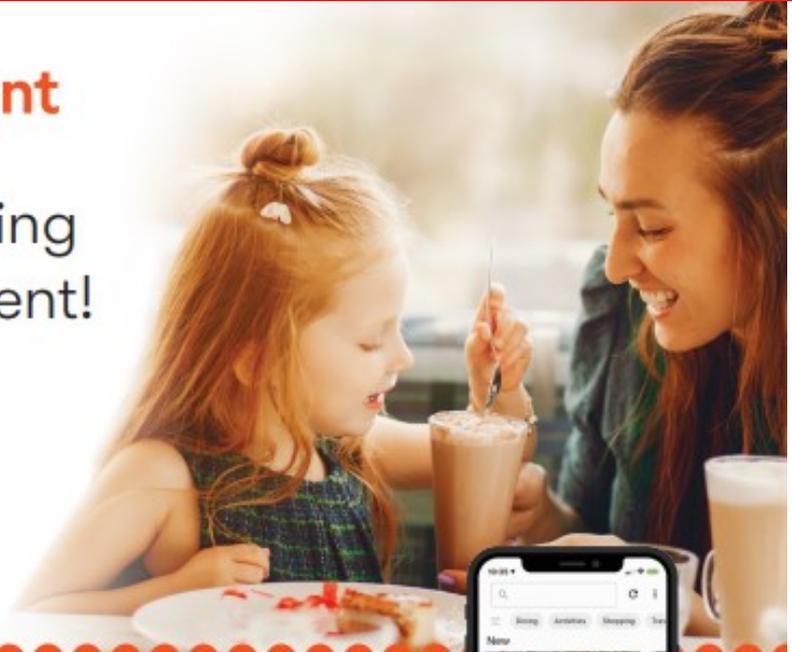
Congratulations to Sang-Jean (Year 5)
and his family, who recently became
Australian citizens!
We love having you as part of our
Forrest community.



FUNDRAISING

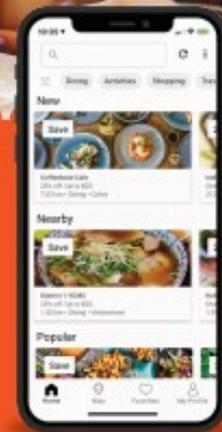
Entertainment

We are fundraising with Entertainment!



Give back

Support us. Buy your Entertainment Membership and we receive 20% of the purchase.



Get more

Receive a BONUS \$10 or \$20 eGift Card* Choose from Woolworths or JB Hi-Fi.



LIMITED TIME OFFER

Support us. Buy your Membership today!

Forrest Primary School & Deakin Preschool

Order your Membership online today!

www.entbook.com.au/25z707

*Terms and conditions apply. Visit entertainment.com.au/promotions

FORREST PRIMARY SCHOOL NEWSLETTER

COMMUNITY NOTICES

play tennis

CANBERRA *girls* GET ACTIVE DAY

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

Sunday 21 March 10am-12pm

CANBERRA TENNIS CENTRE, RIGGALL PL, LYNEHAM



- A range of local sports onsite, offering free lessons and activities
- Tennis 4 Teens sessions
- Outdoor exercise classes by Next Gen
- Roaming characters
- Tunes from a local DJ
- Free ANZ Tennis Hot Shots classes
- Free 'Open Court Sessions' for the mums

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

HOLIDAY HAPPENINGS™



The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

www.holidayhappenings.com.au/online-booklet

AUTUMN SCHOOL HOLIDAYS TENNIS CLINIC

Monday 12—Friday 16 April

Red Hill Tennis Club

8:00—1:00 (half day) or 8:00—6:00 (full day)

Astrolabe Street, Red Hill

- ◆ Students Kindergarten-aged—17 years old
- ◆ All skill levels
- ◆ Professional, credentialed coaching staff
- ◆ Full stroke development – ‘beginners will be serving overarm by the end of the clinic!’
- ◆ Trophy singles tournament on Thursday, doubles training and tournaments in afternoons
- ◆ McDonald’s lunch for full-day students on Friday
- ◆ Great range of lunchtime activities, prizes galore, and heaps of fun!
- ◆ Full day price comes to less than \$6.50 / hour!
- ◆ Free racquet hire, and full refund if not continuing after Monday

To enrol, call Matt McDonald, professionally qualified Level 2 tennis coach, on 0412 565 137

THIS IS A PAID ADVERTISEMENT

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
Deputy Principals:	Hayley Singh, hayley.munsie@ed.act.edu.au Renee Berry, renee.berry@ed.act.edu.au
Business Manager:	Sonya Campbell, sonya.campbell@ed.act.edu.au
Finance Officer:	Ann Hayres, ann.hayres@ed.act.edu.au
Board Chair:	Simone Alabaster, simmic@tpg.com.au
P&C President:	Jarrod Fitzgerald, 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
Canteen:	canteen@forrestpandc.com.au