



Forrestfield Primary School Newsletter



Dear Parents, Students and Community Members,
Our thanks to all parents and family members who joined us for **Open Night** last Wednesday evening. All classes looked bright and colourful with student work displays and workbooks. Our Senior Teachers entertained students and their families with a quiz about what they had learnt this term using Kahoots and their iPads. Our Junior cluster turned in to Space World, Mr Gear showed everyone how to draw portraits and Mrs Parker displayed Cooking Journals in the kitchen.

Out thanks to all staff who cooked the sausage sizzle to keep everyone's energy level up. The Cup Cake stall, raising money for the Junior Cluster excursion to Scitech, was extremely popular and made \$487.00. Well done everyone! I hope you enjoy the snapshots of the night on Page 3.



This term, Mr Paul Sheppard from Athletics Australia is working with Mrs Charlton on Tuesdays to help train students. We have our athletics coach with us for four weeks as a part of the **Sporting Schools Program**. Don't forget the **Faction Carnival is on Tuesday 8th September**.

Congratulations to all students who entered the fourth **Family Maths Fun Competition** in our last newsletter. The first two entries drawn from the box were Atiya Rohullah and Daniel Branut Year 4, Room 2.

The answers were: 1) 61 2) E 3) C 4) 20tens & 6 ones 5) 7000+ 400+10+2

IMPORTANT DATES

AUGUST

19	Room 13 TED Assembly
20	School Photos
24—28	Book Week
25	Room 1 & 2 going to Forrestfield Library
27	Room 4 going to Forrestfield Library
26	Newsletter
28	Massed Choir Rehearsal 8.30-12.45pm
31	Massed Choir Performance from 4.30pm.



All parents are invited to our TED Assembly on Wednesday 19th August when the children from Year 1 will be presenting the item.

Please be aware our app is currently experiencing technical issues which we hope will be resolved soon.

Diane Greenaway **PRINCIPAL**

SCHOOL SECURITY

We ask parents to ring **School Security** on **1800 177 777** if you see suspicious activity after school hours. Please help us look after our school.

STUDENT ASSEMBLY

Congratulations to all students who received awards at last weeks Student Assembly . Special guest Mrs Joelle Greenaway, State Manager , Scholastic Australia, presented Literacy Pro encouragement awards to Room 1 students—Carlisha Bennell and Lloyd MacArthur, Room 2 students—Alexis Duffy and Daniel Branut and Room 4 students - Jackia Little and Tobias Peyroux.

During Semester 1 Year 3 to 6 students have taken 1376 quizzes and read 5 232 251 words. Literacy Pro Awards were also presented to the students listed below. Congratulations to all students. The race is now on to achieve a special Platinum Award for reading 100 books!

Room 1

Silver: Anshika Mehla

Bronze: Kahlan Fernie-Keep, Czanelle Pantig, Alyssa Hill, Senugi Rodrigo, Kaiden Smith.

Blue: Jack Coffey.

Red: Katika Criddle, Shanice Robinson, Halle-Rose Abraham, Saint Barnes, Haylee Clemett, Pareao McRae.

Room 2

Gold: Jeanelle Peyreax

Silver: Atiya Rohulla

Bronze: Jason Bai, Madison Batchelor, Damien Bradshaw, Daniel Branut, Jay Cato, Oliver Gilbert, Hayley Jaroz, Naveed Juma, Ella McIntosh, Mitchell Peterson, Emmalee Finlay, Mohammed Kennedy, Jazlyn Peters.

Blue: Hannah Thomas, Ethan Vidich,

Red: Alexis Duffy, Sean Mandividza, Dayna Plese, Simran Qambari, T'Kayah Kelly.

Room 4

Gold: Adia Grierson, Blake Hill, Alicia Toleafoa.

Silver: Celeste Pereira, Austin Rueswandi, Mitchell White, Millena Bitkash-Cunningham, Wellington Chiwawa, Ellousie Daisley-Green, Jack Fernie-Keep, Saira Finlay, Breehanna Lampard, Reyan Lopez, Zuzanna Murawska.

Bronze: Thomas Read, Leon Redcliff, Crystal Walsh, Abbas Akbari, Rowan Dyson, Chelsey Kelly, Jackia Little, Alista Mafileo, Germano Masino, Tobias Peyreax.



Honour Certificates

Room1	Gage Woods, Chaana Plese
Room 2	Brenton Wedge, Errol Garlett
Room 4	Zuzanna Murawska, Wellington Chiwawa, Alicia Toleafoa
Room 12	Miley Dyson, Adrian Howe
Room 13	Aimee Ward, Cyrus Nathan
Room 16	Rhys Fahy, Tyrece Narrier
Cooking	Ethan Vidich, Haylee Clemett, Ella McIntosh, Charrissa McDonald
Music	Senugi Rodrigo, Chaana Plese
Sport	Alicia Toleafoa, Jemima Dhungula





OPEN NIGHT 2015



CHAPLAIN'S CORNER

Last newsletter I wrote about the movie Inside Out which looks at emotions and having emotions are ok.

We often don't know what to do with our emotions and how we can handle them so over the next few weeks; I would love to give you some tips on how to handle emotions that crop up in everyday situations.

This newsletter I want to look at anger. We all get angry. Whether our children have done something wrong, a car cuts us off in traffic or our sports team is defeated. Anger can be a healthy emotion if we manage it well.

Here are **5** tips to help us out with anger

1. **Talk it out.** Calmly ask your child to explain what has caused her to become so angry. Talking through the issue can help some children work through the anger and calm down. If your child doesn't want to discuss it with you, she may feel comfortable "talking" to a pet, puppet, or imaginary friend.

2. **Get physical.** Kids can let off some steam by stomping their feet, punching a pillow, or pulling, twisting, or pounding on clay. Dancing around or taking a walk may also help. Encouraging a child to do things he enjoys -- drawing, walking the dog, reading -- can also help refocus his thoughts away from anger.

3. **Give comfort and affection.** Let your little one know that you genuinely care about his situation and feelings. Toddlers can be comforted by your physical presence as can older kids facing a frustrating situation. And never underestimate the power of a hug to make a child feel loved and accepted.

4. **Set a good example.** Children mimic adults so the way you handle your own anger and frustration is sure to affect your child. Model positive coping skills -- like doing something that calms you or getting away from a frustrating situation -- and your child is likely to do the same.

5. **Praise good behaviour.** Let your child know that you notice when she deals with her anger in a positive way.

This is some basic information for educational purposes. *It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.*

Please if you have any concerns regarding yourself, family, child please feel free to contact the school to make an appointment to speak to myself. I am available for a chat Tuesday and Wednesday.

The Chaplaincy position at Forrestfield Primary School is funded by the Australian Government Department of Education, Employment and Workplace Relations under the National School Chaplaincy and Student Welfare Programme. The views expressed herein do not necessarily represent the views of the Australian Government Department of Education, Employment and Workplace Relations.

WATERWISE TIP OF THE WEEK—

Find 4.5 'Star' washing machines

Washing machines use around 27% of water in the home. As with dishwashers, try not to operate them with small loads. If you are buying a new machine look for the Water Efficiency Label — the more 'Stars' the better. Consider buying a 4.5 'Star' rated front loading machine. They generally use less water than top loaders.

P & C NEWS

The **UNIFORM SHOP** will be open **NEXT Wednesday AND Thursday** for students needing new uniforms for school photos. The Uniform Shop will be open from **8.30am-9am**. We're currently sold out of all **SIZE 16** uniforms.

SCHOOL BANKING is every Wednesday before school in Room 5 from 8.25 onwards.

The **FATHER'S DAY RAFFLE** is on again this year, with some great prizes to win. Students will be bringing home raffle tickets to buy or sell this week. Tickets are \$1.00 each and books of 10 will be sent home. Extra tickets will be available from the front office.

PIZZA BY THE SLICE is back this Friday lunch. Lunch order bags must be into the office or canteen before school on Friday. \$2.00 for one slice, \$4.00 for two, and \$5.00 for 3. We will also be selling juice boxes and ice creams for \$1.00.

If you're on **FACEBOOK**, please like the **FORRESTFIELD PRIMARY SCHOOL P & C** page for all our latest news and updates. Look out for special promotions—more details to follow.

VIRTUES AND BEHAVIOUR FOCUS

Our focus virtue is **PERSEVERANCE**

and our focus behaviour is

Garden Behaviour

We ask that parents reinforce these behaviours at home.

Keep out of the garden beds.

Play on hard and grassed areas.

Walk on the paths and around the garden beds.

Leave flowers and vegetables on the plants.

If we go in the garden we are careful.

